



Langley Senior
RESOURCES SOCIETY

Programs &
Services for
Adults 50+



In the Loop^{only} \$2

SEPTEMBER 2026

September at LSRS: Golden Sun & Garden Flowers

Please note the
centre will be
closed
Sept. 1st & 2nd
for filming

September 16
Dinner & Dance
with
Sister Todd
PAGE 8

Low Vision
Support Group
October 7

PAGE 25

Registration opens:

Members: Tuesday, Sept. 8

Non-Members: Friday, Sept. 11



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.

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✓ No Pressure

✓ Local Expertise

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www.kellyblouin.ca



kelly@kellyblouin.ca



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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:

Labour Day

Monday, September 7th

National Day for Truth & Reconciliation

Monday, September 30th

Filming Closure

**Tues. September 1st
& Wed. September 2nd**



JOIN US FOR BREAKFAST
Weekdays: 9 - 10:45am
Saturdays: 9am - 1:30pm

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

ABOUT THE LANGLEY SENIOR RESOURCES SOCIETY

For over 40 years, the Langley Senior Resources Society (LSRS) has provided social, recreational and educational programs and food, health and supportive services for adults 50 years of age and older in Langley. We own and operate the largest, free-standing and independently owned recreation centre in BC and operate the largest Adult Day Program in Fraser Health. We are a community leader on issues important to seniors.

LSRS is a non-profit charitable organization governed by a volunteer Board of Directors with the day-to-day operations managed through the Executive Director, staff and volunteers. LSRS employs 55+ staff and benefits from the time and talents of over 180 volunteers. We strive to meet the growing needs of seniors in our community.

VISION

An inclusive community where seniors in Langley are valued and supported to learn, socialize, and thrive.

MISSION

As leaders in our community, we provide programs, services, and connection through a holistic approach to meet the emotional, physical, and social needs of seniors and their families.

VALUES

Leading with Heart | Volunteerism |
Compassionate | Welcoming | Inclusive |
Innovative | Collaborative | Integrity

Charitable Registration Number: 121924229RR0001



Langley Senior Resources Society is proud to be an affiliate member of the Council of Senior Citizens' Organizations of BC and a member of Langley Seniors in Action.



THANK YOU TO OUR GENEROUS FUNDERS



Judy De Vries

Rono Holding
Company Ltd.

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

As we move into the fall season, I want to take a moment to reflect on where Langley Senior Resources Society has been this year, and where we're headed together.



Kate Ludlam,
Executive Director,
LSRS

Our Annual General Meeting is a cornerstone moment for our Society, and this year it matters more than ever. LSRS is in a season of real growth, and it's important that our members and community stay informed about how that growth is shaping the programs and services we offer. The AGM is your opportunity to hear directly from staff and the Board, ask questions, and see firsthand how your support translates into impact. Transparency and open communication are the foundation of trust, and we're committed to keeping that dialogue strong as our organization expands.

The numbers tell a powerful story. In 2023-24, we served 7,573 seniors. This past year, that number climbed to 11,793 – a jump of more than 55% over two years, including 21% growth in the last year alone. Every category of support grew alongside it: Better at Home assistance more than doubled to 1,080 seniors, navigation support rose to

2,095, housing assistance reached 994, and our number of programs doubled from 30 to 60. This growth reflects both increasing need in our community and the trust our seniors place in us. We're proud of it, and we take the responsibility that comes with it seriously.

As September 30th approaches, we pause to honour Truth and Reconciliation Day. This day holds particular significance for First Nations elders, many of whom lived through decades when Indigenous history was silenced or misrepresented. At its heart, reconciliation means listening to elders and honouring lived experience and memory. We have partnered with several Langley charities to organize a Truth and Reconciliation Day event, and we encourage our community to take time to learn, reflect, and support Indigenous voices.

Make a Will Week is just around the corner, and LSRS will be offering informative sessions to help members plan with confidence and peace of mind. Stay tuned for details on dates and how to register.

