



Langley Senior
RESOURCES SOCIETY

Programs & Services
for Adults 50+

In the Loop

NOVEMBER 2026 ^{only} \$2

We will be closed
Wednesday,
Nov. 11 for
Remembrance
Day

Book your
seasonal
flu shot here

PAGE 14

Introducing
The Lowdown
with Lil!

PAGE 21

IMPORTANT:
NEW REGISTRATION
PROCESS FOR
DECEMBER FITNESS
PROGRAMS AT LSRS
CENTRE
see page 7



Jim, a member of the Tim's Bits Woodcarving group shows off his intricate cottonwood bark woodcarving of a fantastical little forest dwelling.

Read more about the woodcarving club on page 37

Registration opens:

Members: Monday, Nov. 2

Non-Members: Thursday, Nov. 5



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.

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✓ Local Expertise

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www.kellyblouin.ca



kelly@kellyblouin.ca



INSIDE

About the Langley Senior Resources Society	4
Message from Executive Director	5
Membership Information – Join us!	6
Membership Drive	9
Leave a Legacy: how you can support the LSRS	49

COMMUNITY SERVICES

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

HEALTH & WELLNESS PROGRAMS

Foot Care Clinic	16
Hearing Clinic	16
Pharma Days schedules	16
Therapeutic Touch	16
Reflexology	17

COMMUNITY PARTNERSHIPS

Monday Morning Talk Show	13
COBS - The LSRS Bread Basket	17

PROGRAMS

Registration Information	23
Bus Trips	25
Regular Programs at a Glance	28-29
Programs (alphabetical order)	30-37
Cards, Games	38
Yoga, Pilates, Fitness	39-41
Fort Langley Programs	42-43
Aldergrove Programs	44
Riverside Ramblers	45
Walking Group Schedule	45

SPECIAL EVENTS

Special Event Dinners	10
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REGULAR FEATURES

Sudoku Puzzles	48
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STAFF DIRECTORIES

Adult Day Program	52-53
Resource & Recreation Centre	54



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:
Remembrance Day
Wednesday, November 11

IMPORTANT:
NEW REGISTRATION
PROCESS FOR
DECEMBER FITNESS
PROGRAMS AT LSRS
CENTRE

see page 7

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

Thank you. Those two words feel small next to the gratitude felt at our annual Donor Recognition event on October 23. Seeing so many gathered, sharing stories and laughter, reminded all of us why LSRS matters. Because of your generosity, seniors in our community have meals on their table, rides to appointments, friendly faces at their door, and a place to belong. You make that possible, and we are deeply grateful.

As the days grow shorter, our calendar is filling up. Here's what's ahead:

Remembering our Veterans – November 10. Please join us as we honour veterans in our community with a special event of reflection and gratitude.

"Season to Share" Campaign – Kicks off November 15. Our annual holiday fundraising campaign begins, helping us bring connection and support to seniors who need it most this time of year. Watch your mailbox and inbox for ways to take part.

Holiday Market – November 21. Our famous Holiday Market returns and will take over the entire recreation center with 40 vendors. The Creekside Café will be open so bring your family and friends, and get a head start on your holiday shopping.

2026 Membership Renewals – Begins November 23. Renewing is quick and easy, and your membership helps sustain the programs and services our members rely on.

As part of our growth plan, our Board has approved two new staff roles, and I am pleased to introduce them to you.



Kate Ludlam,
Executive Director,
LSRS

Michelle Bennett is our new Grant Writer, a critical role that will bring targeted support to key growth areas. She comes to LSRS with 15 years of professional grant writing experience and will be helping us identify and secure grant funds, especially as we expand into the neighbourhoods of Langley.

Alex Eriksson has stepped into the new role of Director of Operations and brings 15 years of progressive leadership experience across nonprofit operations, community services, housing, facilities, systems development, and organizational management. Alex will help LSRS scale its impact by building practical systems, developing leaders, improving accountability, and supporting growth while preserving our strong service culture.

We are also pleased to welcome Sandy Dion as Seniors Community Connector on a maternity leave contract. A registered nurse with more than 20 years of experience in seniors' care homes, home care support, and WorkSafeBC, Sandy brings a compassionate approach and passion for supporting older adults that will benefit our clients and strengthen Community Services.

Please join me in giving Michelle, Alex and Sandy a warm welcome to the LSRS family.

Finally, a gentle reminder as colder weather settles in: please take extra care when walking outdoors. Sidewalks and parking lots can be slippery with frost and ice, so wear sturdy footwear with good grip and take your time. If driving, allow extra travel time. If conditions look rough, it is always okay to stay home. We want to see you at our events, safe and sound.

Thank you again for being part of our community. We could not do this without you.

Looking
for

HEARING



Kim is on site monthly for your hearing needs.
Visit her **Tuesday, November 10 - 11:30am-1:00pm**
in the LSRS Lounge

KIM GALICK
EARS HEARING CLINICS
PROUDLY CANADIAN

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



Proudly Canadian,
Locally Owned
& Operated!



