Langley Senior
RESOURCES SOCIETY

Programs & Services
for Adults 50+

In the Loop

DECEMBER 2026

only $2

Meet the welcoming faces – *and voices* – at the front desk!

pages 11-13



Diane & Judi, two of our AMAZING front desk volunteers

Lilianne Fuller explores the 3 Rs of Christmas
PAGE 21

'twas the week before Christmas
PAGE 10

Bard in the Valley returns to LSRS
PAGE 19

wishing you the BEST YEAR EVER!

Registration opens:

Members: Monday, December 7

Non-Members: Thursday, December 10

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SRES

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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

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

HOLIDAY HOURS:
Christmas Eve: 9am-12pm
Christmas Day: Closed
Boxing Day: Closed
December 28: Closed
New Year's Eve: 9am-12pm
New Year's Day: Closed
January 2nd: 9am-2pm

IMPORTANT:
NEW REGISTRATION PROCESS FOR JANUARY FITNESS CLASSES IN LANGLEY*
***Does not effect Fort Langley, Aldergrove, or regular program registration.**
see page 38

We acknowledge that Langley Senior Resources Society locations are on the shared, unceded, occupied, ancestral, and traditional homelands of the qʼʷaːnƛʼən̓ (Kwantlen), Máthxwi (Matsqui), "q̓əyc̓əy (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

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.

COSCO coscobc.org

THANK YOU TO OUR GENEROUS FUNDERS

Judy De Vries

Rono Holding Company Ltd.

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Kate Ludlam,
Executive Director, LSRS

As the holiday season approaches, I want to take a moment to thank each of you for the warmth, generosity, and commitment you bring to our community. It is because of you that LSRS continues to be a place where seniors feel connected, valued, and supported.

Recently, LSRS partnered with COSCO to host a Senior's Forum that brought together 10 seniors centres from across the Lower Mainland to share insights, challenges, and opportunities. It was an inspiring day of collaboration, and it reaffirmed LSRS's role as a leader in the seniors-serving sector.

Our advocacy work is also gaining momentum. With new municipal councils now in place, we have made a concentrated effort to introduce ourselves and bring forward the challenges and opportunities facing seniors in our community. The needs of older adults are growing and meeting them will take all of us working together. We are eager to build strong partnerships with our local leaders so that seniors have the housing, transportation, health supports, and social connections they need to thrive. We will keep you updated as these conversations progress.

Looking ahead, the Christmas season is one of our busiest and most meaningful times of year. Our Be a Santa to a Senior holiday hamper program will once again deliver gifts and a turkey dinner to vulnerable seniors in our community. For many, this will be a welcome act of kindness during a season that can feel isolating. If you would like to help by sponsoring a senior, donating gifts, or volunteering your time, we would love to have you join us.

We also invite you to take part in our holiday fundraising campaign, Season to Share. Letters have been mailed, so please watch for yours in the coming days. Every gift, large or small, helps us continue our programs and services and ensures that seniors in our community are not left behind. If you have already given, thank you. If you are able, please consider donating this season.

Throughout our organization, holidays activities are underway and you are welcome to join in and make a craft, listen to a performance, or just enjoy the holiday spirit that abounds at LSRS. On behalf of the entire staff team and Board, I extend my warmest wishes to you and your loved ones for a safe, joyful, and wonderful holiday season. Thank you for being part of our LSRS family.

Looking for HEARING AIDS



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

KIM GALICK
EARS HEARING CLINICS
PROUDLY CANADIAN

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Unit C, 20568 – 56th Avenue, Langley

Proudly Canadian, Locally Owned & Operated!

Kim Galick
RHP/Owner
Over 25 Years of Experience

Our members are 50+ years old
Everyone is welcome

Memberships $67.00 *(including GST)* per year (Jan-Dec). Renewals start end of November. For more details, or to apply, please visit the Centre's Front Desk or call 604-530-3020.

MEMBERSHIP SUBSIDY

Seniors (50+) who have a total income less than $28,000 (single) or $34,000 (couple) may be eligible for a membership subsidy from the City of Langley and the Township of Langley.

Please call Janet at 604-530-3020 ext. 312 or email janetm@lsrs.ca.



Thank you to the City of Langley, and the Township of Langley for your support.

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Township of Langley



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www.truevaluefinancial.ca

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

REMINDER:
Subsidy Renewals are now open for 2027

MEMBERSHIP SUBSIDY INFORMATION

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.

Applications are available at the front desk. Please complete a new application for 2027. Please call Janet at 604-530-3020 ext. 312 or email *janetm@lsrs.ca* if you have any questions.







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

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

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

The Adult Day Program only on-boards people that have had a referral sent by Fraser Health. Once a referral is received, the Day Program contacts you to book a tour. The tour is approximately one half hour in length and it's purpose is to get additional historical data, confirm all data in the referral documentation and determine if the applicant is appropriate for the program.

