

AUGUST 2023

**Program
Registration
Begins**

Wednesday, August 2
members

Tuesday, August 8
non-members



Langley Senior
RESOURCES SOCIETY

Programs and Services for Adults 50+
in Langley City & Township

Your Langley SRES® (Seniors Real Estate Specialist)



Charity is a big part of why I do what I do. I'm a huge supporter of local seniors and the City/Township of Langley and therefore I want to donate to those organizations who support the 50+ community in Langley.

For every buy/sell that comes to a successful close, I will donate \$500 to Langley Senior Resources Society or the Langley Hospice Society, in honour of the great work they do.



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About the Langley Senior Resources Society

The Langley Senior Resources Society (LSRS) is an independent, not-for-profit, charitable organization that has been providing social, recreational and educational programs and food, health and supportive services for adults 50 years of age and older in the City and Township of Langley since 1982. LSRS is led by a volunteer Board of Directors who live or work in the local community. The Board of Directors is a governing body, with the day-to-day operations managed through the Executive Director, staff and volunteers. LSRS employs over 40 staff and benefits from the time and talents of over 200 volunteers.

	Recreation and Resource Centre: 604-530-3020
	Adult Day Program: 778-328-2302
	info@lsrs.ca
	lsrs.ca
	seniorslangley
	lsrscatering
	seniorslangley
	lsrscatering
	seniorslangley
	seniorslangley
	604-532-1320

Mission

To deliver services through a holistic approach aimed at meeting the emotional, physical and social needs of seniors and their families.

Vision

We envision a community in which seniors are supported and empowered to socialize, learn and enjoy life.

Mandate

To connect people 50+ with recreation, resources, and programs, designed to meet individual and specific needs to improve their quality of life.

Values

Caring, respect, empathy, independence, safety, and equality.



Thank You, Funders and Sponsors



Locations and Staff



Recreation and Resource Centre

20605 51B Avenue, Langley, BC V3A 9H1

604-530-3020

Monday - Friday 9:00 am - 4:00 pm

Saturdays, Sundays, and Holidays Closed

Tuk Shop Thrift Boutique | Cafe (9 - 2)

Executive Director

Kate Ludlam

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

Member Services Supervisor

Janet Madden

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

Bookkeeper & Payroll Coordinator

Debbie Poirier

604-530-3020 ext.314, accounting@lsrs.ca

Volunteer & Fundraising Coordinator

Jude Henders *(starts August 1)*

Manager of Programs & Member Services

Smitty Miller

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

Human Resources Coordinator

Boni Thomas

604-530-3020 ext.310, bonit@lsrs.ca

Head Chef

Josh Jackson

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

Manager of Community Services

Wendy Rachwalski

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

Community Services Navigators

Pam Reid

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

Debbie Pauls

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

Community Services Coordinator

Carol Meister

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

Social Prescribing Community Connector

Linda Smith

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

Lisa Gordon

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

Facilities Manager

Bob Benson

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

Facilities and Grounds Workers

Brandon Giroux

Matthew Klar

Adult Day Program *(pages 52-55)*

20256 56th Avenue, Langley, BC V3A 3Y5

Monday - Saturday 8:30 am - 4:00 pm (Sundays and Holidays Closed)

Adult Day Program Manager

Alicia Koback

778-328-2302 ext. 1, aliciak@lsrs.ca

Assistant Manager

Sandeep Chahal

778-328-2302 ext. 1, sandeepc@lsrs.ca

Nurse

Paul Richenberger

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

Hydrosound Bathing

Mirarie Fosana

778-328-2302 ext. 4



Membership Information



Interested in Becoming a Member?

You are welcome to drop-in and try select programs. After three visits, a membership is required for further participation.

- Membership is for persons 50 years of age and older.
- Membership is \$63.00 (including GST) per year (Jan-Dec). New membership cards are issued annually.
- Pro-rated memberships are available to new members and individuals who did not renew in the previous year.
- Paid programs are available to members and non-members. Membership includes discounts for some programs, events and trips.
- Membership fees are non-refundable.



Lifetime Memberships

A free membership is granted to members who are 90 years of age and older and have been a member for at least the past 5 years.

Members must have turned 90 on or before December 31st, 2022 to be eligible for a 2023 Lifetime Membership.

Lifetime Members must renew their membership every calendar year.

Board of Directors

President: Loretta Solomon

Vice-President: Alastair Murdoch

Secretary: Lorna Dysart

Treasurer: Alastair Murdoch

Directors: Sherry Tingley, Rasmeet Channey, Marlene Best

Connect with the Board at: board@lsrs.ca

Canada Revenue Agency Charity Registration Number: 121924229RR0001

Membership Subsidies



Membership Subsidy

With financial support from the City of Langley--and effective July 1, 2023--the Township of Langley, LSRS is pleased to offer a 2023 Recreation Membership Subsidy to qualifying older adults who live in the City and Township of Langley.

Eligibility:

- City of Langley or Township of Langley resident
- 50 years of age or older
- Total income less than \$27,000 (single) or \$32,000 (couple)



Township of
Langley



Est. 1873

Subsidy Amount:

- 100% coverage of the 2023 Recreation Membership fee.
- Applicants may also qualify for a credit for program fees and for use at the Café at the Recreation and Resource Centre.

Application Process:

Application forms for 2023 are available at the Front Desk beginning Monday, November 14. Return the completed application with the required supporting documents in a sealed envelope to the Front Desk.

Contact Janet Madden (janetm@lsrs.ca or 604-530-3020 ext. 312) if you have any questions about this Membership Subsidy.

Thank you to the City of Langley and the Township of Langley for their financial support of this Recreation Membership Subsidy.

crohnsandcolitis.ca/support-for-you/washroom-access

Crohn's and
Colitis Canada
Crohn et
Colite Canada

Proud Supporter of the GoHere Washroom Access Program

BC Day Closures



Saturday, August 5
Adult Day Program

Monday, August 7
Both locations



Executive Director's Message

A Message from Kate Ludlam

Whomever said that summer is a “slow” time of year has not been at the Langley Senior Resources Society recently. Our July Summer Bash BBQ was an amazing day of fun games, great food, and the Tuk Shop raised close to \$3,000! Thank you to our wonderful volunteers, donors and customers who helped make this annual



event so successful. You may have seen LSRS at a few community events including Langley City Community Day and Langley Globalfest. This month, we'll be at Arts Alive! and Langley Ribfest – just look for our bright orange tent and stop by to say “hi” to our Volunteer Ambassadors. On August 4, we will be hosting our first Silver PRIDE including a family-friendly Drag Show, BBQ, a learning corner and Drag Queen Bingo and Storytime. We have partnered with QMUNITY and Chartwell to host our first Silver PRIDE event – I hope you will join us, everyone is welcome.

Last year, our Board embarked on a strategic planning process to update our Vision, Mission, and Values.

Coming out of the pandemic, it seemed the time was

right to review our organization's purpose and role. We heard from members, volunteers, donors, and staff, and we personally met with and interviewed 14 of our partner organizations. In total, we had over 170 participants who shared their thoughts, comments, and suggestions about LSRS and the role we play in our community - and a few themes emerged. These included expanding our community services into the Langley neighbourhoods like Aldergrove and Willoughby; creating inclusive programming to address diversity and accessibility; and providing a HUB for seniors to learn and access social and health services. We are grateful to those who took the time to respond to our survey or to meet with us personally – your insights will be invaluable to us and help inform our operational plans going forward. You can learn more about our strategic direction including our new Vision, Mission, and Values on pages 50-51.

