

# REGISTER FOR AN ACTIVITY PASS

## HOW TO PARTICIPATE:

1. Must be 50+ years and willing to have fun!
2. Register for your free Seniors Week Activity Pass
  - Timms Community Centre - 604-514-2940
3. Choose the programs and events to want to participate in.
4. Some programs require advanced registration.

### TIMMS COMMUNITY CENTRE

- Phone: 604.514.2940
- In person: 20399 Douglas Crescent
- Online: [langleycity.ca/recreation-culture](http://langleycity.ca/recreation-culture)

### LANGLEY SENIOR RESOURCES SOCIETY

- Phone: 604.530.3020
- In person: 20605 51B Avenue

## ACTIVITY LOCATIONS

**AL ANDERSON MEMORIAL POOL (AAMP)**  
4949 207 STREET 604.514.2860

**LANGLEY CITY LIBRARY (LCL)**  
20399 DOUGLAS CRESCENT 604.514.2850

**LANGLEY LAWN BOWLING CLUB (LLB)**  
20471 54 AVENUE 604.514.2695

**LANGLEY SENIOR RESOURCE SOCIETY (LSRS)**  
20605 51B AVENUE 604.530.3020

**TIMMS COMMUNITY CENTRE (TCC)**  
20399 DOUGLAS CRESCENT 604.514.2940

## FOR THE LOVE OF ART...

Calling all senior artists! Have your artwork displayed at Timms Community Centre (A Step Above Gallery) during the month of June in celebration of Seniors Week.

Submit a photo of your artwork to [khilton@langleycity.ca](mailto:khilton@langleycity.ca) by May 22 for consideration.

- Piece must be no larger than 3x4'
- Must have hardware for hanging
- Include artist name, name of art piece, medium, price (if applicable).

PHONE: 604.514.2866



# SENIORS AGES 50+ WEEK

FREE

JUNE 3-9, 2024

Are you 50+ years and looking to try something new? This is your week!

Join us for a variety of free programs and events celebrating the young and young at heart.

- Sports
- Fitness
- Social activities
- Dance and so much more!

Full schedule of events available at [langleycity.ca](http://langleycity.ca).



Register for your FREE Seniors Week Activity Pass:

Timms Community Centre  
20399 Douglas Cres  
604.514.2940 [langleycity.ca](http://langleycity.ca)



# MONDAY

JUNE 3

## SHALLOW WATER AQUAFIT

Come enjoy a fun aquatic fitness class that is suitable for all swimming abilities. Ideal for those looking for a low-impact program. **Registration required: 604.514.2940**

7:30am-8:30am #35616 Al Anderson Memorial Pool

## RISE & SHINE BREAKFAST

Kick off Seniors Week with a delicious breakfast buffet and special guests City of Langley Mayor, Nathan Pachal; Township of Langley Mayor, Eric Woodward; newly appointed BC Seniors Advocate, Dan Levitt; and other special dignitaries. **\$10.00 Breakfast Buffet. Registration required: 604.530.3020**

8:30am-10:00am Langley Senior Resources Society - Main Hall

## LEARN TO LAWN BOWL

Lawn Bowling is a fun social activity and can be as competitive as you want it to be. This is a great opportunity to try this individual or team sport before joining the club. Learn the basic skills and techniques from qualified coaches in a relaxed atmosphere. Everything is provided. Please wear flat-soled shoes and comfortable clothing. **Registration required: 604.514.2940**

9:30 am-11:00 am #38391 Langley Lawn Bowling Club

## MONDAY MORNING TALK SHOW SPEAKER: MEGAN DYKEMAN, MLA LANGLEY

In honour of Seniors Week, MLA Megan Dykeman will be addressing what government is currently working on and about her role as Parliamentary Secretary with non-profit organizations. This session is sponsored by Bria Communities. **Drop In; no registration required.**

10:30am-11:30am Langley Senior Resource Society - Sun Room

### BRING A FRIEND

#### GAMES ROOM & WALKING TRACK

Free all week with a Seniors Week Activity Pass. No registration required.