There's something special about autumn here in Langley - crisp mornings, golden leaves, and the comfort of gathering indoors again. It's a season that invites us to slow down, share a warm cup of tea with a friend, and appreciate the community we've built together.

**Looking
for**

HEARING AIDS

Kim is on site monthly for your hearing needs.
Visit her **Tues, Sept. 8 - 11:30am–1:00pm** in the LSRS Lounge



**Please Join Us For
Lunch & Learn**

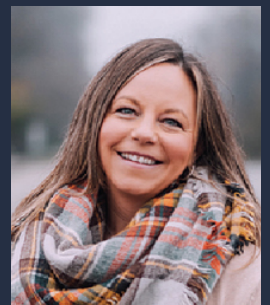
Thursday, September 10 • 10am start time
Langley Senior Resources Society 20605 - 51B Avenue
Pre-registration required: 604-427-2828

KIM GALICK
EARS HEARING CLINICS

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



Proudly Canadian, Lo-
cally Owned
& Operated!



Kim Galick
RHP/Owner
Over 25 Years of Experience

LSRS - MEMBERSHIP HAS IT'S BENEFITS

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.

National Seniors Day is October 1

B.C.'s Seniors Advocate, Dan Levitt will be speaking at LSRS

2026 is the 15 anniversary of National Seniors Day in Canada.

Dan Levitt has tirelessly championed the rights of seniors for 30 years at the provincial, national and international levels.

Prior to his appointment as B.C.'s Seniors Advocate, Dan held leadership positions in senior-living and long-term care homes in the Lower Mainland for more than ten years where he helped shape a dementia-friendly future for seniors and their loved ones.

We are fortunate to have Dan Levitt speak at our centre on Thursday, October 1 with a talk at 11am followed by time for a Q&A session. We will have complimentary coffee and cookies. Registration is required for this event as there will be limited seating. Please register at the front desk.



Langley Senior
RESOURCES SOCIETY

20605 51B Avenue, Langley

604-530-3020 ext. 0 | LSRS.ca | info@lsrs.ca



JOY IS **HAVING**
BALANCE



CHARTWELL

Joy is **ageless**

CHARTWELL LANGLEY GARDENS 8888 202nd Street

Come experience the lifestyle
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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](https://www.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

Oktoberfest Dinner



with feature guest performers

S-BAHN

It doesn't get more fun than this!
Celebrate Oktoberfest with a
lively oompa band & menu!



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

Wed, October 21

4:30 - 7:30

*Chef's traditional menu!
Oktoberfest dinner & dessert*

Tickets available at the
Front desk or phone

604-530-3020, ext. 0

LSRS Members \$45

Non-Members \$55

Cash payments appreciated

Join us for a

Fall Paint Party

Sponsored by Harrison Communities

Wednesday, September 23

1:30 - 3:30pm, LSRS Activity Room

September 23rd marks the **second day of fall** – the perfect time to get creative! Join **Artist Dawn** for a fun, step-by-step painting class as she guides you in creating your very own **beautiful fall-themed masterpiece**.

No experience necessary – just come ready to paint, relax, and enjoy!

Registration required. LSRS Membership required

Limited seating. All materials supplied. No cost.
Register at the LSRS front desk, 604-530-3020 exL0



 **Langley Senior**
RESOURCES SOCIETY

 **Harrison**
Communities

SEPTEMBER 30

National Day for Truth and Reconciliation

As a vital part of Reconciliation, we honour survivors of residential schools and the children who never came home, and their families and communities.

We are honoured to work, learn, play and live on the ancestral lands of the **məθkʷey** (Matsqui), **q̓w̓a:ń̓l̓əh** (Kwantlen), **q̓içəy̓** (Katzie), and **səmyəmaʔt** (Semiamhoo) **First Nations** who have occupied and stewarded this land since time immemorial.



NEW Location:

Douglas Park Spirit Square
20550 Douglas Crescent, Langley



Event Start Time: 5:00pm

Red Hawk Drummers, Speakers, and Candlelight Walk.