Finally, I want to remind everyone to have a plan to stay safe during these warm summer days. If you don't have a plan to deal with the heat, we can help you develop your safety plan and you can register to be on our Wellness Check phone call list or it maybe as simple as coming down to the Centre to cool off. A very Happy BC Day to you and yours!

New Board Director



Marlene Best was a resident of Langley for 26 years and is now semi-retired and lives in south Surrey. While living in Langley Marlene and her husband owned and operated a major floriculture greenhouse and raised their family there and was involved in many aspects of their community such as church, school and agriculture.

Marlene has a degree in urban and regional planning and is a Registered Professional Planner with over 43 years of experience having developed and managed hundreds of sites in the lower mainland and British Columbia. She also holds a Masters in Business Administration and has held numerous executive positions in the land development industry. Giving back is a core value of Marlene's

having sat as a director of non profit societies, agencies and industry associations for over two decades. She looks forward to volunteering at LSRS and assisting in ensuring the needs of seniors in Langley are met through services and programs.

Welcome Volunteer Coordinator, Jude Henders

Jude has lived in Langley since 2016. She is a married mother of two grown children and proud grandmother to a little boy named Levi. As a family they have stayed together, with an upstairs-downstairs arrangement. She has one surviving parent (mother), who also lives in Langley with Jude's brother. She is the youngest of 8 children who were all born in England. They immigrated to Canada when Jude was 9 years old.

Jude loves the outdoors and has spent many summers camping with her children and other families from the community. Today she enjoys kayaking, long walks and bike rides with friends and family. She even enjoys walks in the rain.

Jude's career has always been in Healthcare, where she has more than 30 years of experience.

Jude has always been a people person and enjoys being around other people, hence her career choice of coordinating volunteers. Volunteers feed her soul with their caring hearts and dedication to help others.





Generous Donors Supporting Seniors



Ears Hearing Clinic

It's always great to welcome back sponsors! **Kim Galick** of Ears Hearing Clinic, who visits our Rec Centre every month to offer hearing aid fit and cleaning services, will be hosting 4 "Listen and Learn" talks on hearing care. We are so grateful for her \$6,000 gift that will allow LSRS to bring these sessions to our members and the general public.

Norma Byrne






Norma has been with LSRS since 2014 and is one of our friendly Income Tax Clinic volunteers. Through this, she meets many seniors who may be struggling with basic costs such as groceries or personal care items. She was so moved she decide to donate \$10,000 in gift cards for our Community Services team to provide to seniors who need this kind of support. Thank you for your generous heart, Norma!



Bria Communities

For almost 10 years, Bria Communities has supported LSRS through donations and sponsorships and we are tremendously grateful for this investment. Their support of our Monday Morning Talk Show, along with other programs, has allowed our organization to continue supporting seniors in our community with engaging recreational, education and social opportunities, as well as much-needed community services.

More Ways to Give

-  Donate your recycling money to LSRS
-  Bring Nature's Fare Market receipts to the Centre
-  Donate clothing & housewares to the Tuk Shop
-  Donate online at canadahelps.org/en/charities/lrsr
-  Donate by phone, mail, or in person at the Centre

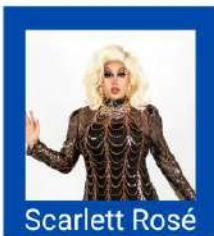
Silver PRIDE Langley

Our Pride is 50+



Friday, August 4

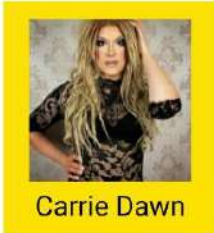
11 am - 2 pm



Scarlett Rosé



Justin Abit



Carrie Dawn

Barbeque

Family-Friendly
DRAG Show

Music | Music | Music

Drag Bingo

Learning Corner

Drag Storytime

Everyone is Welcome

all ages | all cities | all shapes & sizes | all gender ids | all orientations



QMUNITY

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Langley Senior
RESOURCES SOCIETY

Recreation and Resource Centre

20605 51 B Avenue
Langley, BC Canada V3A 9H1
604-530-3020 | lsrs.ca



LSRS is the home
of one of the most beautiful gardens in Langley.

The Friendship Garden

You are welcome to enjoy the garden any time during the Centre's open hours. Enjoy lunch from the Café there, read a book, meet some friends for coffee, or take your card game outside.

Did you know that there are 2 entrances from the building to the garden? One is through the Brock-Douglas Room. (Look for the handmade wooden sign).

There is also an entrance to the garden through the Main Hall corridor, just past the Main Hall washrooms. (This is the way to go when there are activities happening in the Brock-Douglas Room.)

We are so grateful to the dedicated and busy volunteers who build and maintain all of our green spaces.

Meet you in the garden.

**It's summertime.
Please don't leave
your dog in the car.**

**Well-behaved dogs
on a leash
are always welcome
in the Centre.**

(not in the Café)

 **Langley Senior**
RESOURCES SOCIETY
20605 51B Ave, Langley
604-530-3020



Suites start at \$2,900 p/month



Peace of Mind is Included

“Magnolia Gardens is a very warm, beautiful place to live. It’s really quiet and peaceful here. It’s been a major change for me to come here and feel safe.” ~ Susan S., resident

Good neighbours, a safe home, someone to lend a hand—this is peace of mind. It’s all part of the all-inclusive lifestyle at Magnolia Gardens.

Come for a visit and explore our newly renovated lounge, pub, bistro, and courtyard garden. Like good neighbours do, we’ll treat you to lunch.

**Call Sherri for more info:
604.351.8668**



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- Personal Care
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- Medication Reminder
- Homemaking
- Transportation



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Dementia - Friendly Adult Day Program

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



- We incorporate personalized and Montessori programming
- **Other Locations Available**

To Learn More & Register

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Community Services

Call **604-530-3020** for appointments & more information about all Community Services.

Information and Referral

Access information on programs and services for older adults that are available in the community and through the government. Support to complete forms is also provided.

Information brochures are also available at the Recreation and Resource Centre in the Lounge and in Community Services offices.

Housing Navigation

Staff and trained volunteers can assist older adults with information on housing options and support with finding and maintaining appropriate housing, including:

- Subsidized rental housing
- BC Housing
- Shelter Aid for Elderly Renters (SAFER)
- Support with landlord and property manager concerns
- Rent Bank
- Shelters
- Home Owner Grants
- Property Tax Deferment
- BC Rebate for Accessible Home Adaptations (BC RAHA)
- Independent living, assisted living and residential care

Telephone Buddies

Trained volunteers call an isolated older adult for a weekly friendly chat.

Ambassadors and Mobile Outreach

Outreach staff or volunteers bring information about programs and services for older adults to your building, place of worship, or group.

Social Prescribing

Enables health care professionals to refer older adults 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.). Offered in partnership with Langley Seniors in Action and in collaboration with Fraser Health and the Langley Division of Family Practice.





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

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

Transportation to Appointments

A volunteer driver picks you up at home and takes you to your appointment, then returns you home. Rides can be purchased in advance or as a gift.



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 on a weekly basis to reduce isolation and loneliness. Free.

Keeping Cool with Help from United Way

As we head into summer weather, we were happy to receive a grant from United Way to make and provide "cooling kits" to vulnerable seniors. A team of staff and volunteers made up 200 kits containing cooling fans, neck cooling scarves, spray bottles, packets of electrolytes, hand fans and safety information, and thermometers donated by BC Hydro. Stop by the Centre to pick up information sheets about staying safe in the heat.