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

The Adult Day Program celebrated Diwali




LANGLEY COMMUNITY CHORUS
PRESENTS
Glow
MUSIC TO LIGHT THE SEASON
SATURDAY & SUNDAY
DECEMBER 12 • 13, 2026
3:00 PM (BOTH DAYS)
St. Andrew's Anglican Church
20955 Old Yale Rd, Langley
FRIDAY
DECEMBER 18, 2026
7:00 PM
Walnut Grove Lutheran Church
20530 88 Ave, Langley
SCAN FOR TICKETS & INFO
Tickets: $25 Adult | $15 (13-18 yrs) | 12 and under free
langleychorus.org


Join us for a fun round (or 2) of
Christmas Music Themed
MUSIC BINGO
BINGO
at the
Langley Senior Resource Center
Fun and easy to play, just like normal bingo but based on Christmas songs
Dec. 17, 2026
11 Am
Prizes
Singing along and table dancing highly encouraged
Fun is a MUST


Twas the Week Before Christmas
Help us fill the sleigh for those in need.
Accepting Food Bank Donations December 1st-18th
Drop off non-perishable items any time this week.
to benefit local food banks
Langley Senior
RESOURCES SOCIETY


Low Vision
Support Group
• social connection
• educational resources
• practical advice
1st Wednesday of each month
Ongoing | 1:30-3:30pm
No Charge. Register at front desk or email info@lsrs.ca
Langley Senior
RESOURCES SOCIETY

'twas the Week Before Christmas

DECEMBER 14-19

Let's get together and enjoy some festive fun! Everyone Welcome!

ALL EVENTS ARE FREE
**registration required for activities*

Monday DECEMBER 14

10:00-11:00 Location: LSRS Sunroom
Monday Morning Talk Show *Christmas Stories*

1:00-2:00 Location: LSRS Lounge



Live Music *with* Sue Breton

Tuesday DECEMBER 15

10:00-11:00 Location: LSRS Lounge
CHRISTMAS CRAFT: Potpourri

All Day Location: LSRS Lounge
Wear your Ugly Sweater
Prize to be won!

1:00-2:00
Live music in the Lounge



Wed DECEMBER 16

10:00-11:00 Location: LSRS Lounge
JOIN US FOR A CHRISTMAS CRAFT

All Day Location: LSRS Lounge
Pajama Day: *wear your Christmas jammies!*

1:00-2:00
Live music in the Lounge



Thursday DECEMBER 17

10:00-11:00 Location: LSRS Lounge
JOIN US FOR A CHRISTMAS CRAFT

11:00-12:00 Location: LSRS Lounge
Music Bingo





Friday DECEMBER 18

11:30 - 12:30 Location: LSRS Lounge
Let's Decorate Cookies!
hosted by LSRS Community Services

1:00-2:00 Location: LSRS Lounge
Live Music in the Lounge



Saturday DECEMBER 19

12:00 - 1:30 Location: LSRS Lounge
Christmas Bingo!



Help us fill the sleigh for those in need!

We are accepting Food Bank Donations all week. Drop off non-perishable items any time this week.

SEASONS GREETINGS FROM THE FRONT DESK VOLUNTEERS

Meet our wonderful front desk volunteers. These are the people who answer the phones, handle program and event registration, answer questions – all with patience, grace, efficiency and a warm smile. We gave them a fun little question sheet. You can read their answers to some of the questions, and also their seasonal messages to us.



Gloria
Secretly dislikes *'The Little Drummer Boy'* (the Christmas carol, not the youngster in the band.)
Her must watch annual Christmas movie: *'Love Actually'*
If she had an imaginary holiday helper she would ask them to pick the pine needles out of the gaps in the wood flooring.
Her secret holiday super power: Gloria made up her own version of a Christmas macarena!!
'It's just not the holidays without family.'

"Be proud of the lives you touched in 2026 and take heart knowing that you make a positive contribution to the world"
~ Gloria



"Merry Christmas!"
~ Roslyn & Thomas

Karen makes a killer Whipped Shortbread (and is willing to share the recipe!)



Thomas
Favourite Christmas tradition is watching the movie *'White Christmas'* every year.
Thomas believes it's just not the holidays without love.

"My wish to you is that neither of us has to listen to 'Grandma Got Run Over By a Reindeer' ever again!"
~ Joy

SEASONS GREETINGS FROM THE FRONT DESK VOLUNTEERS



Diane
Favourite Christmas tradition is making cookies with her grandchildren. The carol she secretly dislikes hearing *'Grandma got run over by a reindeer'*
It's just not the holidays without shortbread.
She would like her imaginary holiday helper to undecorate after the holiays.
Diane is known far and wide for her perfect mashed potatoes!



Judi
Favourite Christmas tradition is family dinner.
Completely agrees with Diane: No more 'Grandma got run over by a reindeer'
It's just not the holidays without special Christmas coffee.
Judi has a secret holiday super power -- She bakes everything from scratch!

"Merry Christmas and may 2027 exceed all your expectations."
~ Judi

"Be at peace. Smile."
~ Karen

"Smile at a stranger, it may be the only smile they receive."
~ Maria

Teresa
Must watch annual Christmas movie: *'It's a Wonderful Life'*
It's just not the holidays without lots of chocolate and Nat King Cole singing *'The Christmas Song'*.