Kim Galick
RHP/Owner
Over 25 Years of Experience

Join LSRS – *Everyone is welcome!*

LSRS Memberships are open to people aged 50 and over. Memberships \$67.00 (*including GST*) per year (Jan-Dec). Renewals start end of November. For more details, or to apply, 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.*



Welcome new board member **Su Lancaster**

Since moving to Langley in 2003 and becoming a member at LSRS, Su has filled a variety of volunteer positions.

She is currently working at the front desk, coordinating the Diners Club, and guides the activities on Saturdays. Su comes from a purchasing/supply chain management background and studied business at SFU.



JOIN US FOR INFORMATIVE

Lunch and Learn Workshops *on Tuesdays*

Nov. 3

Retirement Planning

Nov. 10

Estate & Legacy Planning

These sessions will open at 10 am with an educational presentation followed by a light lunch and Q&A discussion. Join Shashank Hedao and financial specialists from  and  in the sunroom as they cover financial topics tailored to our community.



Shashank Hedao

MA, CPCA, CEA®, CFP®

Pre-registration is required. Each session is \$5.00. Register at the front desk, or phone **604-530-3020 Ext. 0**



sponsored by



**True Value
Financial**

604-729-2170 · shashank@truevaluefinancial.ca

IMPORTANT: NEW REGISTRATION PROCESS FOR FITNESS PROGRAMS AT LSRS CENTRE

New Policy will begin for December Fitness Registration

We're introducing a new approach to registration for popular fitness classes at our Recreation Centre to make the process fairer, smoother, and less stressful for everyone. This new process will begin for December registration (*January Fitness Classes*)

In the past, high demand has sometimes overwhelmed our registration system, resulting in long line-ups and the need to arrive early to secure a registration number. We recognize that this hasn't always been the best experience, and we're making changes to improve the process.

HOW THE NEW REGISTRATION PROCESS WORKS

1. Already attending a class?

If you're currently attending a class, your name will automatically be entered into the draw for that class for the next session. There's nothing more you need to do.

2. Want to join a class for the next session?

If you're not currently enrolled in a class and would like to be considered for the next session, please visit the Front Desk before November 16 to have your name added to the draw list.

3. Find out if you've been selected.

Before registration day, you'll be notified of the class or classes you've been selected for, along with the specific date and time to come in and register.

4. Your spot is guaranteed.

If you're contacted and invited to register for a class, your spot is guaranteed. You can come at your assigned time with the confidence that a place is reserved for you.

No More Early-Morning Line-Ups!

With this new process, there's no need to arrive early and line up to get a registration number. The draw and assigned registration times are designed to make the process more equitable and convenient for everyone.

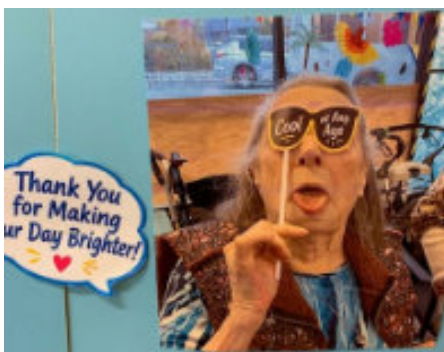
Thank you for your patience and support as we introduce this new approach. We look forward to making registration a more positive experience for our community!

Celebrating Our Seniors

October 1st was National Senior's Appreciation Day. At the LSRS Adult Day Program we took this opportunity to take a moment to acknowledge how amazing older adults are.

The clients at ADP are full of fun and joy so our team chose to create a photo board highlighting our amazing senior clients and capturing some of the great moments we share.

Over 10 days we took photos of everyone having fun with their friends at the program and it encouraged a lot of joy and laughter. Many clients are so proud to see their pictures displayed and it was just one small way we showed them how grateful we are to spend time having fun with them every week.



Membership Drive | November 23-27

Renew your membership during our 5-day drive and be entered to Win a \$50 Program Credit!

Draw to be held end of day November 27

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!

Remember, you can renew your membership by phone, or in person at our front desk.



Cheryl and Maria, members of our front desk volunteer team, are always ready to help you with your membership renewals or registrations.



CHARTWELL LANGLEY GARDENS 8888 202nd Street

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

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!**



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 shuffling and hearts singing.

SOLD OUT



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

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

December Dinner & Dance

Featuring everyone's favourite...

**Six Gun
Romeo**

Be prepared for some old school live music that will have you tapping your toes, snapping your fingers, and dancing like nobody is watching! We love Six Gun Romeo's high energy shows!



Wed, Dec. 9

4:30 - 7:30 PM

featuring

**Our traditional
Turkey Dinner with
all the Trimmings!**



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

UPCOMING EVENTS



Join us in the LSRS Main Hall
Tuesday, November 10
at 10:45am as we



Remember Our Veterans

REMINDER: LSRS will be closed on Wednesday, November 11th.