Café and Food Services

The Café is open Monday to Friday,
9:00 am - 2:00 pm

(lunch is served 11 am - 2 pm)

sandwiches | soup | specials | snacks
drinks | fresh meals | frozen meals



Ensure Nutrition Shakes
chocolate | vanilla | strawberry
as available

Case of 24 = \$36

Available in the Café

Meals to Go

Fresh and frozen meals are available for purchase from the Café on a first-come, first-served basis.

Pre-orders are not available at this time.

\$7 (members)

\$8 (non-members)

For more information, please call 604-530-3020 or email info@lsrs.ca



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CONTACT

JOSH JACKSON
604-530-3020 EXT. 315
JOSHJ@LSRS.CA

CATERING SERVICES





MacCallum Law Group LLP has been part of Langley's legal community for over 40 years.

When our founder Allen MacCallum started his career as a lawyer, Langley was that quintessential small farming town. Our first law office was located above the Surrey Metrobuilding in downtown Langley.

In the late 1980's, we relocated to our custom built office in the new neighbourhood of Willowbrook. Every day that we spend in our building on 197 Street, we connect with our firm, family, and Langley history—which, at MacCallum Law Group, is all intertwined.

Today, MacCallum Law Group LLP is lead by Allen and his son Matt MacCallum. We're close to 30 professionals strong with an emphasis on succession and young, emerging talent. As a dedicated solicitors practice, we are focused on transactions that matter the most to families and businesses in Langley.

OUR PRACTICE AREAS:

- Wills and Estate Planning
- Probate and Estate Administration
- Corporate and Commercial Law
- Real Estate Law and Land Law
- Family Law

6345 197 St. | estateplanning@maclg.com
Langley, BC | 604.546.6345 | maclg.com

A Firm Tradition

One of our firm's many long-standing traditions is **Allen's monthly visits to the Langley Senior Resource Society.**

We're proud that Langley's Senior Resource Society had found a deeply experienced yet approachable legal partner in MacCallum Law Group LLP.

Carrying on the tradition, our Lawyer team are proud to serve LSRS, visiting once a month to provide legal advice to members.



Working Together

Book your free 30 minute appointment at the LSRS front desk or call 604.530.3020

UPCOMING DATES:

- Thursday, August 3, 2023 from 1:00 - 3:00 pm
- Thursday, September 7, 2023 from 1:00 - 3:00 pm
- Thursday, October 5, 2023 from 1:00 - 3:00 pm

Appointments are popular, and we strongly encourage you to pre-register in advance.



Health Clinics

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.

Visit the clinic, brought to you by Ears Hearing Clinics, for cleaning and servicing. This will include the following:



- Testing hearing aid components for proper function
- Thorough cleaning of hearing aids
- Check hearing aid fit
- Discussion of how often you wear the hearing aids and your success level
- Inspection of your ears to check for earwax build-up
- Installation of a fresh battery in each hearing aid
- Answer any hearing questions

Tuesday, August 8, 11:30 am- 1:00 pm

No appointment necessary.

Members only.



Foot Care Clinic

Foot care clinic services at LSRS include:

- Foot assessments and care of athlete's foot, bunions, calluses, 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.

45 minute appointments take place every Thursday & Friday with Vanessa. Call the Front Desk for availability.

Fee

Member \$53 | Non-Member \$60



Looking for **HEARING AIDS**

Tired of saying "Pardon Me"?
Hearing loss can make daily life difficult. We can help.

MEET KIM GALICK OF EARS HEARING CLINICS

Kim Galick is a mother to two beautiful girls, wife to Kevin (23 Years and counting!!) and entrepreneur who pours her heart and soul into helping her community hear better, one person at a time. She is the founder and CEO of Ears Hearing Clinics in Langley and she is passionate about her family, gardening, hockey (which her two beautiful daughters are very involved in) and helping her hearing family on their journey to better hearing.



SUPPORT LOCAL SMALL BUSINESSES

We are a local, independently owned hearing clinic. This was my dream and I'm so lucky to have a family and husband that supports me. Owning a small business has its challenges. Often, some people think it's more 'convenient' to shop at the big box stores, but I encourage you to shop at the small family owned businesses when you can. It's what keeps our local economy going!

Kim Galick
EARS HEARING CLINICS

**When you are supporting a SMALL BUSINESS you
are supporting A DREAM**



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- \$10 for a box of
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Thursdays, 9 am - 12 noon

1-hour appointments

(1 issue per appointment)

Members only: \$10

About Your Volunteer Tech Guy

Gord Grandia worked in the computer hardware and software industry for thirty years. He provided customer service on-site as well as remote support for various organizations, including a mining company, a real estate board, and a news agency. In addition, he taught adults computer skills at night school in Surrey. **Gord** is retired now and came to LSRS wanting to volunteer. We're delighted to have him with us!



- ● ● software installation
- ● ● software & hardware troubleshooting
- ● ● device familiarity & education
- ● ● upgrades
- ● ● how tos:
eg. transferring files/photos
- ● ●

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in the
LSRS Café

SUNDAES

\$7

toppings:

hot fudge
caramel
banana
dried fruits
whipped cream
shaved chocolate
chopped walnuts

the TUK shop thrift boutique

housewares
puzzles
knick-knacks
clothing

ACCEPTING DONATIONS NOW

Let's Talk About Food

Cooking Demonstration & Seasonal Eating Part 3
*Including ideas for meals and **taste-testing!***

Free & Open to the Public



Friday, Sept 1 @ 10 am

Amanda Smith

Executive Director

Langley Community Farmers Market



Langley Senior
RESOURCES SOCIETY

Recreation and Resource Centre

20605 51 B Avenue
Langley, BC Canada V3A 9H1
604-530-3020 | lsrs.ca

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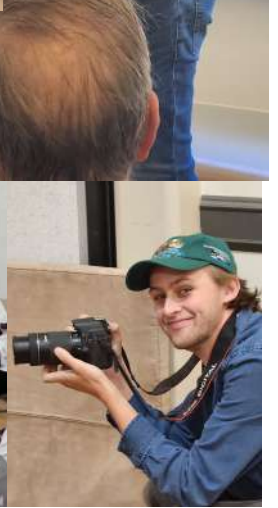




A Summer



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Darren Sailer R.D.
Denturist



Colin Harty R.D.
Denturist

Darren Sailer and Colin Harty are Certified BPS Precision Denture and SEMCD (Lower Suction Denture) Clinicians. For more information about complete or partial dentures or how to care for dentures please visit www.yourdenture.com or call the clinic to set up an appointment for a complimentary consultation.

OVER 25 YEARS OF CREATING GREAT SMILES!

september event

Friday, September 8

3 - 5 pm

in the LSRS Friendship Garden

a thanks to summer and our gardeners

Say farewell to summer in our lovingly-tended garden and thank the volunteers that keep it in splendour all season-long. Enjoy snacking on a variety of charcuterie and dessert selections.