Patricia
Must watch annual Christmas movie: *'The Grinch'*
It's just not the holidays without a Grinch movie date night with my grandkids
If Patricia had an imaginary holiday helper she would taks them with creating Christmas cocktails! -- And gift wrapping!
Her secret holiday super power? She is good at it all 'natch! She loves to dress her dog up as the Grinch!
Patricia is willing to share her Ginger Molasses Cookie recipe.



SEASONS GREETINGS FROM THE FRONT DESK VOLUNTEERS





Julie
Favourite Christmas tradition is visiting friends and family
Likes all Christmas carols so much she keeps singing them into January!
Julie must watch holiday movie is *White Christmas.*
"It's just not the holidays without family and friends."

Nancy
Favourite holiday tradition is baking
She would like a break from hearing Mariah Carey singing *'All I Want for Christmas is You'*
Must watch annual Christmas movie: The Grinch (original version)
If she had an imaginary holiday helper she would ask them to serve her dinner and clean up afterwards — although Nancy would do the cooking herself.
'It's just not the holidays without family'

Rylie
Favourite Christmas tradition: I watch *Home Alone* and *Elf* every year with my family.

Su
Must-watch Christmas movie: *A Christmas Carol* with Alastair Sim.

"Wishing you all the best this Christmas seaon, and here's to a Happy and Healthy New Year!"
~ Diane

"Wishing everyone a wonderful holiday season!"
~ Rylie

"Take time for yourself to appreciate all the joys of the season"
~ Patricia

"Enjoy the time in whichever way it is special in your life.."
~ Nancy



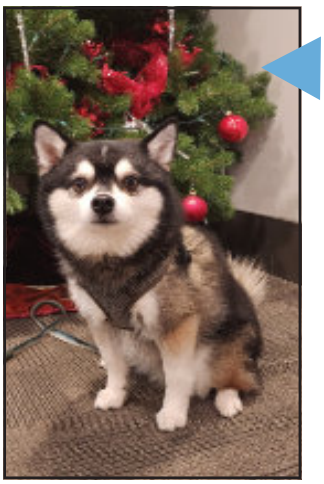
Stacey's Fit n Fab classes all dressed up for Hallowe'en. These spirited participants have great fun with their annual tradition.



LSRS members dressed up for the Monster Mash on Oct. 30th. Langley RCMP Cst. Peter Mann also stopped by. They had fun participating in the costume contest and Halloween Bingo!



These pups are regulars at the Cribbage Club!



Gio is ready for the holidays!



Thank you to Bria Communities for their generous donation to LSRS



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

Mondays at 10:00 am
EVERYONE WELCOME!

DECEMBER 7

Christmas Tree History

Learn all about the history of the Christmas tree from a local Christmas tree farmer and his experience running his own farm.

~ Al Neufeld, Fernridge Christmas Tree Forest

DECEMBER 14

Origins of Christmas

From early Christian beginnings to more modern beginnings of Santa Claus, join us to learn of the origins of Christmas.

~ Brian Antonson, author

Enter our monthly draw for a box of chocolate!

DECEMBER 21

Explore the Universe

Begin with The Big Bang which started it all, then explore our solar system and planets before concluding on the many galaxies and the trillions of bits that make up everything in the universe.

~ Brian Antonson, author

DECEMBER 28

Closed in lieu of Boxing Day

Generously sponsored by

Bria COMMUNITIES

Langley Senior RESOURCES SOCIETY

20605 51B Avenue, Langley
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facebook.com/seniorslangley

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, December 8**

11:30am-1pm

No appointment necessary

EARS HEARING CLINICS

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, Dec. 12**
10:00am -12:30pm

Free | Members Only

Please register at Front Desk for an appointment.

FOOT CARE CLINIC

Foot care clinic services at LSRS include:

- Foot assessments and care of athlete's foot, bunions, callouses, corns, dry and cracked skin, diabetic assessment, fungal nails, hammer or claw toes, and thickened toenails
- Cutting and filing of toenails
- Foot massage with essential oils
- Education for prevention of issues

If you intend on having your toenails cut, please do not cut them for 6 weeks prior to your appointment.

Thursdays & Fridays | 30-minute Sessions

Call the Front Desk for availability

Members $53 | Non-Members $60

**A $5 fee will be charged for all cancellations*

PHARMA DAYS

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

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

Fort Langley:

St. Georges Anglican Church - main hall, Thursdays, 9am-4pm | Dec 10

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

Divisions of Family Practice

Langley Senior Resources Society

sponsored by Langley Primary Care Network

fraserhealth

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



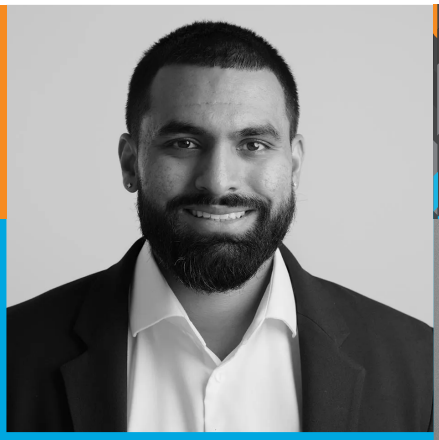
NEXT LSRS BREAD BASKET DATES:

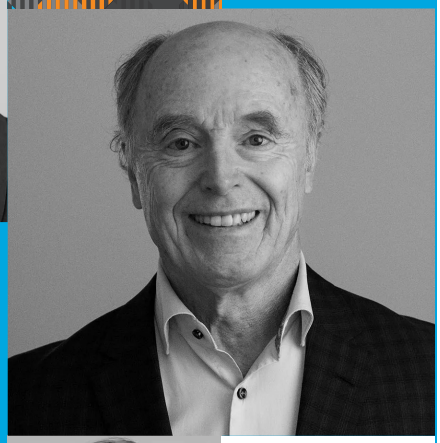
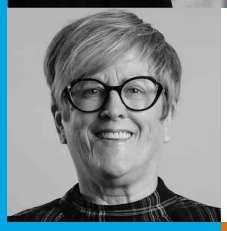
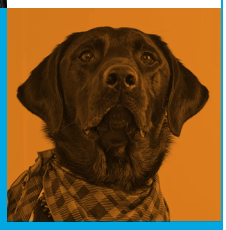
Tuesdays:
December 1, 15, 29

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, December 7 | 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

January 11, 2027 | February 1, 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

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

Santa to a Senior Program

Once again, Langley Senior Resources Society is preparing for our annual Santa to a Senior program! For many older adults, Christmas can be a difficult and lonely time. Some seniors may not receive gifts or have family and friends nearby to share in the holiday celebrations. Through this program, we hope to bring a little extra joy, warmth, and Christmas magic to their lives.

This year, we are hoping to support approximately 180 seniors, and we could not make this happen without the incredible generosity of our community partners. We are truly grateful to the organizations who have stepped forward to donate gifts and help make Christmas brighter for local seniors:

- MacCallum Law Group
- Cascades Casino Langley
- London Drugs Langley
- RCMP – Integrated Forensic Identification Services, Lower Mainland District – Surrey
- Westminster Lift Truck
- Soroptimist International of the Langleys'
- Beta Sigma Phi – Langley Chapter – Gamma Beta Master

Would you like to be part of spreading some Christmas cheer?
We welcome volunteers to help with gift wrapping. Email: *WendyR@lsrs.ca.*

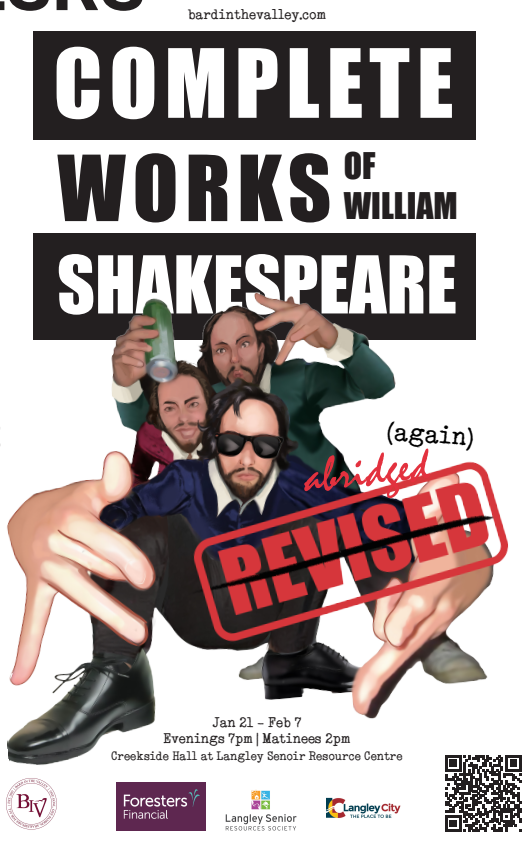
Bard in the Valley returns to LSRS

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



We remember

LSRS held a ceremony on Nov. 10th in honour of Veterans Day in the Creekside Hall.

The LSRS Creekside Chorus performed, and Cst. Bell and Cst. Talbott with the Langley RCMP were led in by Derek Smith, pipe corporal of the RCMP E-Division Pipe Band.

Maria Stiglich gave a land acknowledgement, Brenda Wilson performed the Last Post on her trumpet, and Veteran Jim Simpson read the Act of Remembrance.





LEFT: Derek Smith, pipe corporal of the RCMP E-Division Pipe Band. RIGHT: LSRS volunteers Su and Gail, along with veteran Wayne King placed a wreath on behalf of LSRS at the City's ceremony.

Congratulations!



Thank you and congratulations to Janet on your ten years at LSRS.

We appreciate everything you do for us!







Thank you!

Thank you to mother and daughter team Judy and Casey for donating their time and expertise to painting our windows. Judy has donated hers, and her families talents to our window painting for a dozen years or more!

The three Rs of Christmas; *Recycling, Reducing* – and GASP – Regifting



Lilianne Fuller 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.

This year I'm dreaming of a green Christmas. I had a visit with my old friend Marie and she is too! Don't get me wrong, we both want snow for Christmas, but this year we've decided to utilize three Rs in our festive celebrations and give Mother Earth a gift. Maybe you would like to celebrate a greener Christmas too this year? It isn't hard, it just takes a little planning.