Local Remembrance Day Ceremonies:

Douglas Park Cenotaph, 10:50 am sharp
20550 Douglas Crescent, Langley City

Aldergrove Legion Cenotaph, 10:40am
26607 Fraser Highway, Aldergrove

Murrayville Cenotaph, 10:30am
21405 44 Avenue, Murrayville

Fort Langley Cenotaph, 10:30-12:00
9045 Glover Road, Fort Langley

Cloverdale Cenotaph, march to Cenotaph
begins at 10:00am. Ceremony 11am sharp
17710 56A Avenue, Surrey



Stained-Glass Demo

Wednesday, November 25

12:20 - 1:30 | LSRS Activity Room

light lunch and refreshments provided

Pre-registration required. No charge

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



sponsored by:



**You're invited to a
holiday party
for LSRS Volunteers.**

*Join us for appetizers, cocktails
and fun holiday games!*

Wednesday Nov. 25th, 2-4 pm

Door prizes!



**Break out your ugliest
Christmas sweater for a
chance to win a prize!**

Registration is required. Please sign up at the front desk
or phone 604-530-3020 ext 0 by Nov. 13
Volunteers only please due to limited space.
See you there – with bells on!



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



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

Mondays at 10:00 am
EVERYONE WELCOME!

NOVEMBER

2

Decluttering

Come to understand clutter and its impacts, and ways to assist those who may be affected, through community support, assessments, and teamwork.

Manisha Cheema, BCCRN

NOVEMBER

9

Impaired Driving

Learn about the province's annual Impaired Driving Campaign and how to plan around a fun evening out to get home safe.

Leanne Cassap, ICBC

NOVEMBER

16

Disability Benefit

Join us for this workshop covering disability benefits for people over the age of 50.

Disability Alliance BC

NOVEMBER

23

Into The Abyss

Hear from the author herself about her book following the four survivors of a plane crash in remote Northern Alberta in 1984.

Carol Shaben, author

NOVEMBER

30

Online Library

Join us for a presentation about FVRL's online library, plus a clinic to help people getting set up with the online access.

Natalie Fouquette, FVRL

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

Generously
sponsored by



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Bria
COMMUNITIES



Low Vision Support Group

social connection | educational resources | practical advice

1st Wednesday of each month
Ongoing | 1:30-3:30pm

**Last meeting
of 2026 is
Dec. 2nd.
See you
Jan. 6th!**



Langley Senior
RESOURCES SOCIETY

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

FLU CLINIC

Tuesday, November 17
9:00am - 4:00pm

**Get your
flu and/or covid
vaccinations
here!**



**and be a
Flu Fighter!**



Appointment Required

Book your appointment at the LSRS Front Desk or phone: 604-530-3020 ext. 0



Langley Senior Resources Society
20605 51B Avenue, Langley

in partnership with:

save on foods
pharmacy

Giving Back at Every Age



Pictured: June Tucker (left) and Toots Tucker (no relation)

There's something special about people who keep giving their time, energy and heart to their community well into their 90s.

Research suggests volunteering benefits both volunteers and their communities. Among older adults, it is linked to greater well-being, stronger social connections, and a lower risk of mortality. One large review found a 24% lower mortality risk among older volunteers, even after accounting for health and demographic factors.

But statistics tell only part of the story.

At LSRS, we see the benefits in friendships, shared smiles, purpose, and the knowledge that everyone has something valuable to contribute.

This month, we spotlight June Tucker, who has served eight years in our Tuk Shop, and Toots Tucker (no relation), who has spent 13 years at our Greeter Desk. Both also volunteered with other organizations before joining LSRS.

Both over 90, June and Toots show there is no expiry date on making a difference. Their generosity, commitment, and enthusiasm enrich our centre and everyone who knows them.

They are not just giving their time—they are showing us the lasting value of connection, purpose and community.

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, November 10**

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, Nov. 14**
10:00am -12:00pm

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*

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

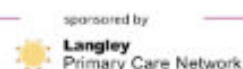
Langley: Tuesday, 9am-3pm | Nov 24

Fort Langley: Thursdays, 9am-4pm | Nov 12 / Dec 10

St. Georges Anglican Church - main hall,

Please book all appointments at the front desk

or by phone: 604 530 3020 ext. 0



NEW!

REFLEXOLOGY CLINIC

Reflexology applies targeted pressure to specific points on the feet to promote relaxation and support the body's natural healing processes.

Sessions are 30 -minutes, private, and by appointment only.

Tuesdays | 9am-4pm

\$53.00* members (+GST)

\$60.00 non-members (+GST)

*pre-registration required for appointments

Please book all appointments at the front desk or by phone:

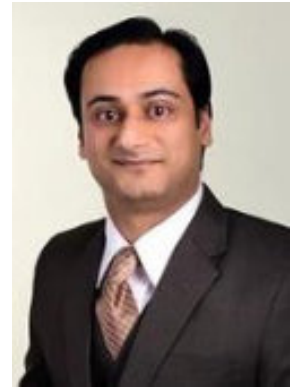
604 530 3020 ext. 0

Introducing:

Kamal Sharma

Kamal is a certified Foot Reflexologist with over eight years of experience, dedicated to helping clients achieve relaxation, balance, and overall well-being. Throughout his practice, he has had the privilege of supporting many individuals on their personal wellness journeys.

Kamal is committed to providing care that is calm, respectful, and client-focused. His approach to reflexology is guided by a genuine desire to support both physical and emotional well-being in a professional and compassionate manner. Outside of his practice, Kamal enjoys traveling, listening to music, reading books, and spending quality time with his family, which helps him remain balanced and inspired.