Featuring

Leanne Page, celtic harp

Connor Page, flutes & guitar

Members \$22 | Non-Members \$27

includes 1 drink (wine, beer, cooler, soft drink)



Do you have—or care for someone with

Diabetes

6-SESSION WORKSHOPS

Free on Self-Management

family & friends are welcome as active participants

Diabetes

October 12 - November 16

Thursdays, 9:30 am - 12 noon



Recreation and Resource Centre

20605 51 B Avenue
Langley, BC Canada V3A 9H1
604-530-3020 | lsrs.ca

**Register Now at 604-603-8258 (John)
or www.selfmanagementbc.ca**





Regular Programs at a Glance

Monday	Monday Morning Talk Show	10:00 - 11:00 am	41
	Table Tennis	10:00 am - 12 noon	36
	Circle of Friends	11:30 am - 12:30 pm	39
	Jam Session	1:00 - 3:00 pm	31
	Bridge Partners	1:00 - 4:00 pm	32
Tuesday	Fit and Fab	9:00 - 10:00 am	36
	Lively Chair Yoga	10:15 - 11:15 am	35
	Flying Solo	11:00 am - 12 noon	39
	Line Dancing	SUMMER BREAK	37
	Canasta	12:30 - 4:00 pm	32
	Carpet Bowling	1:00 - 3:00 pm	36
	Cribbage	1:00 - 3:00 pm	32
	Caregiver Support Group: Men	1:15 - 2:15 pm (Adult Day Program)	40
	Book Club #2	4th Tue of Month: 1:30 - 3:00 pm	39
	Pilates Try It Free	August 23 (12:15 - 1 pm)	34,36
Wednesday	Tim's Bits Woodworking	SUMMER BREAK	31
	Walking Group	10:00 - 11:00 am	33
	Table Tennis	10:00 am - 12 noon	36
	Adaptive Mat Yoga	10:00 - 11:00 am	35
	Changing Gears	1st Wed of Month: 10:30 am - Noon	39
	Mexican Dominoes	12:30 - 4:00 pm	32
	Shanghai Rummy	12:30 - 4:00 pm	32
	Euchre	1:00 - 3:00 pm	32
Thursday	Fit and Fab	9:00 - 10:00 am	36
	Knit Together	9:00 - 11:00 am	31
	Fusion Chair Yoga	10:15 - 11:15 am	35
	Whist	12:30 - 4:00 pm	32
	Book Club #1	1st Thur of Month: 1:00 - 3:00 pm	39
	Carpet Bowling	1:00 - 3:00 pm	36
	Legal Clinic	August 3 & September 7: 1:00 - 3:00	19
	Caregiver Support Group	1:15 - 2:30 pm	40

Regular Programs at a Glance



Friday	Walking Group	10:00 - 11:00 am	33
	Table Tennis	10:00 am - 12 noon	36
	Choir	SUMMER BREAK	31
	Art Class: Oil and Acrylic	SUMMER BREAK	31
	Samba	11:00 am - 3:00 pm	32
	Mexican Dominoes	12:30 - 4:00 pm	32
	Bridge	1:00 - 4:00 pm	32
	Cribbage	10:00 am - 12 noon	32
Monday - Friday	Gardening Circle	Seasonal	37
	Foot Care Clinic	Thursday/Fridays - various times	20
	Snooker	9:00 am - 4:00 pm	37

Key: **Arts, Crafts, Music** | **Cards and Games** | **Yoga, Physical Activity, Fitness, Sports** **Conversation, Social, Education** | Other



Langley Senior
RESOURCES SOCIETY

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



coscobc.org



langleyseniorsinaction.ca

Langley Lawn Bowling Club

20471 54th Avenue, Langley
(southwest corner of Douglas Park)

604.514.2695
bowlslangley@gmail.com
langleylawnbowlingclub.weebly.com

Everyone is Welcome

20471 54th Avenue, Langley
(southwest corner of Douglas Park)

Leagues
Fun Days
Social
Events
Drop-Ins
& more!

LSRS
Members
20% OFF
Membership

Join
Today!

Proudly supported by **Langley Senior**
RESOURCES SOCIETY



Program, Event, and Trip Information

Program, Event, and Trip Registration

- LSRS membership is required to participate in social, educational and recreational programs except where otherwise noted.
- Phone registration with credit card is available. Please pick-up your receipts at the front desk.
- If a program, event or trip is full, you can be added to the waitlist for possible future openings.

Room Locations

Please check with the Front Desk to confirm room locations for programs and events. Although we try to be consistent, we occasionally need to move an activity to a different room based on space needs. Thank you for understanding.

Program Ideas

Have an idea for a program, class, or learning opportunity that you would like to see offered at LSRS?

Please contact Smitty (Manager of Programs) at programs@lsrs.ca or 604-530-3020 ext. 303.

Program, Event and Trip Cancellation Policy

If We Cancel

LSRS is committed to maintaining affordable programs, events and trips. In the event we have low registration or extenuating circumstances, we will either cancel or re-schedule. In this circumstance, 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.

For Foot Care, Reflexology and Chair 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).



LSRS membership is required to participate in these programs.

Arts , Crafts, and Music

Art Class: Oil and Acrylic Painting

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

Fridays, September 15 - October 27
10:00 am - 1:00 pm | Activity Room

Members \$77 | Non-members \$87
Cancel/Refund by September 8

Choir

A social choir with no auditions or requirement to read music. Participants enjoy singing old favourites together and learning new songs. One social outing per session. Space is available - join any time.

Fridays, September 15 - December 8
(no session November 24)

10:00 am - Noon | Main Hall

Main Hall

Members \$36



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, 1:00 - 3:00 pm

Brock - Douglas Room | Free

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, 9:00 - 11:00 am

Activity Room | Free

Tim's Bits Woodworking

Resumes Wednesday, September 6

Woodworking 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, 9:00 - 11:00 am

Sun Room | Free



Social, Recreational & Educational Programs

LSRS membership is required to participate in these programs.

Cards and Games

All are welcome, no experience necessary. Beginners will be taught how to play.

Board Games

Meet your friends for a game of Scrabble, Chess, Mah Jong, or bring your own favourite board game and teach your pals how to play. Always available

Lounge | Free

Bridge - Partners

Mondays, 1:00 - 4:00 pm

Sun Room | Free

Bridge

Fridays, 1:00 - 4:00 pm

Sun Room | Free

Canasta

Tuesdays, 12:30 - 4:00 pm

Brock - Douglas Room | Free

Cribbage

Tuesdays, 1:00 - 3:00 pm

Sun Room | Free

Cribbage

Fridays, 10:00 am - 12:00 pm

Sun Room | Free

Traditional Euchre

Resumes September 6

Wednesdays, 1:00 - 3:00 pm

Sun Room | Free

Mexican Dominoes

This fun domino game can be played with 2-5 players to a table.

Wednesdays and Fridays

12:30 - 4:00 pm

Lounge | Free

Samba

Fridays, 11:00 am - 3:00 pm

Brock - Douglas Room | Free

Shanghai Rummy

Wednesdays, 12:30 - 4:00 pm

Brock - Douglas Room | Free

Whist

Thursdays, 12:30 - 4:00 pm

Sun Room | Free

August Walking Groups

Wednesdays at 10 am

August 2

Brae Island

Meet at 9451 Glover Road

August 9

**Campbell Valley Park
River Loop & Racetrack**

Meet at 16th Ave. Parking Lot

August 16

Noel Booth Park

20302 36th Ave.

August 23

Walk to Bryden Lagoon

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

August 30

Walk to Sendall Gardens

Meet at Senior Centre

Fridays at 10 am

August 4

**Derek Doubleday
Arbouretum**

21177 Fraser Highway

August 11

Derby Reach

Meet at Campground Parking
Lot

21801 Allard Crescent

August 18

**Bryden Lagoon Loop
& High Knoll Park**

Enter via 53rd Avenue

August 25

Fort to Fort Trail

Meet at Bedford Plaza

Groups begin walk promptly at 10 am and are led by LSRS-sanctioned volunteer leaders.

Walks are cancelled if significant rain or snow or at the call of the leader.