Start by recycling your energy sucking Christmas light bulbs for the new environmentally friendly LED's. You can recycle your old ones at Mac's Traders. They will take your old Christmas lights. You won't need to unplug all the bulbs, just drop them off as is. Maybe you got brand new pots and pans or power tools? Dispose of your old ones here. These items can be dropped off free of charge and Mac's will pay you for the metal. Mac's Traders are located in Murrayville at 22334 Fraser Highway. A little bit of extra cash can come in handy when those January bills come rolling in.

The Langley Bottle Depot will gladly take your bottles and cans but they also will take all of your electronics and paint as well. Perhaps Santa brought you a brand-new TV or laptop. The Langley Bottle Depot is an outlet for Encorp Return It and this company supports local charities. They have been helping the Langley Food Bank for years. They assist with bottle drives for local scout groups and special needs classrooms. This recycler is located at 20137 Industrial Avenue.

All great things have to come to an end and that includes the Christmas Tree. The once beautiful tree having being up for in some cases two months, is starting to look more and more like the one in Charlie Brown's Christmas. Luckily there are ample opportunities to recycle it and at the same time support the local boy scouts. Local scouts have been doing Christmas Tree chipping fundraisers for years and this year is no exception. Watch your local newspaper for information for dates and locations.

Reducing waste will require a little communication. Be direct with your friends and families. Tell them that instead of more 'stuff', you want consumables. Coupons for household chores, gift cards for spa days, or coupons for a favourite restaurant are all good choices.

To replace the last R, reusing, consider regifting. Over the years this once taboo practice has become more acceptable. According to comments on Redditt regifting is considered okay if the item is new and in its original packaging. Maybe, like me, you have a friend who is not in your circle who would absolutely love the item. Regifting was only considered rude if it was done thoughtlessly just to 'get rid of something. But if the present is given with heart to the right person, then regifting was considered quite acceptable.

This Christmas remember the three R's and give Mother Earth a gift.

And that's the lowdown with Lil

LSRS helps school SFU medical students

Medical students will be working with seniors through a new partnership between the Langley Senior Resources Society (LSRS) and Simon Fraser University that will impact these future doctors.

Since mid-September, two to four medical students have taken part in structured learning sessions at LSRS locations, including the society's main site at 20605 51B Ave. and its Adult Day Program at 20256 56 Ave. Sessions will take place once a month on Thursdays through the end of 2027.

"This partnership reflects exactly the kind of reciprocal, community-rooted learning we want for our students," said Dr. Keyna Bracken, associate dean of undergraduate medical education at SFU Stephens Family School of Medicine. "By working alongside seniors in Langley, our students gain a deeper understanding of aging, community health, and professional identity that simply can't be taught in a classroom."

Students will engage directly with community members through non-clinical service activities, paired with structured reflections designed to connect their experiences to curricular goals, professional ethics, and the broader health-care system. The initiative is part of the school's community-engaged learning strategy, which emphasizes respect, relevance,

continuted on next page



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SFU partnership from page 22

reciprocity, and responsibility in every community partnership.

"Our seniors have so much to offer, and this program creates a genuine two-way exchange," said Kate Ludlam, Langley Senior Resources Society executive director. "We're proud to help shape the next generation of physicians while providing meaningful, valued engagement for the members of our community."

LSRS will provide on-site orientation, supervision, and feedback, while the school of medicine will coordinate the program design and student placements. This partnership is the start of a new program that both organizations hope will grow into a lasting model for community-engaged medical education across the region.



L-R: Zach from Honey Mustard Media with SFU medical students Willa and Karan



Come home for the holidays!

There's a warm welcome waiting at Langley Seniors Village.

Settle in with a hot drink, festive treats and an afternoon of connection and holiday spirit. We look forward to having you join us, whether on your own or with a friend — our friendly staff and residents are ready to welcome you home.

For more information —
Michael Amirani
M. 604-307-9066

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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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778-549-6413 or
info@adultcognitivewellnesscentre.ca

AdultCognitiveWellnessCentre.Ca

Take a bus trip and enjoy the journey!

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.

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

Sunday, December 13 | 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

ENJOY THE JOURNEY

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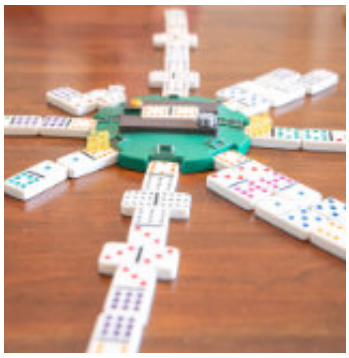
CARDS & GAMES







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

BRIDGE
Fridays
1pm-4pm | Sunroom | Free

BRIDGE - PARTNERS
Mondays
1pm-4pm | Sunroom | Free

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

CHESS
Wednesdays
10am-12pm | Lounge | Free

CRIBBAGE
Wednesdays
1pm- 3pm | Main Hall | Free

CRIBBAGE
Fridays
10am-12pm | Sunroom | Free

CRIBBAGE — 10 CARD
Saturdays
10am-12pm | Sunroom | Free

EUCHRE — TRADITIONAL
Wednesdays - Looking for players.
12:30pm-3pm | Lounge | Free

MAH JONG
Tuesdays
1pm - 4pm in the lounge
No charge
Register at front desk

MEXICAN DOMINOES
Wednesdays and Fridays - Looking for players.
Leave name at front desk if interested.
12:30pm-4pm | Lounge | Free

SAMBA
Fridays
11am-3pm | Brock Douglas Room | Free

WHIST
TBA - Looking for players.
Leave name at front desk if interested.