BREAD AVAILABLE BY DONATION

**COBS
BREAD**

**The LSRS
Bread Basket**

Supporting the LSRS HOPE FUND



NEXT LSRS BREAD BASKET DATES:

**Tuesday:
November 3 & 17**

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, November 2 | 1 – 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

December 7, 2026 | January 11, 2027

**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

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Bard in the Valley returns to LSRS

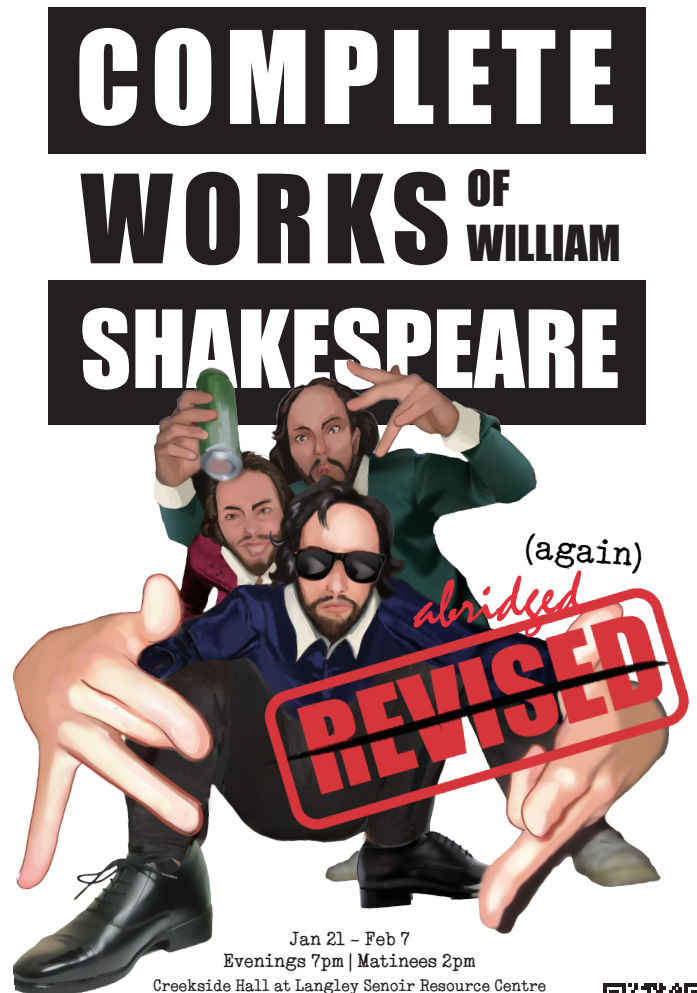
Bard in the Valley is returning to our own Creekside Hall this January 21 - February 7.

This year they will be presenting The Complete Works of William Shakespeare (Abridged). The play was born when three inspired, charismatic comics, having honed their pass-the-hat act at Renaissance fairs, premiered their preposterous masterwork at the Edinburgh Festival Fringe in 1987. It quickly became a worldwide phenomenon, earning the title of London's longest-running comedy after a decade at the Criterion Theatre. THE COMPLETE WORKS OF WILLIAM SHAKESPEARE (ABRIDGED) is one of the world's most frequently produced plays and has been translated into several dozen languages. Featured are all 37 of Shakespeare's plays, meant to be performed in 97 minutes, by three actors. Fast paced, witty, and physical, it's full of laughter for Shakespeare lovers and haters alike.

Tickets Available through Bard in the Valley website starting November 20. \$35

bardinthevalley.com

bardinthevalley.com



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!*



Langley Senior
RESOURCES SOCIETY

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

Congratulations to the LSRS Snooker Team

After four Lower Mainland Senior Snooker League matches, the Langley Doubles Team celebrated its first victory -- an at-home win!

The match was against the Maple Ridge team and went down to the wire. The victory came down to the last table and the final three balls.

Our final Langley Team players were *Steve Fortune* and *Richard Stansfield*. The room went wild when Richard potted the winning ball! What a finish!

The entire morning was filled with excellent snooker, a great pace of play, terrific competition and, most importantly, plenty of laughter and good sportsmanship.

A special thank-you also goes to Chef John Zaminski and his great kitchen and catering crew for making and providing those fantastic homemade "jumbo cookies," along with great coffee and other refreshments. And a big thank-you to everyone on the Langley Doubles Team.

Everyone has contributed to getting us to this first victory.

The Maple Ridge team were great competitors and real gentlemen, with a wonderful sense of humour. They certainly helped make the morning a lot of fun.

Thank-you to everyone on the Langley Doubles Team for getting us to this first victory. Now that we've got our first win under our belts, who knows what happens when we finally get to wear our new team shirts!

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

WALNUT GROVE NOTARIES

Donna Van Beek

CPCA
Certified Professional Consultant on Aging

Marcella Barbosa

**NEW PARTNERSHIP,
SAME GREAT TEAM.**

Serving Langley families for over 30 years.