**Timms Community Centre  
20399 Douglas Crescent**

### TRY A CLASS FOR FREE

#### FITNESS CLASSES

Free all week with a Seniors Week Activity Pass. See our schedule online. Registration required. 604.514.2940

**Timms Community Centre  
20399 Douglas Crescent**

### FREE ALL WEEK

#### WEIGHT ROOM

Free all week with a Seniors Week Activity Pass. See our schedule online. No Registration required.

**Timms Community Centre  
20399 Douglas Crescent**

## ART CLASS DEMO

While you are visiting, stop by the Art Class to see our talented members create their masterpieces.

**Drop In: No registration required.** 10:00 am-1:00 pm Langley Senior Resources Society

## INTRODUCING STICK CURLING

Think your curling days are over? Thin again! This fun sport doesn't require sliding or sweeping and is really growing in popularity. Join members of the Langley Curling Club and check out their 'half rink'. They'll demonstrate and explain the world of stick curling.

**Drop In: No registration required.** 1:00 pm-3:00 pm Langley Senior Resources Society

## FALLS PREVENTION PRESENTATION

This group presentation from professionals from the Fraser Health Falls Prevention Mobile Clinic will provide you with some tips and tricks on how to reduce your risk of having a fall! Bring your questions- refreshments provided. **Registration required: 604.587.7866** 3:30 pm-4:30 pm Timms Community Centre - MPR 2

# SATURDAY

JUNE 8

## LEARN TO LAWN BOWL

Lawn Bowling is a fun social activity and can be as competitive as you want it to be. This is a great opportunity to try this individual or team sport before joining the club. Learn the basic skills and techniques from qualified coaches in a relaxed atmosphere. Everything is provided. Please wear flat-soled shoes and comfortable clothing.

**Registration required: 604.514.2940** 1:30 pm-3:00 pm #38379 Langley Lawn Bowling Club

## ZUMBA GOLD

Dance through Seniors week with this modified Zumba class that recreates Zumba moves at a lower intensity designed to meet the needs of older adults. No dance experience required, suitable for all fitness levels. Enjoy the zesty Latin music and move at your own pace! **Registration required: 604.514.2940**

11:15 am-12:00 pm #38386 Timms Community Centre - Fitness Room

# SUNDAY

JUNE 9

## LEARN TO PLAY TEXAS HOLD'EM

Learning to play Texas Hold'em is not as complex as you may think! Join our poker club for this learn to play session where new players will learn the fundamentals including basic rules and strategies. Light refreshments will be served. **Registration required: 604.514.2940**

**#38378**  
3:00 pm-5:00 pm Timms Community Centre

## LEARN TO LAWN BOWL

Lawn Bowling is a fun social activity and can be as competitive as you want it to be. This is a great opportunity to try this individual or team sport before joining the club. Learn the basic skills and techniques from qualified coaches in a relaxed atmosphere. Everything is provided. Please wear flat-soled shoes and comfortable clothing.

**Registration required: 604.514.2940**  
1:30 pm-3:00 pm #38392 Langley Lawn Bowling Club

# THURSDAY

## JUNE 6

### KNIT TOGETHER

Bring your own creations to work on in a social setting to knit, crochet, embroider, and more. Come for conversation, friendship, and sharing ideas.

**Drop In: No registration required.**

9:00 am-12:00 pm Langley Senior Resource Society

### CHAIR YOGA

A free demo yoga class that can be done while seated or standing using a chair for balance. This class is ideal for those who cannot stand for long periods of time or for those who cannot comfortably get down to the floor. All poses are adaptations of traditional yoga poses that can be done without equipment so you can continue your practice at home.

**Registration required: 604.514.2940 #38380**

9:30 am-10:30 am Timms Community Centre-MPR 3

### ICBC: ENHANCED ROAD ASSESSMENT

Almost 5,000 drivers in BC take an ICBC re-examination road test every year. Chat with an ICBC Driver Examiner who will speak about what to expect if you are called for a re-examination road test and will answer questions about how to prepare. Presentation will include a refresher on rules of the road and

pedestrian safety. **Drop-In: No registration required.**

9:30 am-11:00 am Langley Senior Resource Society Sun Room

### COFFEE SOCIAL

Join us for a relaxing seniors coffee social! Meet up with old friends and make some new ones. We've got jigsaw puzzles, crosswords, board games and of course coffee.