Educational Story Walk available at 4pm.





CONNECT.
DISCOVER.
THRIVE.

VENVI
RENAISSANCE LANGLEY
— Retirement Living —


Langley Senior
RESOURCES SOCIETY

You're Invited!

ACTIVE AGING EXPO

A vibrant community event connecting older adults with resources, services, and activities that support healthy, active, and engaged aging.

 WHEN:	 WHERE:	 WHO:
Sunday, September 20 10am – 2pm	Langley Senior Resources Society 20605 51B Ave, Langley	Older adults, families, friends and anyone interested in active aging.

COME FOR A FUN, INFORMATIVE DAY!

 Discover local resources and services	 Connect with community organizations	 Learn ways to live well and stay active	 Enjoy light refreshments and great company
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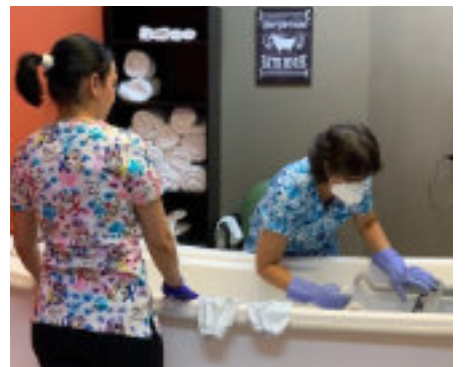
 Join us and be part of a healthier,
more connected community!

**FREE
TO ATTEND!**

Happenings at the Adult Day Program

Photos
clockwise:

- Nail Spa
- Volunteer Sabine setting up bowling
- Client holding a birthday card from ADP staff
- Mother's Day Tea
- Staff cleaning the whirlpool tub



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.



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

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

SEPTEMBER

7

**Closed
for
Labour Day**

SEPTEMBER

14

Langley's Aircrafts

Learn all about the aircrafts being restored and cared for at the Canadian Museum of Flight located right here in Langley.

~Volunteers from the Canadian Museum of Flight

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

SEPTEMBER

21

Spotlight on Ageism

Join us for a meaningful conversation about what ageism is and the harms it can have on our community members.

~ Erin Obi, BCCRN

SEPTEMBER

28

A.I. Creating Change

Come to understand the pros and cons of artificial intelligence, and how it is contributing to change in our world.

~ Alan Campbell, FVRL

Generously
sponsored by



Bria

COMMUNITIES



Langley Senior
RESOURCES SOCIETY

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

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

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, Sept. 8**

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

on hiatus until further notice

We are sad to see Jaclyn, our Massage Therapist moving on. Thank you Jaclyn for your service to our seniors. We wish you the best in your next endeavours!

Please stay tuned for upcoming information for our massage clinic.



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

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, Sept. 12**
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
An FPSC initiative



fraserhealth
better health. that's a real life.



Langley
Primary Care Network

BREAD AVAILABLE BY DONATION



The LSRS Bread Basket

Supporting the LSRS HOPE FUND



NEXT LSRS BREAD BASKET DATES:

**Tuesday:
September 8 & 22**

Thank you to Cobs Bread for supporting our Seniors!

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

REIGNITE

your confidence

on a

BICYCLE!

Join us for a free group cycling session lead by Hub Cycling

Saturday, September 26 • 10-11:30am

Meet at the LSRS Parking Lot: 20605 51B Avenue

Participants must supply their own bike and helmets.

We will conduct a pre-ride check to ensure your bike is safe.

This inaugural ride will be a safe, easy, 6km loop taking advantage of the City's multi-use paths and bike lanes. The ride will be in a group setting with instructors leading and at the back. This is perfect for current riders wanting to try riding in the bike lanes and for those who want to get back onto their bike. E-bike riders welcome. Group will be limited to 3-12 riders. Reserve your space early!



Langley Senior
RESOURCES SOCIETY



HUB Cycling

**Please register at the front desk
or phone: 604-530-3020 ext. 0**



Thank you to our volunteer gardeners!