- Wills & Powers of Attorney
- Real Estate Transfers
- Affidavits & Statutory Declarations
- Document Notarization

604-888-6605
wgnotaries.com



We are pleased to announce Lilianne Fuller as a regular contributor to our In the Loop newsletter. Lilianne is a freelance writer who lives and works in Langley. Semi-retired, her focus is on articles pertaining to seniors, media releases and travel stories for print and online media. Lilianne has lived in Langley for 44 years and has worked with a variety of non-profit organizations. She is married to Topher and has two grandsons. Welcome Lilianne! We are looking forward to reading *The Lowdown with Lil* monthly!

The Lowdown with Lil

Partnership a *win-win* for students and seniors

Over the years, the relationship between New Directions English Language School and LSRS developed with field trips to the centre on 51B Ave.

New Direction students learned about the extensive number of services available for Langley's seniors

"Most of the New Directions newcomer students were pleasantly surprised by LSRS and noted that their home countries offered nothing comparable for seniors," explained Margaret Ann, New Direction's Community Events Coordinator.

During one of the field trips, a Chinese student, Lydia Hou signed up to volunteer right away. She generously offered a free 'Try It' Tai Chi class during Senior's Week and the response was tremendous. "The response was fantastic, and we're excited to be adding Tai Chi to our fall programming with Lydia joining us as the instructor," said Sheri Martin, Manager of Programs & Member Engagement.

At the 2026 Lunar New Year's celebrations the partnership developed even further. 60 students participated! While enjoying the Lunar New Year performances,

Margaret Ann and Martin, struck up a conversation and wondered what would a partnership look like between a non-profit and a for profit business. It quickly became evident that this could be a mutually beneficial situation for both the students who needed to practice their English conversation skills and the seniors who visit LSRS.

"The students were impressed by the numerous volunteer opportunities," said Margaret Ann.

Potential student volunteers met with Jude Henders, LSRS Volunteer Services Co-ordinator for screening and orientation before choosing a volunteer role that interested them. . Lennys Martinez works in the Tuk Shop and is a Special Events Volunteer, Yudi Ortiz teaches Zumba Gold, Monika Domokos works in the Creekside Café, Cherry Cheng teaches Mah Jong, and Lydia Hou will lead Fall Tai Chi Sessions.

And, there are more students waiting in the wings. They see volunteering as a way of improving their English skills. At LSRS the students wear Volunteer name tags which identifies them as volunteers and also identifies the language they speak. For example, Yudi Ortiz and Lennys Martinez, wear name

continued on next page

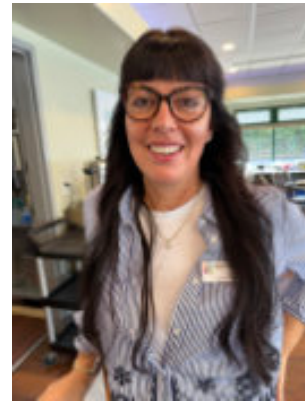
THE LOWDOWN WITH LIL, CONTINUED

tags that proclaims: *'Hola, Hablo Español'*. (Hello, I speak Spanish).

LSRS recognizes changing demographics means seniors from other countries may feel excluded due to a language barrier or cultural differences

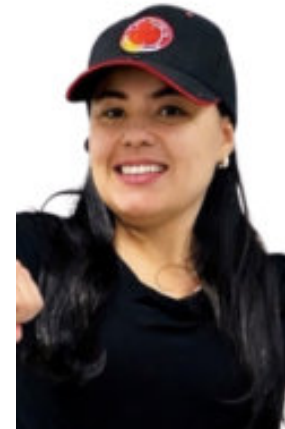
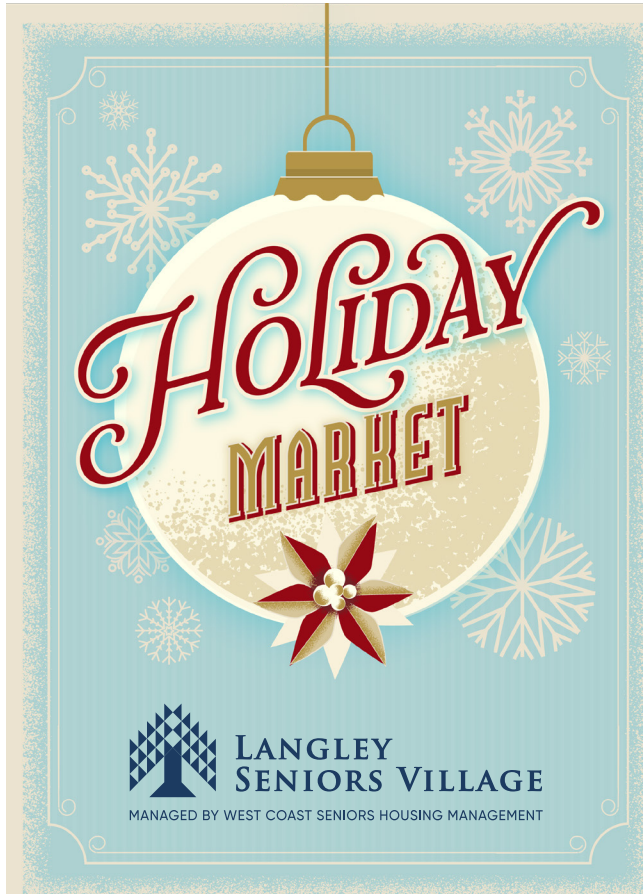
"The partnership with New Directions English Language School has become an important part of LSRS's commitment to better reflecting and serving the diverse community around us. As we continue to grow, we have translated our promotional brochure into eight different languages to make our programs and services more accessible," said Martin. "It is important that LSRS reflect the current and changing demographics of Langley's seniors".