**Drop In: No registration required.**

10:00 am-11:00 am Langley City Library

### CARPET BOWLING

Join us for a non-strenuous, fun round of carpet bowling.

**Drop In: No registration required.**

1:00 pm-3:00 pm Langley Senior Resource Society

### GENTLE BREATH & FLOW YOGA

Connect with nature while you go through a series of yoga poses in a slow and gentle fashion with a focus on guided meditation and mindfulness. Held outdoors (weather permitting) in Sendall Gardens. Beginner class -participants must be comfortable getting to and from the ground. Mats provided.

**Registration required: 604.514.2940**

11:15 am-12:15 pm #38381 Sendall Gardens

### DEEP WATER AQUAFIT

Confident in deep waters and want to enhance your flexibility, muscular strength, aerobic capacity, and endurance? This class is for you!

**Registration required: 604-514-2940 #35637**

6:30 pm-7:30 pm Al Anderson Memorial Pool

# FRIDAY

## JUNE 7

### SHALLOW WATER AQUAFIT

Come enjoy a fun aquatic fitness class that is suitable for all swimming abilities. Ideal for those looking for a low impact program.

**Registration required: 604.514.2940 #35610**

7:30 am-8:30 am Al Anderson Memorial Pool

### WALK WITH THE MAYOR:

#### ERIC WOODWARD (TOWNSHIP)

Join our special guest for a walk from the Langley Seniors Resources Society to the Arboretum.

**Drop In: No registration required.**

10:00 am-11:00 am Langley Senior Resources Society: Front Entrance

### LSRS CHOIR CONCERT

Join our social choir for a performance and sing-along of old and new favourites.

**Drop In: No registration required.**

11:00 am-12:00 pm Langley Senior Resources Society

# MONDAY

## JUNE 3

### TOUR & COMPLIMENTARY MUFFIN

First time visitors: drop in for a tour, receive a complimentary muffin and coffee, and enter to win a free membership. June 3-7 10:00am-1:00pm Langley Seniors Resources Society

### JAM SESSION

Bring your instrument and join in, or just come to listen. **Drop In; no registration required.**

1:00pm-3:00pm Langley Senior Resources Society

### TABLE TENNIS

Players of all skill levels are warmly invited to join this fun session of table tennis. Improve your hand-eye coordination and stay fit in a fun way! Please wear running shoes or light-coloured rubber-soled non-slip shoes.

**Drop In; no registration required.**

11:30am-3:30pm

Langley Senior Resources Society - Main Hall

## FREE ACCESS TO THE GAMES ROOM

Try billiards, fooseball, shuffleboard, table tennis, air hockey and more! Free all week with a Seniors Activity Pass.

Timms Community Centre  
20399 Douglas Crescent Phone: 604.514.2940

### PUBLIC & LENGTH SWIMMING

Enjoy the fresh air and scenic surroundings at our outdoor pool. Free all week with a Seniors Week Activity Pass.

**No registration required.**



MON June 3	TUES June 4	WED June 5	THURS June 6	FRI June 7	SAT June 8	SUN June 9
7:00-9:00 am Length Swim	7:00-9:00 am Length Swim	7:00-9:00 am Length Swim	7:00-9:00 am Length Swim	7:00-9:00 am Length Swim	9:00-11:00 am Length Swim	1:00-4:00 pm Public Swim
5:30-7:30 pm Public Swim	5:30-7:30 pm Public Swim	5:30-7:30 pm Public Swim	5:30-7:30 pm Public Swim	5:30-7:30 pm Public Swim	5:00-8:00pm Public Swim	
8:30-10:30 pm Length Swim	8:30-10:30 pm Length Swim	8:30-10:30 pm Length Swim	8:30-10:30 pm Length Swim			

Al Anderson Memorial Pool 4949 207 Street 604.514.2860 swim@langleycity.ca

## TUESDAY JUNE 4

### ADVANCED CARE PLANNING WORKSHOP PLANNING FOR THE FUTURE: PRESENTED BY ANGELA ELEMANS

Facilitated by Angela Elemans, Palliative Support Coordinator at the Langley Hospice Society, bring family or friends with you as we discuss the tools to support these important conversations.