Monday

Flowing with Breath & Ease
9am-9:45am pg.41

Monday Morning Talk Show
10am-11am pg.14

Riverside Ramblers
10am start pg.45

Table Tennis
10am-12pm pg.37

Circle of Friends
11:30am-12:30pm..... pg.31

Spanish - intermediate
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.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

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

facebook.com/seniorslangley



Thank you to our LSRS Ambassadors Dorthea and Shirley for representing us so well!

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

Walking Group
10am-11am pg.45

Cribbage
10am-12pm pg.38

Tech Help
10am-12pm pg.37

Samba
11am-3pm pg.38

Art Class
9am-3:30pm 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.40

Tech Help
10am-12pm pg.37

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.40

Bingo
12pm-1:30pm pg.30

Senior Pride Social Group
Second Saturday of each month
10am-11:30am pg.35



The LSRS Walking group has been out exploring some beautiful local trails.

See the December walking schedules on page 45

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: Jan. 8 - March 19 | Morning session 9am - 12pm | Afternoon session 12:30 - 3:30pm
Activity Room | 11 Sessions | $121 | 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: Jan. 28 - March 25
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

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 Ieperen 778-328-2302 ext.1 / michellev@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

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: Jan. 8 - March 12

10am-12pm | Main Hall | $36.00 | 10 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, December 1 | 5:00pm | Montana's BBQ & Bar

20100 Langley Bypass, Langley

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

Tuesday, January 5 | 5:00pm | Boston Pizza

19700 Langley Bypass, Langley

Tuesday special, pasta $15.99







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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: Jan. 5 - March 30 | 12 Sessions *(no session Jan. 19)*
11:30am-12:30pm | Main Hall
12 Sessions | $84 Members | $94 Non-Members

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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.

QMUNITY

A space for folks over 50 in the LGBTQ2S+ community to gather, connect and engage in meaningful conversation. An environment where we can make connections and memories with our like-spirited neighbours with informal fun, guest speakers, and companionship over breakfast. LSRS membership not required. Creekside Cafe opens for breakfast at 9am. Contact: *seniorpride.lsrs@gmail.com* for more information.

Meets every second Saturday of each month | Next meeting: Dec. 12
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: Jan. 11 - March 22 | 10 sessions *(no session Feb. 15)*
INTERMEDIATE 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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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 volunteers for some help or advise. Membership not required. Walk-in only on Fridays (*support not available for Apple products Fridays),* and by appointment on Saturdays *(support with any product)*.

Fridays | Walk-in only
Saturdays | By appointment | $5 to book
10am-12:00pm | Lounge

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

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.

NEW REGISTRATION PROCESS FOR FITNESS PROGRAMS AT LSRS CENTRE

New Policy will begin for December Fitness Registration

NOTE: Aldergrove & Fort Langley classes process does not change

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!

THE NEW REGISTRATION PROCESS IS FOR FITNESS PROGRAMS AT LSRS RECREATION AND CENTRE 20605 51B STREET ONLY

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.

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: Jan. 5 - March 30 | 12 Sessions *(no session Jan. 19)*
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. 19)*
9-10am | Main Hall | 10 session punch cards
Members $70 | Non-Members $85 | Max. 36 people

More fitness on following pages

YOGA, MOVEMENT, FITNESS

YOGA, MOVEMENT, FITNESS

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: Jan. 6 - March 31 | 13 Sessions

9-10am | Activity Room | Members $91 | Non-Members $101 | Max 15

CHAIR YOGA PLUS STRENGTH WITH STACEY

An energized seated class that takes chair yoga to the next level by incorporating 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: Jan. 7 - March 25 | 12 sessions

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

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: Jan. 9 - March 20 | 11 Sessions

9:30 - 10:30am | Activity Room | Members $77 | Non-Members $87

ADAPTIVE CHAIR YOGA WITH KELLI

This seated yoga class provides a safe, non-judgmental container to explore mindful movement. Woven with trauma-informed principles, the practice utilizes breathwork, meditation, and somatic movement to support body-awareness, strength, mobility, nervous system regulation and help you connect with your inner wisdom. It is an integrative practice designed to foster empowerment and gently guide you toward lasting resilience. Max room capacity: 13 persons

Saturdays: Jan. 9 - March 20 | 11 Sessions

10:50 - 11:50am | Activity Room | Members $77 | Non-Members $87 | Max. 13

ADAPTIVE MAT YOGA WITH KELLI

Offering a blend of standing poses, this class takes advantage of the chair for mobility, strength, balance and stability while integrating somatic practices to support body-awareness and nervous system regulation. It is an integrative practice designed to foster empowerment and mindfulness. Please note that participants must be able to independently transition safely and comfortably down to the floor for grounding, stretching and cool-down. Max. room capacity: 12 persons.