Our 2026 volunteer gardeners with Executive Director Kate Ludlam and Facilities Manager Brandon Judd.

This month, we would like to take a moment to recognize and celebrate the amazing work of our volunteer gardeners.

From the moment you enter the parking lot, you are welcomed by the beautiful garden circle. Along the wall, planters filled with flowers and shrubs surround a thriving vegetable garden. Perhaps you have enjoyed a visit with friends in the peaceful Friendship Garden out back. Wherever you go, you will see the care, time, and dedication of our volunteer gardeners.

Their work is about so much more than planting and watering. Early each year, our gardeners come together to plan and design the gardens. Throughout the seasons, they plant, water, weed, prune, and nurture each garden with great care. Their passion for gardening and their dedication to our community shine through in everything they do.

We are especially grateful for the wonderful fresh, organic vegetables they grow and make available to our members at a very reasonable price. What a gift it is to be able to enjoy produce grown right here in our own gardens!

Our volunteer gardeners do so much to create beautiful, welcoming spaces where everyone can relax, connect, and enjoy the outdoors. Their efforts bring colour, beauty, friendship, and a wonderful sense of community to our centre.

To all of our volunteer gardeners, thank you! We are so very grateful for your time, your hard work, and the love you put into our gardens. You truly help make LSRS a beautiful and welcoming place for everyone to enjoy.





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

MCGREGOR SAYS

We are deeply saddened to learn of the loss of Jim McGregor on August 20th.

Jim gave our centre so much of his time and we are grateful for that. Whenever we needed an emcee, a fireside story teller, or a Monday Morning Talk show speaker Jim would step up. We were very happy when he agreed to contribute a monthly column for our In the Loop newsletter. His folksy writing, gentle humour, and deep knowledge of our local community made the column a *'must read'*.

Jim came in to thank us for giving him a full page and photo of his mother Peggy's recipe in the August Loop. He received an overwhelming amount of feedback. Thank you to everyone who reached out to him to say they enjoyed it.

We at LSRS extend our condolences to Jim's family and friends at this time. He will be greatly missed.

Back to School - it must be September

A few years back I was driving from Quesnel to Prince George on the way to my sister's retirement. She was completing thirty-five years as an elementary school teacher and I was thinking of something to say at her banquet that would show my appreciation for a job well done.



The car radio crackled off and on, picking up CBC radio here and there when suddenly it came in very clear and an announcer began a story about a man who was home with the flu, looking after his five year old son. The boy was glad to have dad home and was driving him crazy.

The father picked up a children's place mat from a restaurant on which the boy had colored a map of the world. He cut out the countries like a jig saw puzzle, set some scotch tape and the place mat pieces on the table and told the boy to put the puzzle together; this would surely give dad a welcome break.

In about two minutes the boy came to dad, the puzzle was done and done perfectly.

"You did a great job," praised dad. "It was easy Daddy; there was a picture of a boy and girl on the other side. I just made sure the kids were put together right, and the world turned out OK!"

I let those words settle. Pretty nice words to share with someone who had made a life putting kids together right. I had my words for the banquet and some thoughts to think about.

For the next few months, our kids and Grandkids will be spending more waking time with their teachers than parents. They will be taught how to listen, how to watch, how to learn and they will be watching and listening to everything around them. Not just at school, but conversations at home, TV, video games, and movies. It's all part of their education, and we are all teachers.

It doesn't really matter if they are starting grade one, grade 12 or first year university, let's help the teachers put these kids together right and maybe, just maybe, the world will turn out OK.

Lending Library

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.

Note: The next FVRL refresh of large print novels is Nov. 5.

*~ Judy & Judy,
library volunteers*



Bring a friend. Leave with a few more!



Please join us for our 19th anniversary celebration and open house

We're opening our doors to celebrate 19 wonderful years and bring an unforgettable Bucket List Summer to a joyful close. We'll celebrate the dreams we've made come true with live music, delicious appetizers, refreshing drinks, and plenty of fun. Come and discover why our residents are proud to call this community home.

