

SENIORS WEEK ACTIVITY PASS LOCATIONS

How to Participate:

1. Must be 50+ years and willing to have fun!
2. Register for your free Seniors Week Activity Pass starting May 1:
 - Timms Community Centre
 - Langley Seniors Resource Centre
3. Choose the programs and events you want to participate in (listed in this brochure).
4. Some programs require advanced registration. Register at Timms Community Centre:
 - By phone: 604-514-2940
 - In Person: 20399 Douglas Crescent
 - Online: langleycity.ca/recreation-culture
5. Programs that do not require advanced registration - show up ready to participate!

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 Seniors Resource Society (LSRS)

20605 - 51B Avenue
604.530.3020

Timms Community Centre (TCC)

20399 Douglas Crescent
604.514.2800

langleycity.ca

604.514-2940

lsrs.ca

604.530-3020

SENIORS WEEK IN THE CITY!

June 4 - 10 2023

YOURS TO EXPERIENCE!



Are you are 50yrs + and
looking to try something
new?

This is your week!

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

Register for your free
Seniors Week Activity Pass
to unlock your access to programs
and events.

* See back page for information
on where to register for your
pass.



SENIORS WEEK ACTIVITY PASS

ACTIVITIES

SUNDAY JUNE 4

LEARN TO LAWN BOWL

This is a fun, social activity that anyone can do! Learn the basic skills and rules and techniques from qualified coaches. Everything is provided. please wear flat-soled shoes and comfortable clothing.

Pre-registration is required: 604-514-2940

#32198 1:30pm - 3:00pm LLB

BADMINTON

Recreational play, open to all skill levels from beginners to advanced. Double play and rotation of players. All equipment provided.

Pre-registration is required: 604-514-2940

#31929 5:30pm - 6:15pm TCC

MIX-FIT

Join us for this fun group fitness class that combines cardio exercises with strength training. Some mat work included.

Pre-registration is required: 604-514-2940

#31528 10:45am - 11:45am TCC

SPIN & YOGA

30 minutes of indoor cycling followed by 45 minutes of relaxing Yoga poses.

Pre-registration is required: 604-514-2940

#31511 9:00am - 10:15am TCC

TIMMS COMMUNITY CENTRE GAMES & TRACK

Access to the Games Room and Fitness Track is free all week long for anyone with a Seniors Week Activity Pass!

Pool Foosball Shuffleboard
Table Tennis Air Hockey and more!

MONDAY JUNE 5

AQUAFIT- SHALLOW WATER

Enjoy the fresh air and a great work-out in the water! This low-impact class is great for all fitness levels

Pre-registration is required: 604-514-2940

#30255 7:30am - 8:30am AAMP

BODY TONING EXPRESS

Tone your entire body while increasing joint mobility and core strength. Upper body, Lower Body, Abs & Core followed by a relaxing stretch.

Pre-registration is required: 604-514-2940

#31384 12:30pm - 1:15pm TCC

BASKETBALL

Recreational play for all skill levels. 5 on 5 game play. Pre-registration is required: 604-514-2940

BODYSULPT

A moderately intense fitness class that will work all of your muscles. Using dumbbells, tubing and bodyweight exercises- mat work included

Pre-registration is required: 604-514-2940

#31467 4:45pm - 5:45pm TCC

SATURDAY JUNE 10

BADMINTON

Recreational game play open to all skill levels. All equipment provided.

Pre-registration is required: 604-514-2940

#31850 2:00pm - 3:30pm TCC

LEARN TO LAWN BOWL

This is a fun, social activity that anyone can do! Learn the basic skills and rules and techniques from qualified coaches. Everything is provided. please wear flat-soled shoes and comfortable clothing.

Pre-registration is required: 604-514-2940

#32199 1:30pm - 3:00pm LLB

STRETCH & ROLL

Improve your flexibility, soothe sore muscles and prevent injury in this small group fitness class that will focus on loosening tight muscles in your Glutes, Hamstrings, Chest, Back, Calves & Quads

Pre-registration is required: 604-514-2940

#31450 10:15am - 11:15am TCC

ZUMBA

Enjoy the latin beats as you party your way to a fitter, healthier you! No dance experience needed!

Pre-registration is required: 604-514-2940

#31096 1:00pm - 2:00pm TCC

LANGLEY SENIOR RESOURCES SOCIETY TOURS

Come by and enjoy a complimentary muffin and coffee. Tours are available for those who would like to learn more about the Langley Senior Resources Society. Receive \$5 off a new recreation membership with a tour.