Saturdays: Jan. 9 - March 20 | 11 Sessions
12 - 1:00pm | Activity Room | Members $77 | Non-Members $87 | Max. 12

FLOWING WITH BREATH AND EASE CHAIR YOGA 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: Jan. 11 - March 22 | 10 Sessions *(no session Feb. 15)*
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 | 10am - 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: Jan 5 - March 23 | 9am - 10am
St. Georges Anglican Church, 9160 Church St, Fort Langley
12 Sessions | $84 Members | $94 Non-Members

CHAIR YOGA WITH MOE

A gentle, accessible pratice that modifies traditional yoga poses to be performed while seated or using a chair for support.

Thursdays: Jan 7 - Feb 25 | 9 - 10am
St. Georges Anglican Church, 9160 Church St, Fort Langley
8 Sessions | $56 Members | $66 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: Jan 5 - March 23 | 11am-12pm

St. Georges Anglican Church, 9160 Church St, Fort Langley

12 Sessions | Members $84 | Non-Members $94





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,
Thursday, December 10, 9am-4pm



ALDERGROVE

Classes take place at:

Aldergrove Heritage Hall, 3015 273 St., Aldergrove

Brought to you by:

Aldergrove Heritage Hall & Langley Senior Resources Society

Aldergrove registration takes place on Tuesdays between 10am - 2:30pm at the Aldergrove Heritage Hall, 3015 273 St. or email SherriM@lsrs.ca

MAT PILATES WITH EVGENIIE

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

Thursdays | Jan. 14 - March 25 | 9:30-10:30am | 10 sessions $40 (no class Jan. 28)

YOGA FOR CONNECTION WITH VICKY

Movement, breath and relaxation. A practice that welcomes everyone. This class combines yoga poses, breathing techniques and relaxation all offered while seated on a chair with optional standing poses. It's a practice that adapts to you while exploring movement, awareness, and calm. The class ends with a gentle, loving-kindness moment of stillness.

Mondays | Jan. 11 - March 22 | 11am - Noon | 10 sessions $40 (no class Feb. 15)



ZUMBA GOLD© WITH YUDY

Zumba Gold® is a modified, low-impact dance fitness class designed for beginners, active older adults, or those needing a slower-paced workout. It features easy-to-follow choreography focused on balance, range of motion, and coordination, while delivering a fun, Latin-inspired cardio experience.

Wednesdays: Jan. 13 - March 25 | 11am - 12pm
11 Sessions $44

Fridays: Jan. 15 - March 19 | 11am - 12pm
11 Sessions $44

BEGINNERS WATERCOLORS ART CLASS WITH KATHRYN

Tuesdays: Jan. 5 - March 9 | 11am - 1pm
10 Sessions $70

All levels welcome! Bring your own supplies. List will be provided at registration.

LIFE CHALLENGES SUPPORT GROUP

Tuesdays | Ongoing | 1:00-2:30

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

WALKING GROUPS

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

DEC. 2:
MUCKLE CREEK & POWERLINE
Meet at Portage Park, 204 St. & 51A Ave.

DEC. 9:
BRAE ISLAND
Meet at 9451 Glover Rd.

DEC. 16:
NOEL BOOTH PARK
20302 36 Ave.

DEC. 23:
LANGLEY REGIONAL PARK
224th St. & approximately 5th Ave.

DEC. 30:
DEREK DOUBLEDAY ARBORETUM
21177 Fraser Hwy.

Fridays at 10:00 am

DEC. 4:
PLEASANTDALE CREEK TRAIL
Walk to Sendall Gardens, meet at Centre

DEC. 11:
BRYDON LAGOON
Meet at Portage Park, 204th St & 51A Ave.

DEC. 18
CAMPBELL VALLEY PARK
Ravine Trail, meet at 8th Ave. parking lot

DEC. 25:
CHRISTMAS DAY
No walk.

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





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.