Friday, September 25
2:30 pm – 4:30 pm
This is a free event. All are welcome.

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

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

AROUND AND ABOUT LSRS

International Dog Day visitors included some volunteers from ElderDog, and some 4-legged friends



Hot Wheels!

We are so grateful to Applewood Auto Group and Wade Wutke for their recent \$1,000 donation. Wade is a regular snooker player at LSRS and wanted to support our work.



Ribfest volunteers

LSRS is lucky to have many dedicated staff, but none hold a candle to Mirarie Fosana, our Community Bathing Program Supervisor! We recently celebrated Mirarie's 28th year anniversary with us.



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

\$129 Members | \$149 Non-Members

SEA TO SKY GONDOLA

Set between Shannon Falls and Squamish Chief in Squamish, the Sea to Sky Gondola and its 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 beautiful Gardens in South Surrey. Visit the charming Hart House 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 entrance donations
- Transportation

Saturday, September 12 | 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

NEW DATE!

PACKAGE INCLUDES:

- Salt Spring Saturday Market
- Scenic Gulf Islands Sail
- All Ferry Fees

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

\$129 Members • \$159 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



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



Treasures of Thailand

JANUARY 11 - 27, 2027

Per Person Rates: Double \$7999 | Single \$9049
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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



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



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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

3 ways to find purpose as a retiree

Retirement means greater freedom, but it can also take effort to keep from settling too much or letting your world shrink. Finding meaning at every stage of life is an important part of living it to the fullest. Here are three ways you can enjoy a purposeful retirement:

Try something new. Now is the perfect time to try something new, regardless of your age or experience. Pick up a paintbrush, start a container garden on a balcony or patio, or learn basic photography with a smartphone. The goal isn't to become an expert. New hobbies can provide a sense of

accomplishment and stimulate the mind. There's satisfaction in seeing progress over time and proving to yourself that it's never too late to grow.

Find community. Without the structure of a routine and built-in socialization, loneliness can be a real concern for seniors. One way to make community a key part of your retired life is to take part in one.

The main goal is to get out and engage with the people and community around you.

Make a difference. For some of us, there's real meaning and value in using our skills. If you feel like you have a lot to give,

volunteering can be a great way to stay active. It can also help you can widen your social circle—volunteering has a way of building connections between generations—while making a real difference. There are plenty of volunteer opportunities for people with different availabilities, aptitudes and mobility; volunteer groups need administrative skills, greeters and people to make phone calls, too.

The key is to stay curious, connected and engaged in the people and activities that bring you joy.

News Canada



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

REGULAR PROGRAMS AT A GLANCE

Monday

Monday Morning Talk Show

10am-11am pg.12

Riverside Ramblers

10am start pg.44

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

Mexican Dominoes

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

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



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

20100 Langley Bypass

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

Tuesday, October 6 | 5:00pm | Sushi Ami

20151 Fraser Highway

This delightful spot offers a mouthwatering variety of Japanese food.



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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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.

Sept. 12, 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.

Leave name at front desk if interested.

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.

NEW! TRY-IT CLASS! 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.

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 | 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

*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.

FORT LANGLEY PROGRAMS

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

CHAIR YOGA

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

Thursdays: Oct. 1 - Dec. 17 | 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: Oct. 6 - Dec. 15 | 11am - 12pm | 11 Sessions

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

FORT LANGLEY



Pharma Days
Fort Langley

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



Divisions of Family Practice
An FPSC Initiative

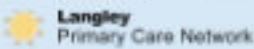
- ✓ One-on-one private appointment
- ✓ Review of all your medications
- ✓ Easy-to-understand education
- ✓ Summary sent to your family doctor

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



Langley Senior
RESOURCES SOCIETY



sponsored by
Langley
Primary Care Network



fraserhealth
Before health. Not 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

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

We also offer
**Home Support
& Respite**

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

pacificwestadulthooddaycentre.com

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



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

SEPT. 2: MUCKEL CREEK & POWERLINE

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

SEPT. 9: BRAE ISLAND

Meet at 9451 Glover Rd.