"Several New Directions students regularly join our Saturday Social program, where they have the opportunity to practice their English while building meaningful connections with our members," Martin explained. "These interactions foster cultural exchange, reduce social isolation, and create a welcoming environment where everyone benefits from learning from one another," she said.



Monika is a volunteer at the Creekside Cafe where she gets the opportunity to polish her English language skills.

Yudi was a student at New Directions English Language School and now teaches our popular Zumba Gold classes.



**A little shopping.
A lot of holiday cheer!**

Thursday
December
3

10:30 am – 3:30 pm

SHOP LOCAL VENDORS & ARTISANS

The one and only Langley Seniors Village Holiday Market.

Find something special for someone special at Langley Seniors Village's Holiday Market! Browse a festive selection of our favourite holiday vendors. Bring a friend and make an afternoon of it!

**COME TO THE FRONT DESK FOR YOUR
COMPLIMENTARY PARKING PASS.**

RSVP Today!
Michael Amirani
M. 604-307-9066

20363 65 Ave., Langley
retirementconcepts.com

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).

Meow, woof, woof

A few of our favourite furry pals dropped by to share some love this month.

Left to right: Jake, Dave, Frankie, 12 week old Milo, and Pearl the Cat.

Love those ears Dave! Look at little Milo's tail wag!



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.



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



PLAN YOUR NEXT BUS TRIP

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

Thursday, November 26 | 9:00 am - 4:45 pm

\$149 Members • \$169 Non-Members

CHRISTMAS AT HYCROFT

You will love Christmas at Hycroft! There's loads to see and do as you wander through all the nooks and crannies of the beautiful Edwardian mansion.

Level: Easy

PACKAGE INCLUDES:

- Admission Christmas at Hycroft
- Sylvia Hotel Lunch
- Hycroft Entertainment
- All Fees and Taxes

Thursday, December 17 | 1:45pm-10:15pm

\$119 Members • \$139 Non-Members

COLOSSAL CHRISTMAS LIGHTS TOUR

Experience a dazzling evening of holiday lights! Visit VanDusen Festival of Lights, stroll through Burnaby Village Museum's Festive Village, and marvel at the sparkling displays around Lafarge Lake. Three spectacular Christmas attractions come together for one unforgettable holiday celebration. Level: Easy

PACKAGE INCLUDES:

- VanDusen Botanical Garden Escorted Entry
- Light Dinner Voucher at The Garden Café
- Burnaby Village Museum Escorted Entry
- Lafarge Lake Escorted Entry

Saturday, December 19 | 2:15pm-9:50pm

\$139 Members • \$159 Non-Members

CHRISTMAS MYSTERY TOUR

This fun and festive mystery tour's objective is to take you to unknown destinations you have not been before. Filled with clues, prizes, props, an afternoon sweet treat, a fun delicious dinner and must-see holiday light displays. Use the Mystery stop clues correctly to win a variety of prizes! Activity Level: Moderate* *Outdoor light display walking

PACKAGE INCLUDES:

- Mystery attractions
- Sweet treat
- Mystery stops
- Dinner
- Prizes



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

LSRS LIBRARIAN'S CORNER

Brought to you by your Volunteer LSRS Librarians Judy O., Judy D., and Tarja M.

Discover the LSRS Lending Library

Winter is coming. Days are getting shorter, darker, and colder. Your favourite armchair is waiting for you to read a good book.

Tucked away in the back corner of the LSRS Lounge is our Lending Library where you will find our collection of books. We try our best to keep the shelves organized into categories such as romance, mystery, etc. but you may need to search for your favourite author as they can't always be shelved together due to different book sizes and shelf height.

We are happy to accept good condition books with a copyright date of 2018 and newer. Due to limited space we request books be in good condition.

Please no children's books, comic books, etc. as we don't have the resources or space for them. Please leave books in the basket.



Come and take a minute to browse through the LSRS Library, choose a book, relax, and savour the moment.

FVRL Outreach Program

Books with the large round green sticker on the spine are part of the Fraser Valley Regional Library (FVRL) outreach program which operates from Langley to Hope.

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

FVRL replenishes this collection every few months. **Please limit your selection to a maximum of 2 books at a time**, and return to the marked basket when finished. Please do not return books from other FVRL branches here.

Thank you!



The next FVRL book collection refresh is Thursday, November 5th

Monday

Monday Morning Talk Show

10am-11am pg.13

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-4pmpg.35

Tuesday

Fit n' Fab with Stacey

9am-10am pg.39

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

These Groups are Made for Walking! Learn more on page 45



REGULAR PROGRAMS AT A GLANCE

Thursday

Fit n' Fab with Stacey

9am-10am pg.39

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

Art Class

9am-3:30pm pg.30

Walking Group

10am-11am pg.45

Cribbage

10am-12pm pg.38

Tech Help

10am-12pm pg.37

Samba

11am-3pm pg.38

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.40

Table Tennis

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

Toy Assembly Kits

The Perfect Gift!