Walking leader is Dale Attrell, 604-614-8794

Pilates the free "try-it" session



What is Pilates?
Will I be able to do it?
How is it different than Yoga?
Is it right for me?

see page 36 for more details

Wednesday, August 23

12:15 pm - 1 pm

Activity Room

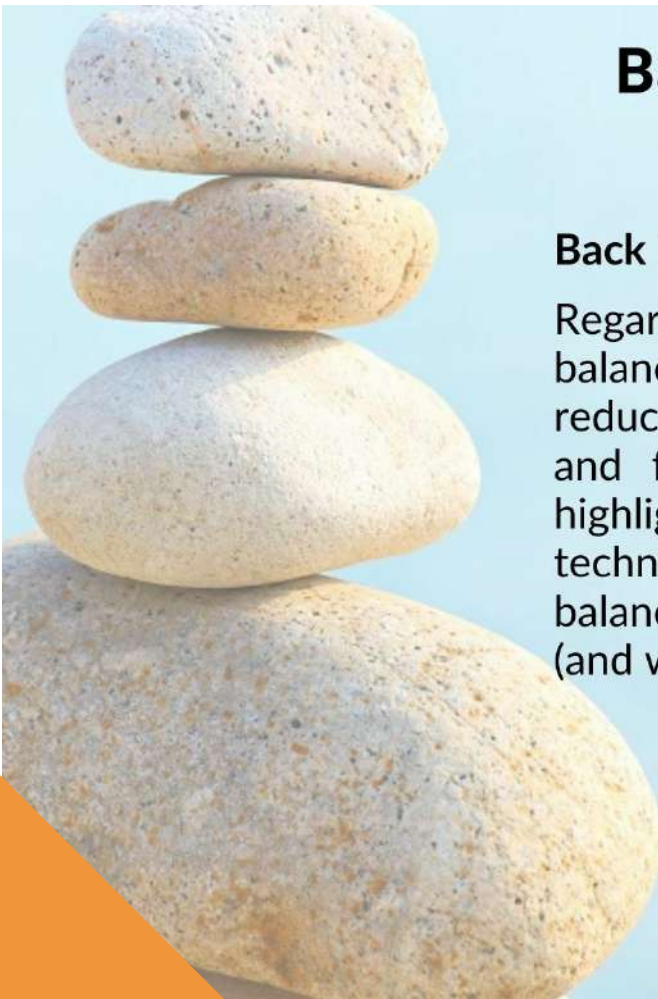
members only, registration required



Langley Senior
RESOURCES SOCIETY

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604-530-3020 | lsrs.ca



Balance & Independence **Workshop**

Back by popular demand!

Regardless of age, building strength and balance practice are effective ways to reduce the risk of falling. Join our yoga and fitness instructor, Stacey, as she highlights and guides you through some techniques that may help improve your balance and reduce the risk of falling (and what to do if you do fall).

Monday, September 25

1 - 2 pm

Main Hall

members only: \$10

*Register at Front Desk or by calling 604-530-3020.
Members only. Space is limited.*

Social, Recreational & Educational Programs



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

Physical Activity, Fitness, and Sports



Lively Chair Yoga

Explore yoga with Stacey and gain all the benefits from a chair. Improve stability, flexibility, movement, and balance. Practice at your own pace in a guided setting. Suggestion: bring your own mat, strap and 2 yoga blocks.

Tuesdays

September 19 - October 31

10:15 - 11:15 am

Main Hall

Members - \$49 | Non-members - \$59

Cancel/Refund by: September 5

Fusion Chair Yoga (with Weights)

An active seated yoga class, combined with the option of adding hand weights. Suggestion: bring your own mat, strap and 2 yoga blocks. Weights available.

Thursdays

September 21 - November 2

10:15 - 11:15 am

Main Hall

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

Cancel/Refund by September 7

Adaptive Mat Yoga

This style transitions up and down from the mat. Hatha Yoga consists of breathing techniques, strengthening and balancing standing poses, floor work, stretching and relaxation. All exercises are adaptable and allow you to work at your own level. Suggestion: bring your own mat, strap, 1 soft foam block and 2 hard blocks.

Mondays

September 11 - October 30

no class October 9

11:15 am - 12:15 noon

Activity Room

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

Cancel/Refund by: September 5

Wednesdays

September 13 - November 1

10:00 am - 11:00 am

Activity Room

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

Cancel/Refund by: September 6



Social, Recreational, & Educational Programs

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

Physical Activity, Fitness, and Sports *continued*

Adaptive Mat Pilates

This style transitions up and down from the mat. Pilates uses low impact, precise and controlled movements to balance the body. This includes mobility work, posture improvement, stretching and strengthening. All exercises are adaptable and allow you to work at your own level. Suggestion: bring your own mat, strap, 1 soft foam block and 2 hard blocks. Try a free sampler class to see if it's for you. See page 34 for details

Wednesdays

September 13 - November 1

11:15 am - 12:15 pm

Activity Room

Members \$56 | Non-Members \$66

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, Wednesdays, Fridays

10:00 am - Noon

Main Hall | \$10/year

Fit 'n' Fab

Join Stacey for an inclusive and diverse class for all levels that works on aerobic fitness, strength, flexibility, and balance. Use bands, weights, balls, body weight, and other equipment for a full body workout.

Tuesdays and Thursdays

no classes September 5, 7, 12, 14

9:00 - 10:00 am

Main Hall

10 session punch cards:

Members - \$60 | Non-Members - \$75

Drop-in - \$7.50



Carpet Bowling

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

Tuesdays and Thursdays

1:00 - 3:00 pm

Main Hall | \$10/year

Social, Recreational, & Educational Programs



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

Physical Activity, Fitness, and Sports *continued*



Line Dancing

Git 'yer boots scootin' with Darlene.

Tuesdays, September 12 - October 31

11:30 am - 12:30 pm

Main Hall

Members \$56 | Non-members \$66

Walking Groups

Beginner and advanced groups, so all walkers are encouraged to join. Groups start from different locations each day. Call the Front Desk, see the bulletin board by the Front Desk, or see *page 33 for details*.

Wednesdays and Fridays

10:00 - 11:00 am

Free

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.

Seasonal (weather permitting) | Free



Snooker

Play a game of snooker with friends in the best snooker hall in Langley!

Mondays - Fridays, 9:00 am - 4:00 pm

Snooker Room | \$30/year

Dancing at the Centre

Three Swing Dance Lessons
Culminating in a Public Tea Dance Social

Fridays, 1 - 1:45 pm
Main Hall

Lesson 1: September 15 | **Lesson 2:** September 22 |
Lesson 3: September 29 | **Tea Dance:** October 6 (1 - 3)

members: \$30 | Non-Members \$40
register by calling or visiting Centre Front Desk

Beginners and veteran dancers are welcome.
No partner needed.



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604-530-3020 | lsrs.ca



Tea Dance Social

mostly swing

Friday, October 6 | 1 - 3 pm
OPEN TO THE PUBLIC
\$5 Cash at the Door

1-1:30 complimentary dance lesson
1:30 - 3 tea dance social
light snacks and beverages provided



Social, Recreational, & Educational Programs

LSRS membership is required to participate in these programs.

Conversation, Social, and Education

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.

1st Wednesday of the Month,
10:30 am - 12 Noon

Brock - Douglas Room | Free

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, 11:30 am - 12:30 pm

Brock - Douglas Room | Free

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 a loss but together we move forward.

Tuesdays, 11:00 am - 12 Noon

Brock - Douglas Room | Free

Book Clubs

[Inquire for space availability](#)

Meet other enthusiastic readers, discuss books, and help choose each month's title. Books will be provided. Members only.