SEPT. 16: DERBY REACH

Meet at campground parking lot, 21801 Allard Crescent

SEPT. 23: CAMPBELL VALLEY PARK

Ravine Trail, Meet at 8th Ave. parking lot

SEPT. 30: DEREK DOUBLEDAY ARBORETUM

21177 Fraser Hwy.

Fridays at 10:00 am

SEPT. 4: NOEL BOOTH PARK

20302 36 Ave.

SEPT. 11: BRYDEN LAGOON

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

SEPT. 18: LANGLEY REGIONAL PARK

224 St. & approx. 5th Ave.

SEPT. 25: PLEASANTDALE CREEK TRAIL

Meet at Centre, walk to Sendall Gardens



BELLEVUE PARK
— SENIOR LIVING —

WELCOME HOME



Join us for our upcoming
Coffee & Conversation
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.



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



**Presentation
at 1:30PM**



SEPTEMBER 3

Coffee & Conversation
featuring Crime Stoppers



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.



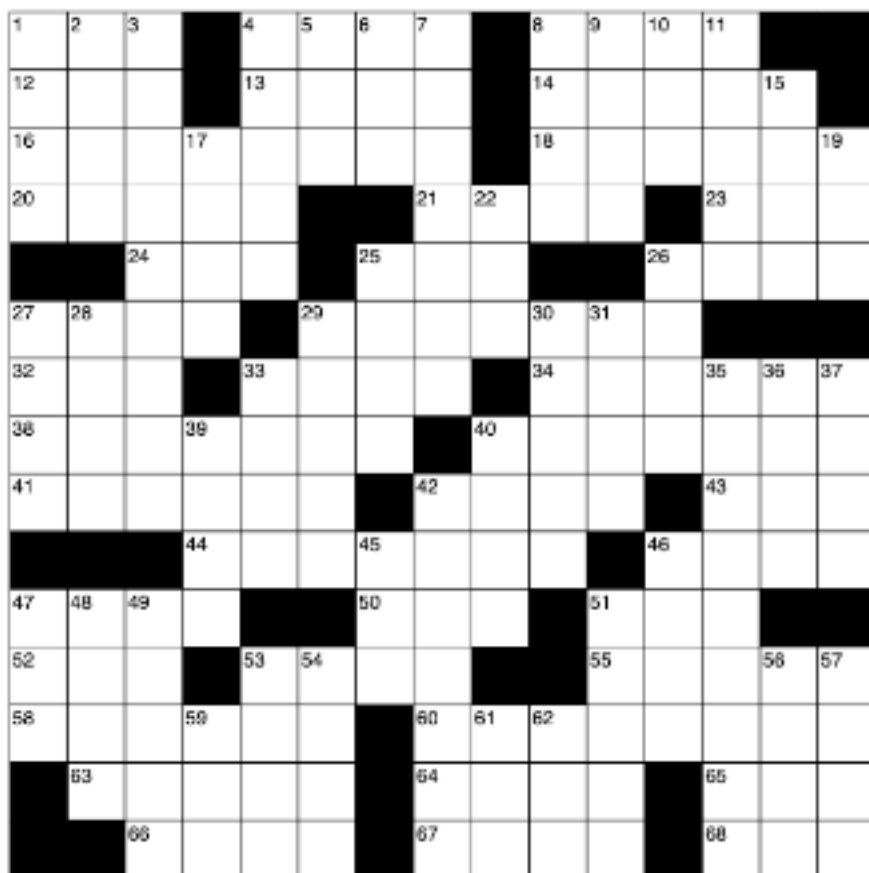
Langley Senior
RESOURCES SOCIETY



Charitable Registration Number: 121924229RR0001

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

SUMMER CROSSWORD



By Jimmy and Evelyn Johnson - www.qets.com

ACROSS

- 1 Western Athletic Conference
- 4 Burnish
- 8 ___ off
- 12 Tree
- 13 Land mass
- 14 Arched
- 16 Declare anew
- 18 Sausage
- 20 South American plain
- 21 Ca. University
- 23 Evening
- 24 Buddy
- 25 Fasten
- 26 Activity of propelling one's body through the water
- 27 Metric weight unit
- 29 Eastern US river
- 32 Electroencephalograph (abbr.)
- 33 Unrestrained movement or action for fun