June 5 - 9 M - F 10:00am - 1:00pm

No Registration Required!



EXPERIENCE
YOUR
COMMUNITY

THURSDAY JUNE 8

AQUAFIT - DEEP WATER

A fun, group fitness class held in deep water for extra cardio and muscle conditioning
Pre-registration is required: 604-514-2940
#30292 6:30pm - 7:30pm AAMP

CARPET BOWLING

FIT & FAB FITNESS CLASS

An inclusive and diverse class for all levels. Work on aerobic fitness, strength, flexibility and balance. Use bands, weights, balls, body weight and more!
9:00am - 10:00am LSRS

GENTLE-FIT

A low-impact fitness class using chairs for support and balance. Light weights and bands will be used to build strength and muscular endurance
Pre-registration is required: 604-514-2940
#30873 11:30am - 12:30pm TCC

ICBC

KINT TOGETHER

MIX-FIT

A mixture of cardio and strength training using a variety of equipment including steps, bands, bosu and weights.
Pre-registration is required: 604-514-2940
#31673 6:00pm - 7:00pm TCC

TABLE TENNIS

Recreational play open to all skill levels, beginners welcome! Pre-registration is required: 604-514-2940
#31718 9:30am - 11:30am TCC

TECH HELP FOR SENIORS

If you are thinking about creating a Facebook account, a Kanopy account or downloading Ebooks, magazines or audiobooks, bring your devices to this free session and our friendly library staff will help you get started!

FRIDAY JUNE 9

ART CLASS DEMO

AQUAFIT - SHALLOW WATER

A fun, group fitness class held in deep water for extra cardio and muscle conditioning
Pre-registration is required: 604-514-2940

BASKETBALL

Recreational play for all skill levels. 5 on 5 game play. Pre-registration is required: 604-514-2940

BOLLY-X EXPRESS

A Bollywood inspired dance-fitness class. Great music from around the world. Beginners welcome!
Pre-registration is required: 604-514-2940
#31476 12:00pm - 12:45pm TCC

FRAUDS AND SCAMS WORKSHOP

In 2022 there were 91,190 reports of fraud totaling 57,055 victims of fraud in Canada. This workshop introduces what frauds and scams are, common methods and schemes targeting Canadian seniors, safety strategies and resources to consult if you or someone you know has been affected by frauds/scams. In Partnership with Seniors First BC.
1:00pm - 2:30pm LCL

FITNESS THERAPY

A low-impact fitness class focusing on hip, knee, ankle and shoulder joint rehab. Light weights, balance and stretching.
Pre-registration is required: 604-514-2940
#31150 11:00am - 12:00pm TCC

LEARN TO PLAY PICKLEBALL

This workshop will introduce the basic skills, rules and strategies for Pickleball. All equipment provided- beginners welcome!
Pre-registration is required: 604-514-2940
#32190 10:00am - 12:00pm TCC

Isrc CHOIR CONCERT
SWING DANCE DEMO

DROP-IN TO ANY OF THESE FREE ACTIVITIES!

MONDAY JUNE 5

CARDIO COMBO

Cardio exercises combined with upper and lower body toning exercises using a variety of weights, bands, steps and mat work.
Pre-registration is required: 604-514-2940
#30910 9:00am - 10:00am TCC

FVRL PLAYGROUND SHOWCASE

Try out FVRL innovative collection. Learn to code with Sphero Bolt or Cubetto robots. Strum a song on the Ukelele, challenge your memory with Puzzle Cubes or enjoy the natural world with out telescopes, birdwatching backpacks and bat packs. All of these and more available for you to try with help from the library staff.
1:00pm - 3:00pm LSRS

JAM SESSION

Bring your instrument and join in or just listen!
1:00pm - 3:00pm LSRS

GENTLE-FIT

A low-impact fitness class using chairs for support and balance. Light weights and bands will be used to build strength and muscular endurance
Pre-registration is required: 604-514-2940
#30817 10:30am - 11:30am TCC

MONDAY MORNING TALK SHOW

A popular program at LSRS. Every week an interesting speaker on an interesting topic is featured. Everything from police & firefighters, mayors and dogs and experts in everything from medical cannabis to roses.
10:00am - 11:00am LSRS

RESTORATIVE YOGA

A slow paced yoga focused on healing and recuperating the body and mind using simple poses and breathing techniques to reach a deeper level of relaxation.
Pre-registration is required: 604-514-2940
#31485 7:45pm - 8:45pm TCC