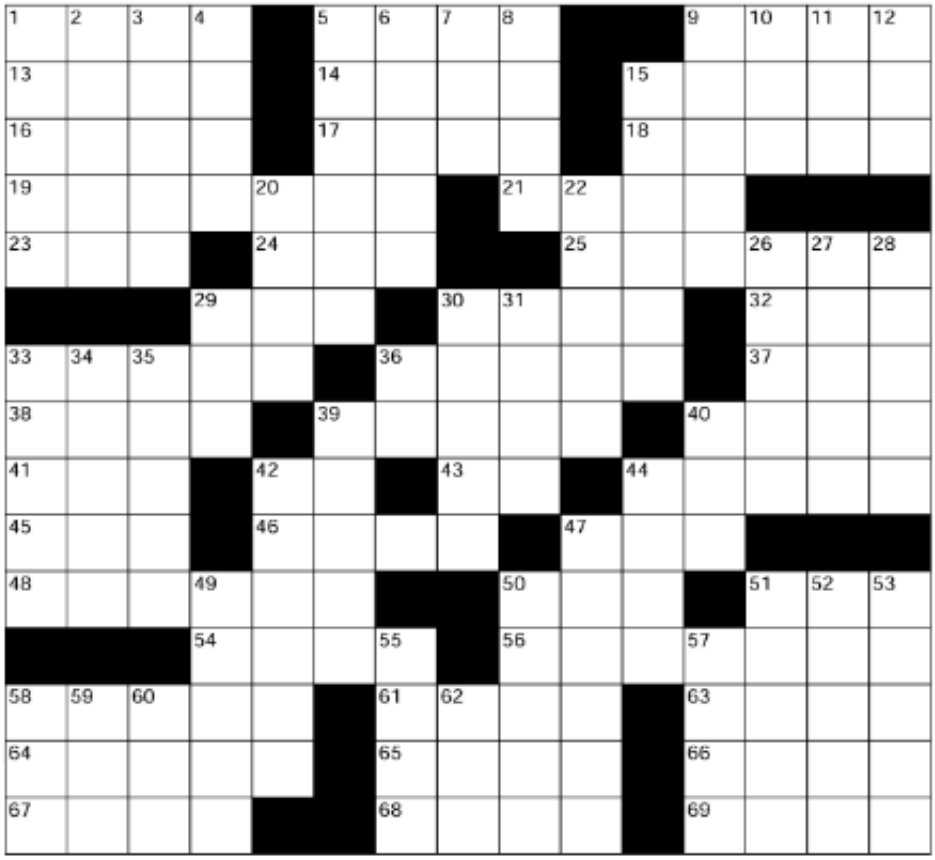


BELLEVUE PARK
SENIOR LIVING

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

604-329-3664
www.bellevuepark.ca
2882 – 272nd Street, Aldergrove

HAPPY HOLIDAYS CROSSWORD



ACROSS

1 Heavenly body visible from earth as point of light
5 Lawyer (abbr.)
9 Measuring instrument
13 Evergreen tree
14 Earth has a N. and S. one
15 Eating house
16 Volcano
17 Ancient Indian
18 Behind
19 Hollow brick structure for passing smoke from a fire into the open air
21 Lease
23Visit
24 American Cancer Society (abbr.)
25 “Pathfinder” maker
29 New Year’s_____
30 Kernel
32 BB association
33 Type of fur
36 Christmas hymn
37 Kimono sash
38 Musical treble_____
39 Relating to the ear
40 Chilly
41 Grease
42 1000 megabytes
43 Deciliter
44 Applesauce brand
45 Chum
46 Potato sprouts
47 Executive
48 Writings
50 Expression of surprise
51 Wing
54 Association (abbr.)
56 Day on which ordinary business activity is suspended
58 Sword
61 Vessel
63 Demonstration
64 Inaccuracy
65 Frog
66 Sign
67 Deprive
68 Turfs
69 Lassie

DOWN

1 Eyeglasses
2 Religious offering
3 Red headed orphan
4 Stack of paper
5 For each one
6 Frozen pizza brand
7 What a nurse gives
8 Time period
9 Present
10 Colony insect
11 “To the right!”
12 Be incorrect
15 O.T. prophet
20 Central church part
22 Recruit
26 Snout
27 Monastery superior
28 Hammer’s partner
29 Santa’s helper
30 Pieces of stiff paper used to send greetings
31 Spoken
33 View
34 Anonym
35 Metal objects that make pleasant sounds when hit
36 Copper (abbr.)
39 Chasm
40 Murmur
42 Fountain
44 Supper
47 Groups of notes
49 Baseball player Hank _____
50 Leading
51 Water retention
52 Tinseled cloth
53 French city
55 Meshes
57 False god graven image
58 Stitch
59 To be
60 Undergarment
62 Date

Library Notice

The LSRS has a Lending Library for members.

We accept limited donations of books due to space limitations. Please only donate books that are in good condition and with a copyright of 2018 or newer. All other books please help us by taking those books to a thrift shop.

'Tis the season to give yourself a gift of reading @ LSRS Lending library.

Please note the FVRL has a 'Library For You' program. This provides accessibility to people who are unable to access the library due to illness or disability.

Phone 1-888-668-4141 Extension 7076, or online at *libraryforyou@fvrl.bc.ca*

~Your Librarians: Judy O, Judy D and Tarja M.



The LSRS Lounge is a great place to enjoy some quiet time with a good book.

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.lsrs.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

fraserhealth
Better health. Best in health care.

Seniors Services Society

LCSS Langley Community Services Society

Stepping Stone Community Services Society

Langley

Chronicle Building Maintenance

Buddy With a Truck

Meals on Wheels

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



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

fraserhealth
Better health. Best in health care.



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

fraserhealth
Better health. Best in health care.



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

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

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Senior Finance Manager
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Flavia Leite
Junior Bookkeeper
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FACILITIES MANAGER

Brandon Judd
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brandonj@lsrs.ca

FACILITIES AND GROUNDS WORKER

Connor Kahle
connork@lsrs.ca

For Adult Day Program Staff and information please see page 52











We'll be Home for Christmas!

You could be too! Join us for a happy New Year in 2026. Come for in for a tour, and we'll treat you to lunch, too.

Call us today:

604.351.8668

SUNRIDGE GARDENS
A BRIA COMMUNITY

MAGNOLIA GARDENS
A BRIA COMMUNITY

RETIREMENT. **LIVING!**

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

The READERS' CHOICE AWARDS 2026
LANGLEY Advance Times
WINNER

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