Club #1

1st Thursday of the Month, 1:00 pm

Club #2

4th Tuesday of the month, 1:30 pm

Activity Room | Free

Langley Senior RESOURCES SOCIETY

AFTERNOON MOVIE

JERSEY BOYS (2014)

How did four blue-collar kids become one of the greatest successes in pop music history?
Have we got a story for you.

JERSEY BOYS
The story of Frankie Valli & The Four Seasons

WED, AUGUST 23
1:00 PM

POPCORN!

MAIN HALL



Social, Recreational, Educational Programs

Conversation, Social, and Education

Caregiver Support Groups

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. Speaking with others can help you cope in your caregiving role. For more information, contact Alicia Koback at 778-328-2302 ext. 1 or aliciak@lsrs.ca.

Caregiver Support Group

This support group is open to all.
Thursdays, 1:15 - 3:00 pm
Recreation and Resource Centre Location

Men's Caregiver Support Group

This support group is open to men.
Tuesdays, 1:15 - 2:15 pm
Adult Day Program Location



SILVER SIZING

Have you been thinking about **downsizing**?

Silver Sizing is a full-service organization that helps people downsize and/or relocate. We have the experience, expertise, and resources to make your next transition as smooth as possible.



Call Now :
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Downsizing done **Right**

With Silver Sizing by your side, downsizing doesn't have to be difficult or overwhelming anymore - just call now and get started right away!

www.SilverSizing.com





LSRS membership is NOT required to participate in this program.

Conversation, Social, and Education

Free & Open to the Public **MONDAY MORNING TALK SHOW** Mondays @ 10 am

AUGUST 7
CLOSED
BC Day

AUGUST 14
PRESCRIBING
PHARMACISTS IN BC

Everything you need to know about the new Provincial program allowing pharmacists to prescribe for 23 conditions. It's now easier for individuals to access health advice and prescriptions without having to see a doctor.

Shaheer Muhammad
Community Pharmacist
Willowbrook Pharmacy, Langley

AUGUST 28
ALL THINGS LSRS

It's a great day to spend some time with Kate and learn about LSRS's strategic planning and new Mission, Vision, Mandate & Values statements.

Kate Ludlam
Executive Director
Langley Senior Resources Society

AUGUST 21

THE TRAIL OF 1858:
BC'S GOLD RUSH PAST

The gold rush of 1858 was a defining moment in the development of British Columbia. As thousands of miners poured in from the United States, James Douglas had his work cut out for him – keeping the Hudson's Bay Company territory in British hands. The colony of British Columbia was soon declared at Fort Langley in November of 1858. Mark's talk will trace the story of miners chasing gold up the Fraser River, and eventually into the Cariboo goldfields.

You'll encounter some fascinating characters and events along the way – from James and Amelia Douglas to Judge Matthew Baillie Begbie, the Fraser Canyon War, Victoria's Black militia, and Billy Miner's big discovery on William's Creek.

Mark Forsythe
Retired host of BC Almanac on CBC Radio | Co-author of 4 books, including one on the Gold Rush | Vice President of the Langley Heritage Society | Contributor to BC History Magazine and BC Bookworld



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Social, Recreational, & Educational Programs

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Conversation, Social, and Education

Monday Morning Talk Show

The popular series featuring interesting people speaking about interesting topics. Always time for questions and discussion. Sponsored by Bria Communities. Refreshments provided. *See page 41.*

Every Monday

10:00 - 11:00 am

FREE | Open to the Public

Limited seating

Computer Training for Absolute Beginners

See next page for detailed schedule.

The Diners Club

Discover the dining delights of Langley with foodie-friends. New location every month. *See page 46 for detailed schedule.*

Computer Lab

Four computers and a printer are available for member use every day.

Access the Internet, web-based email (i.e. Gmail), social media, or work on a Microsoft Word document and save to your thumb drive.

The Lab is open Monday - Friday

9:30 am - 3:30 pm

FREE | First-Come, First-Served

Help with your Laptop | Phone | Tablet

Bring your portable device and questions to Gord, our Tech specialist. He'll do what he can to help. (*Note: This is a troubleshooting service, not a class.*)

1-hour appointments (1 issue per appointment, please)

Thursdays, September 7, 14, 21, 28

Computer Lab

Members \$10

Laugh Out Loud (Laughter Yoga)

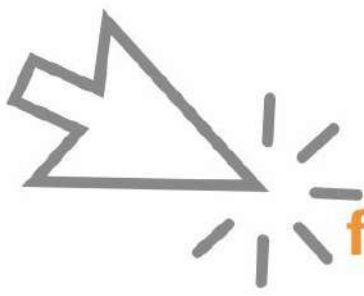
Bring your inner 8-year-old. Reap all the benefits laughter has to offer in this one-hour session of laughter yoga. Breathwork and a meditation is included. (*See page 44*)

Thursday, September 7

11:30 am - 12:30 pm

By Donation | Open to the Public

Registration required



Computers, the Internet and Email for ABSOLUTE BEGINNERS

Computer Training
for members only

SEPTEMBER SESSION

4 places

Tuesdays, 10 - 11 am
in The Lab

CLASS ONE: September 12

CLASS TWO: September 19

CLASS THREE: September 26

CLASS FOUR: October 3

\$40

cancel/refund
by September 5

OCTOBER SESSION

4 places

Tuesdays, 10 - 11 am
in The Lab

CLASS ONE: October 10

CLASS TWO: October 17

CLASS THREE: October 24

CLASS FOUR: October 31

\$40

cancel/refund
by October 3

NOVEMBER SESSION

4 places

Tuesdays, 10 - 11 am
in The Lab

CLASS ONE: November 7

CLASS TWO: November 14

CLASS THREE: November 21

CLASS FOUR: November 28

\$40

cancel/refund
by October 31

EACH SESSION IS 4 CLASSES LONG

CLASS 1: Intro to Computers (terminology, keyboard, mouse)

CLASS 2: The Internet and Searching (Google, navigation)

CLASS 3: Email

CLASS 4: Bits & Bobs & Cyber Security



IMPORTANT NOTE

This training is intended for people who have NEVER touched a computer. If you have a computer at home or use an iPad or laptop, please do not register for this class. There will be more advanced classes coming soon.

If you have questions about whether this class is appropriate for you, please contact Smitty, Manager of Programs, for details BEFORE registering.



This activity is for LSRS members only.

The Diners Club



Friday, August 4 at 6:00 pm

Masala Indian Bistro

20345 Fraser Highway

We're off to India this month for the taste of authentic Indian cuisine. The staff would love to explain their menu and make sure you get your favourite level of spice (none - yikes). If you've been wanting to try it but don't know what to order, now's your chance. They're letting us have the lunch special (\$14.95) which features several different dishes to try.

Tuesday, September 5 at 6:00 pm

Ban Chok Dee

20563 Douglas Crescent

We're travelling to Thailand this month with an award winning menu of Thai classics.

Please register at the Front Desk or by phoning 604-530-3020

Numbers are limited, so register early



LAUGH OUT LOUD

BRIGHTEN YOUR DAY

Thursday, September 7

11:30 AM - 12:30 PM

open to the public

by donation

Bring your inner 8-year-old. Reap all the benefits laughter has to offer in this one-hour session of laughter yoga. Breathwork and a meditation is included.

Call or Visit to Register



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604-530-6488 HendersonsLangleyFunerals.com



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Bus Trip Information

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.