**Registration required: 604.530.3020**

9:00 am-12:30 pm

Langley Senior Resources Society - Sun Room

### LINE DANCING CLASS

Come and boot-scoot with our regular instructor, Darlene. Beginners welcome!

**Drop In: no registration required.**

11:30 am-12:30 pm

Langley Senior Resources Society - Main Hall

### BINGO

Join us for a rousing game of Bingo! Small prizes will be awarded...just be sure to arrive "B4" the best seats are taken! **Drop In: no registration required.**

1:00 pm-2:00 pm

Langley City Library

### CARPET BOWLING

Join us for a non-strenuous, fun round of carpet bowling. **No registration required.**

1:00 pm-3:00 pm

Langley Senior Resources Society - Main Hall

### LIBRARY DIGITAL SERVICES

Oh the things you can do online -for free - through the Library! Learn about the myriad of library services available through your computer and experience some of the newest library gadgets too! **Drop In: no registration required.**

1:00 pm-3:00 pm

Langley Senior Resources Society - Sun Room

### DEEP WATER AQUAFIT

Confident in deep waters and want to enhance your flexibility, muscular strength, aerobic capacity, and endurance? This class is for you! **Registration required: 604.514.2940**

6:30pm-7:30pm

#35630

Al Anderson Memorial Pool

## WEDNESDAY JUNE 5

### DEEP WATER AQUAFIT

Confident in deep waters and want to enhance your flexibility, muscular strength, aerobic capacity, and endurance?

**Registration required: 604.514.2940**

#35623 7:30 am-8:30 am Al Anderson Memorial Pool

### BALANCE & INDEPENDENCE WORKSHOP

Join our yoga instructor, Stacey, as she highlights techniques that may help improve your balance and reduce the risk of falling.

**Registration required: 604.530.3020**

9:00 am-10:00 am

Langley Senior  
Resource Society

### WOODCARVING GROUP

Bring your tools and projects or just come to meet the guys and see what they are working on.

**Drop In: No registration required.**

9:00 am-1:00 pm

Langley Senior  
Resource Society

### TABLE TENNIS

Players of all skill levels are warmly invited to join this fun session of table tennis. Improve your hand-eye coordination and stay fit in a fun way! Please wear running shoes or light-coloured rubber-soled non-slip shoes. **Drop In; no registration required.**

10:30 am-12:00 pm

Langley Senior  
Resource Society

### WALK WITH THE MAYOR: NATHAN PACHAL (LANGLEY CITY)

Join our special guest, Mayor Pachal, for a walk from the Langley Seniors Resources Society to Sendall Gardens. **Drop In: No registration required.**

10:00 am-1:00 pm

Langley Senior  
Resource Society

## LANGLEY SENIOR RESOURCES SOCIETY

LSRS is the home to the TUK SHOP THRIFT BOUTIQUE, one of the best little thrift shops in Langley. Completely run by volunteers, the Tuk Shop is a treasure-hunter's dream and will feature Seniors Week daily sales. All proceeds benefit the Society.

LSRS also features a friendly neighbourhood Cafe with soups, sandwiches, and affordable daily specials. Everyone welcome!

### INTRO TO INDOOR CYCLING

Indoor cycling is a fantastic non-impact way to improve your cardiovascular fitness, balance and joint mobility.... and it is fun!

Join us for this introductory session where you will learn how to set up and operate your bike safely and get to experience a gentle cycle class in a small group environment. **Registration**

**required: 604.514.2940.**

**#38389**

12:15 pm-1:00 pm

Timms Community Centre  
Spin Room

### ICECREAM SOCIAL

Langley Seniors Resources Society is home to several groups for folks who want to gather with new and old friends regularly. Newcomers are encouraged to come and make new connections. **Sponsored by Bellevue Park Senior Living.**

**Registration recommended: 604.530.3020**

1:00 pm-3:00 pm

Langley Senior Resource  
Society - Sun Room

### SHALLOW WATER AQUAFIT

Come enjoy a fun aquatic fitness class that is suitable for all swimming abilities. Ideal for those looking for a low-impact program.

**Registration required. 604.514.2940**

Mon/Wed 6:30 pm-7:30pm

Al Anderson Memorial Pool