- 34 Slanted font
- 38 Being a man
- 40 South-Eastern state
- 41 Not alert
- 42 Thought-provoking
- 43 Ruby
- 44 Affirms
- 46 Lad
- 47 Become closed
- 50 Tell a tall tale
- 51 Urn
- 52 Snake like fish
- 53 Congeal
- 55 Held the deed
- 58 Shifty
- 60 Prime real estate
- 63 Stadium
- 64 Blue-pencil
- 65 Nail
- 66 Prayer ending
- 67 Poles
- 68 Time zone

DOWN

- 1 Distort
- 2 Afloat
- 3 Wine
- 4 Fundamental
- 5 Avail
- 6 Evergreen tree
- 7 Stupidity
- 8 Catch
- 9 Opera solo
- 10 Frost
- 11 Grant an extension
- 15 Hindu goddess, consort of Siva
- 17 Canned meat brand
- 19 Rock group
- 22 Corporate top dog
- 25 Frog
- 26 Blemish
- 27 Pearls
- 28 Actual
- 29 Clever plans
- 30 ___ per hour
- 31 A spinning toy (2 wds.)
- 33 Pas
- 35 Flashes in the sky
- 36 Thought
- 37 Outdoor space with temporary shelters
- 39 Degree of warmth
- 40 Lavish party
- 42 Hole maker
- 45 Annex
- 46 Mooing animals
- 47 Ocean
- 48 Goddess
- 49 Fanatical
- 51 Rhymers
- 53 Sixth month
- 54 Eagerness
- 56 Swiss-like cheese
- 57 Obligation
- 59 Female (abr.)
- 61 Flurry
- 62 Urchin

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



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

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sherrim@lsrs.ca

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Laurel Gibbons

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Brandon Judd

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FACILITIES AND GROUNDS WORKER

Connor Kahle

connork@lsrs.ca

For Adult Day Program Staff and information please see page 52



BEYOND THE BROCHURE

How To Pick A Seniors Community That Fits You

Researching senior living in Langley? Brochures and websites often look the same—bright dining rooms, smiling faces, and lush gardens. To find the right fit for you, use these questions as part of your research:

Cost: What is actually included in the monthly rate?

Ask for total transparency. Are all meals, utilities, Wi-Fi, and cable included, or are they separate bills? Check for extra fees, such as parking or scooter storage.

2. Cuisine: What is the dining experience really like?

Are meal times flexible, or are you locked into set schedules and assigned seating? Ask if you can host a family for dinner in a private dining space, or have hot meals delivered to your suite if you are under the weather.

3. Contents: What can I bring with me when I move in?

Ask about what is and isn't acceptable for furniture and decor. If you have a car, check on parking availability. And if you're bringing a pet, clarify pet policies, including size limits and where pets are allowed.

4. Care: What happens if my health needs change?

Inquire about guidelines and support for getting more personal or health care. If moving with a partner, confirm if the community offers a continuum of care so couples can stay together even if daily health needs diverge.

5. Contracts: What does the fine print say?

Avoid long-term commitments. Look for flexible month-to-month rental agreements with clear notice periods and predictable standards for annual rate adjustments.

At **Magnolia Gardens** and **Sunridge Gardens** in Langley, we believe transparency, community, and comfort come first. Whether you are looking for vibrant social activities, flexible dining, or peace of mind for the future, our retirement communities are designed around your lifestyle.

Call Keri with your questions or to arrange a tour:



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!