***LSRS Bus Trips are contracted exclusively with
Enjoy the Journey Tours.***

Enjoy THE JOURNEY

Seating

Seat selection for trips will only be allowed for those with limited mobility. All other seats will be based on first come, first serve.

Theatre tickets are purchased in groups and seats cannot be changed once purchased. If you have special needs for seating please speak to the Program Manager prior to registering.

Parking

Please park across the street at Blacklock School while attending a bus trip. Public parking is available in the section of Blacklock School parking lot that faces the park and 53 Ave. We recommend for overnight trips that you make arrangements to be dropped off, take a cab or park on the street (not the school). LSRS cannot guarantee that the Recreation and Resource Centre will be open for phone or washroom access before the bus departs or when it returns.

Bus Trip Information



Policies

Please speak to the Manager of Programs 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 Centre. You must have a ride to the Centre 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 Centre while you are on a trip.

Carr House | Spencer Mansion

Thursday, August 10

7:15 am - 7:45 pm

Members: \$159 | Non-Members: \$179

cancel/refund by July 27

Celebrate two British Columbia iconic art properties on a guided tour of Emily Carr's birthplace, the Carr House. Enjoy lunch at Bard & Banker and a guided tour of Spencer Mansion home of the Art Gallery of Greater Victoria.

ACTIVITY LEVEL: Easy

Additional \$36 ferry fee for 64 years and under

Package includes:

Car House Guided Tour | Spencer Mansion Guided Tour | Lunch at Bard & Banker



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Mount Baker

Friday, September 1

8:15 am - 7:30 pm

Members: \$139 | Non-Members: \$159
cancel/refund by August 18

Mount Baker has amazing views in summer, especially from Artist's Point. At more than 5,000 feet above sea level, this area is typically buried under snow and closed October through June.

USA travel documents required.

ACTIVITY LEVEL: Moderate

Package includes:

Artist Point | Picture Lake half-mile escorted walk | Nooksack Falls | Lunch at White Salmon Lodge

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ain't too proud



THE LIFE AND TIMES OF
THE TEMPTATIONS

Ain't Too Proud

Sunday, September 17

10:30 am - 5:45 pm

Members: \$179 | Non-Members: \$199
cancel/refund by September 3

The story of the Temptations is the electrifying, new smash-hit Broadway musical that follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame.

ACTIVITY LEVEL: Easy

Package includes:

Queen Elizabeth Theatre | *Ain't Too Proud* 2 pm Show | Light Lunch Café Calabria | All fees and taxes

 **Langley Senior**
RESOURCES SOCIETY

Recreation and Resource Centre
20605 51 B Avenue
Langley, BC Canada V3A 9H1
604-530-3020 | lsrs.ca



Canadian Christmas Traditions

November 21 - 24, 2023 (4 days)

8 meals: 3 breakfast, 3 lunch, 2 dinner

Double \$1399 | Single \$1699

Christmas in Canada is filled with music, family and friends, group feasts and longstanding traditions. Take a holiday trip to three of Vancouver Island's favourite Christmas Landmarks: Ladysmith Festival of Lights, Chemainus Theatre Festival and Gatsby Mansion Pendray Tea House.

Detailed itinerary is available at Front Desk.

**Deposit \$350*

**Cancel/refund deadline for deposit September 29*

**Final payment due October 13*

 **Langley Senior**
RESOURCES SOCIETY

Recreation and Resource Centre
20605 51 B Avenue
Langley, BC Canada V3A 9H1
604-530-3020 | lsrs.ca

Rail Across Canada

October 6 - 18, 2023 (13 days)

29 meals: 12 breakfast, 6 lunch, 11 dinner

Double \$8899 | Single \$9799

**additional \$379 for 59 years and under*

Treat yourself to a coast to coast rail adventure and experience the romance and luxury of a train vacation across seven provinces from Vancouver, BC to Halifax, Nova Scotia. Relax in the soothing motion of the train, look out the window or up through the scenic dome and bask in the stunning Rocky Mountains scenery to the warmth of Maritime hospitality.

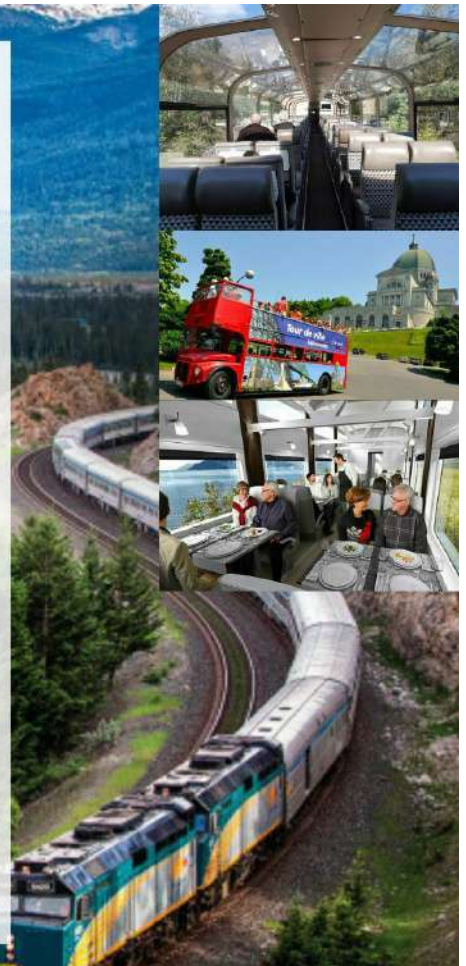
A detailed brochure and itinerary is available at the Front Desk.

**Deposit \$250*

**Cancel/refund deadline for deposit July 1*

**Final payment due August 14*

THE JOURNEY
Enjoy





New Vision, Mission & Values Statements



The past three years has been an intense time of change with the influence of COVID on all our every day lives. Some examples include working from home and the physical closure of businesses and services that created a situation of massive isolation, record interest rate increases, housing shortages, employee shortages, and the list goes on. This has impacted the Langley senior's community in many ways. With such major socio-economic change and impact, it is necessary for LSRS to pause and assess how these changes have affected our membership and the Langley senior's community. It is time to review how LSRS will evolve programs, services, resources, and our facility to remain relevant moving forward over the next few years in meeting the needs of Langley seniors.

In order to do so, the Board in conjunction with our Management Staff have undertaken a six-month facilitated Strategic Planning process to inventory and assess current programs, services, operations and facilities. This will lay the groundwork to prepare a Strategic Business Plan that will serve to guide the Society's focus and growth over the next several years. This process included:

- Surveying membership and the greater Langley senior's community, volunteers, staff, management staff and board members by means of interviews and questionnaires.
- Holding 1:1 interviews with other senior-serving non-profit organizations and social service agencies

The results of this process guided the development of our new Vision, Mission and Values Statements. Over the next year, the Board with management staff will work towards to the next step which is the Strategic Business Plan. The Board is pleased to share with our members an overview of the work completed to date related to the new Vision, Mission, and Value Statements.

A VISION statement expresses our main goal for the future. *'Who we are.'*

A MISSION statement clearly explains how this goal will be achieved. *'What we do.'*

A VALUES statement forms part of this overall declaration. This summarizes *'what we believe in, and our core values that will guide all that LSRS will do.'*

Our NEW Vision

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

Our NEW 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.

Our NEW Values

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




Langley Senior
RESOURCES SOCIETY

So, what changes have been made and how does this fit into the LSRS's vision, the forthcoming Strategic Business Plan and the future role and delivery of services?


Some changes include adding 'as a leader in our community' to our mission and keeping 'we provide programs, services and connection through a holistic approach to meet the emotional, physical and social need of senior and their families.' A holistic approach is characterized by treating the whole person - taking into account the mental and social factor rather than just the symptoms of a situation or illness.