Hands-on Assembly Kits for Grandchild and Grandparent interaction. Simple to build instructions included.

Available at the LSRS Holiday Market
Saturday, November 21



Choose from the
Polar Express Train
or a Harvest Tractor

\$25

**MEN'S
SHED
Langley**
'Shoulder to Shoulder'

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 DINER'S 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, November 3 | 5:00pm | C-Lovers

20251 Fraser Highway, Langley

This fish and chips restaurant is a local favourite!

Tuesday, December 1 | 5:00pm | Montana's BBQ & Bar

20100 Langley Bypass, Langley

A Canadian comfort food restaurant and sports bar famous for barbecue cuisine.



Retirement living in the Park



Looking for a perfect home? Look no further.

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

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

Looking for activities?

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

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

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

CALL TODAY TO BOOK YOUR TOUR.



**604-599-9057 • Info@BearCreekVilla.com
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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All Dental Plans Accepted – including the Canadian Dental Care Plan.



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A+ Rating!

OUR SERVICES INCLUDE:

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Denturist

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Denturist

Darren Sailer R.D.
Denturist

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604-530-9936

102 – 20103 40th Avenue, Langley

www.yourdenture.com

Call for a Complimentary Consultation



All Dental Plans
Accepted



PROGRAMS

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

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.

Nov. 14, 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



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

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FUNERAL HOME

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604-530-6488 HendersonsLangleyFunerals.com



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Dignity Memorial is a division of Service Corporation International (Canada) ULC.

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 our friendly tech-savvy volunteer for some help or advise. Membership not required. ***Please book a timeslot at front desk.*** (support for: most computers and Android devices)

Fridays only

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

TIM'S BITS WOODCARVING

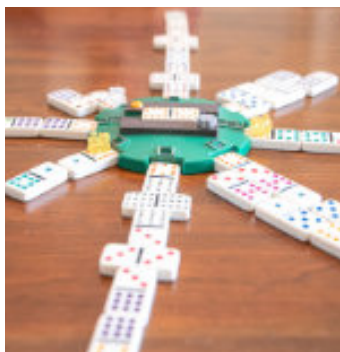
Woodcarving is a time-tested hobby that many find both relaxing and fun. Come and find out what it is all about. Beginners are welcome. Bring your own tools and projects.

Wednesdays

9am-11am | Sunroom | Free

Milt, one of the members of the Tim's Bits Woodcarving group with some of his beautiful hand-carved clocks





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

CARD & BOARD GAMES

Saturdays

9:15am-1:45pm | Lounge | 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.



Current fitness classes begin new sessions in January. Registration opens first week of December and will be following our new registration protocol. Please read about our new registration process on page 7.

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

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 | Ongoing (no session Nov. 10)

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

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

More fitness on following pages

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*)
9-10am | 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

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

**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

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

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



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 | November 12, December 10

Classes take place at:

Aldergrove Heritage Hall, 3015 273 St., Aldergrove

Brought to you by:



&



Aldergrove classes are currently booked to capacity. New class schedule begins the week of January 18 with registration starting in person January 12th.

The Life Challenges Support Group is ongoing. If you would like to attend please reserve your space by emailing SherriM@lsrs.ca

LIFE CHALLENGES SUPPORT GROUP

Tuesdays | Ongoing | 1:30-3:00pm

Whether you're coping with stress, grief, health concerns, caregiving responsibilities, or just the ups and downs of life, you'll find support here. Everyone welcome but please reserve your space by emailing SherriM@lsrs.ca

Aldergrove Heritage Hall, 3015 273 Street, Aldergrove

HARVEST FESTIVAL WORDSEARCH CHALLENGE

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

Apples	Grapes
Brown	Harvest
Canning	Leaves
Cider	Octoberfest
Colorful	Pick
Copious	Pumpkin
Crop	Reap
Fall	Red
Frost	Squash
Gather	Windy
Glean	

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I C O L O R F U L T D I S O
N L Y T C R O P G H E E F A
O B R M E R P W A H O F R A
C G R I T H A F T U L L S C
T Y R O P L E A H N T E A S
O S E A W E R D E S L N I N
B H L T P N L H R P N E S P
E S R L I E S N P I K H G T
R A W H A U S A N C O A Y S
F U R V O F E G I A P R D O
E Q E I S A H P A R V V N R
S S P E S T R E D I C E I F
T O I N N I K P M U P S W A
C U N A E L G T U M N T M J
    