Moving forward, LSRS seeks to serve as the "go to" agency or society for Langley seniors. We will do this by playing a greater role in the advocacy of seniors and liaison with all government levels and agencies. This role will encompass seniors issues and needs, policy research, the development of new programs as well as non-profit, community and business partnerships. We will strive to maximize and streamline delivery of services while also improving and reviewing the effectiveness of our existing programs – all in an effort to meet the ever-changing socio and economic climate.

LSRS is excited about our new Vision, Mission and Values statements and the clarity that it brings to our organization. The next steps will involve the preparation of a Strategic Business Plan over the next 12 to 18 months.




A portion of art sales benefits



Langley Senior Resources Society
20605 51B Ave
Langley
604-530-3020

Mon-Fri
9 am - 4 pm

Audrey Bakewell
Art Walk





go digital

Explore these online resources – all free for FVRL customers at www.fvrl.ca:

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Read. Learn. Play.
www.fvrl.ca




John Aldag

Member of Parliament
Cloverdale — Langley City
Proudly supporting
Langley Senior Resources Society!

Please contact my office if there is anything I can help you with, such as CPP, OAS, or GIS. I look forward to hearing from you!

214 6820 188 st.,
Surrey, BC V3S 4G6
604-575-6595
John.Aldag@parl.gc.ca
johnaldagmp.ca



Adult Day Program



Langley Senior RESOURCES SOCIETY

Adult Day Program

20256 56 Avenue, Langley, BC Canada V3A 3Y5
778-328-2302 | lsrs.ca

At a secondary location, the Langley Senior Resources Society's **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
- Hydrosound bathing



fraserhealth

Better health. Best in health care.

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.

This location is open **Monday - Saturday, 8:30 pm - 4:00 pm.**

Adult Day Program

SPECIAL SERVICES



OBIE



Obie is a highly advanced sensory interactive gaming projector that detects the most subtle hand or body movement. It revolutionizes the world of therapeutic play. The Obie projects on a table, floor, or wall. Research has shown that Obie improves the lives of seniors by

- stimulating physical activity and social interaction;
- stimulating cognitive reasoning;
- calming down the overactive and engaging the distant;
- reducing wandering tendencies

ZOOM BINGO

Just for fun, let's have a Zoom visit and a game of Bingo. Winners get bragging rights!

Monday | Tuesday | Wednesday | Thursday

2:00 pm

Everyone is welcome.



Sign-on Procedure

Open ZOOM on your device or computer

(If you are joining by phone, call 778-907-2071)

Step 1: Enter the Meeting ID: 396 874 6061

Step 2: Enter the Passcode: 12345



Adult Day Program

SPECIAL SERVICES

HYDROSONIC BATHING



Hydrosound uses ultrasonic energy in water to create millions of microscopic bubbles which vibrate and cause a massaging action called 'microstreaming.' This advanced technology is more effective than whirlpool action for improving blood circulation, relaxing muscles and rejuvenating skin without the noise of a hot tub!

- The tub is equipped with a lift chair and a staff member is in attendance at all times.
- Assistance for undressing and dressing is available.
- Bathing supplies including towels, hypo-allergenic shampoo and soap are provided.
- Bathing appointments are booked in advance and each appointment is 45 minutes long.

\$ 2 0 P E R B A T H

Bathing services are available to anyone in the community (members and non-members) who need assistance with bathing.

Call 778-328-2302 ext. 4 to make a reservation.

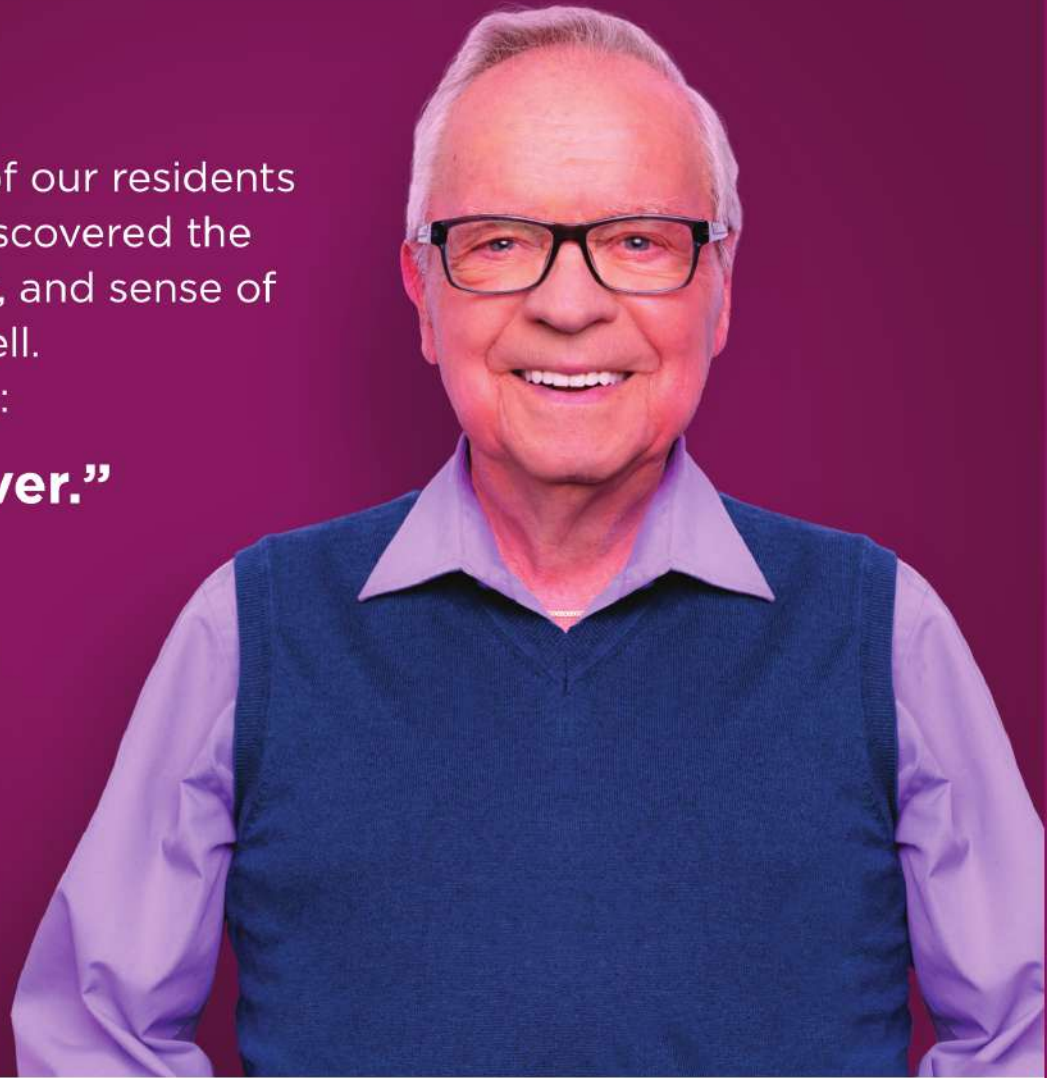
Please note that a \$10 cancellation fee will apply without 24 hour notice.

Senior Living?

*THANKS,
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That's what some of our residents said before they discovered the friendship, support, and sense of security at Chartwell. Now they're saying:

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CHARTWELL RENAISSANCE

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778-726-0842

Visit **Chartwell.com** to #ReThinkSeniorLiving