```

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

NOV. 4:

PORTAGE PARK

Meet at 204 St. & 51A Ave.

Walk to Brydon Lagoon

NOV. 11:

REMEMBRANCE DAY

No walk.

NOV. 18:

SENDALL GARDENS

Meet at LSRS Centre, park off site

Walk via Pleasantdale Creek Trail

NOV. 25:

FORT-TO-FORT TRAIL

Meet at Bedford Landing

Fridays at 10:00 am

NOV. 6:

BRAE ISLAND

Meet at 9451 Glover Rd.

NOV. 13:

DERBY REACH

Meet at campground parking lot,
21801 Allard Crescent

NOV. 20:

DEREK DOUBLEDAY ARBORETUM

21177 Fraser Hwy.

NOV. 27:

CAMPBELL VALLEY PARK

River Loop & Racetrack,

Meet at 16th Ave. parking lot

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 2-3km 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 —

Your day, Your way.

Your Next Chapter Starts Here

Enjoy the freedom, comfort and connection of Independent Living at Bellevue Park.



Independent Living at Bellevue Park is about the choice, comfort and lifestyle you love. It's your home, your routine, and your time - with support available when you want it.



BRIGHT & SPACIOUS SUITES

Thoughtfully designed 1-bedroom suites with modern finishes and plenty of natural light.



DINING & SOCIAL CONNECTIONS

Enjoy delicious meals, a vibrant calendar of activities and the company of new friends.



SAFE & ACCESSIBLE ENVIRONMENT

Easy-to-navigate spaces, secure entry, on-site security and a state-of-the-art building for your peace-of-mind.

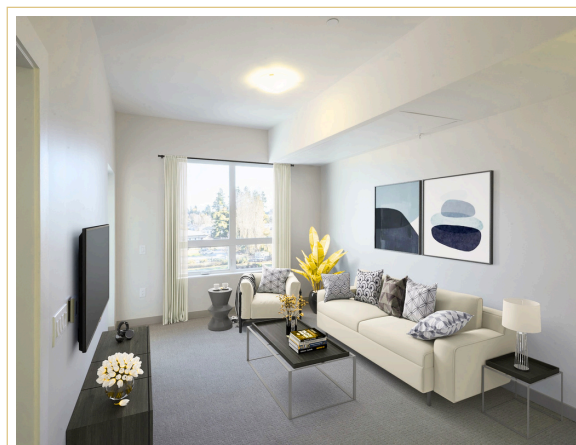


AN IDEAL LOCATION

Close to shopping, healthcare, parks, trails, and all the amenities of Aldergrove.

1-Bedroom **SUITES NOW AVAILABLE**

If you're looking for a little more space, more freedom and a community that feels like home, we'd love to welcome you to Bellevue Park.



BELLEVUE PARK
— SENIOR LIVING —

Independent Living Suites & Private Pay Long-Term Care Rooms Available



604-329-3664



www.bellevuepark.ca



2882 – 272nd Street, Aldergrove

Friendly Visitors & Telephone Companions

The Friendly Visitor and Telephone Companion programs are in need of more volunteers.

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

Many seniors experience loneliness and isolation. A small commitment of your time can help them stay active, engaged, and connected to their



Note: Volunteers must live in the Langley/ Aldergrove area.

community while creating a friendship that is rewarding for both of you.

Please contact Kenzi at 604-530-3020 Ext. 322 or email volunteer@lsrs.ca if you are interested in these roles, or would like more information.

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.



Recreation Rehab Respite

- 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





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 to seniors who live in Langley, are over 65 and meet screening criteria. Seniors are assessed on a sliding scale based on 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

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alexe@lsrs.ca

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Senior Finance Manager

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Flavia Leite

Junior Bookkeeper

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bookkeeper@lsrs.ca

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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



WHAT'S INCLUDED IN ALL-INCLUSIVE RETIREMENT LIVING?

Retirement living communities are often compared to the cruise ship that never leaves shore—but like cruises, not everything is included.

INCLUDED IN THE PACKAGE

Your Apartment

A private, secure suite to furnish and decorate as you wish.

Meals

Three delicious meals made in-house and overseen by a Red Seal Chef.

Housekeeping

Regular cleaning and weekly linen laundry service.

Programs & Activities

Health-focused classes, entertainment card games, clubs, bus trips and more.

Safety

24/7 staff on-site, emergency alerts, walk-in showers, and grab bars.

Transportation

Bus service for errands and outings, plus a courtesy shuttle.

EXTRAS THAT COST MORE

Second Occupant

Additional cost covers meals and services for a second person.

Personal Care

Haircuts, medication reminders, personal and medical care and similar services.

Phone & WiFi

These optional services are often charged separately.

Parking

On-site parking isn't required by everyone and so often costs extra.

Every community is different—check what's included before you commit.

For info about all-inclusive retirement living in **Sunridge Gardens** and **Magnolia Gardens** contact Keri at 604.351.8668



BriaCommunities.ca

LOOKING FOR HEARING AIDS?

Tired of saying "Pardon Me"?

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



MEET KIM GALICK

Mother of two, wife to Kevin (29 years and counting!), and a local entrepreneur helping her community hear better-one person at a time.



SUPPORT LOCAL SMALL BUSINESS

An independent, Canadian-owned family hearing clinic built from a dream and supported by family.



KIM GALICK
EARS HEARING CLINICS
PROUDLY CANADIAN



Kim Galick
RHIP/Owner

*Over 30 Years of
Experience*



Proudly Canadian
Locally Owned & Operated



FREE HEARING ASSESSMENT | (604)-427-2828



Unit C, 20568 56 Ave, Langley



www.earslangley.com



Veteran's TAPS Cards Accepted
Part of the WorkSafe BC Provider Network