TABLE TENNIS

SPIN & STRETCH

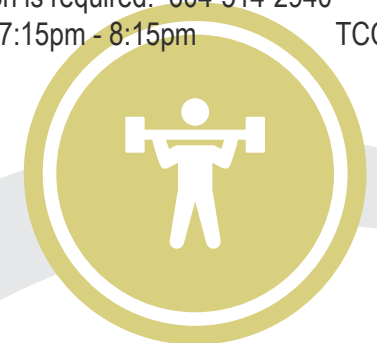
30 minutes of indoor cycling intervals followed by 30 minutes relaxing stretching exercises.
Pre-registration is required: 604-514-2940
#31029 6:15am - 7:15am TCC

SOCIAL BRIDGE

Come on out for a friendly, slightly competitive afternoon of Social Bridge.
No pre-registration required!
1:00pm - 4:00pm TCC

ZUMBA

Enjoy the latin beats as you party your way to a fitter, healthier you! No dance experience needed!
Pre-registration is required: 604-514-2940
#31080 7:15pm - 8:15pm TCC



TUESDAY JUNE 6

ADVANCE PLANNING - Financial Workshop

Joint bank accounts, Wills, Power of Attorney and Representation agreements. Help ensure your wishes will be respected when relying on someone else to make decisions for you after you die. Presented by a lawyer from Seniors first BC.

1:00pm - 2:30pm LCL

AQUAFIT - DEEP WATER

A fun, group fitness class held in deep water for extra cardio and muscle conditioning

Pre-registration is required: 604-514-2940

#30285 6:00pm - 7:00pm AAMP

ABT

Finally, a group fitness class focusing on those areas we love to hate - ABS, Butt & Thighs! Tone & strengthen using a variety of exercises, light weights and bands,

Pre-registration is required: 604-514-2940

#31402 6:00pm - 7:00pm TCC

BADMINTON

Recreational play- open to all skill levels. All equipment provided.

Pre-registration is required: 604-514-2940

#31751 8:00pm - 9:45pm TCC

BODY PUMP

A higher intensity class using a variety H.I.I.T, Tabata exercise routines to shape, tone and strengthen.

Pre-registration is required: 604-514-2940

#31330 8:30am - 9:30am TCC

CARDIO SCULPT EXPRESS

Get your morning started with this fun, fast-paced workout that combines intervals of cardio with sculpting exercises.

Pre-registration is required: 604-514-2940

#31637 6:15am - 7:00am TCC

CARPET BOWLING

DEEP STRETCH YOGA

A slower-paced yoga focusing on meditation and

FIT & FAB FITNESS CLASS

An inclusive and diverse class for all levels. Work on aerobic fitness, strength, flexibility and balance. Use bands, weights, balls, body weight and more!

9:00am - 10:00am LSRS

GENTLE CYCLE

A 30 minute cycling workout that is easy on the joints, buds muscles, and improves balance

Pre-registration is required: 604-514-2940

#30988 10:30am - 11:00am TCC

GENTLE-FIT

A low-impact fitness class using chairs for support and balance. Light weights and bands will be used to build strength and muscular endurance

Pre-registration is required: 604-514-2940

#30837 11:30am - 12:30pm TCC

LINE DANCING

LIVELY CHAIR YOGA

SPIN & SCULPT

.30 minutes of indoor cycling intervals followed by 30 minutes of upper body toning exercises.

Pre-registration is required: 604-514-2940

#31497 4:45pm - 5:45pm TCC

TABLE TENNIS

LANGLEY SENIOR RESOURCES SOCIETY SNOOKER

LSRS is home to one of the nicest snooker parlours in Langley. Four well-kept tables are open for play every day. Start your own game, or join in with some current members.

June 5 - 9 M - F 10:00am - 1:00pm

WEDNESDAY JUNE 7

AQUAFIT - DEEP WATER

A fun, group fitness class held in deep water for extra cardio and muscle conditioning

Pre-registration is required: 604-514-2940

#30269 7:30am - 8:30am AAMP

AQUAFIT - SHALLOW WATER

A fun, group fitness class held in deep water for extra cardio and muscle conditioning

Pre-registration is required: 604-514-2940

#30299 6:30pm - 7:30pm AAMP

BOLLY-X

A Bollywood inspired dance-fitness class. Great music from around the world. Beginners welcome!

Pre-registration is required: 604-514-2940

#31591 6:00 - 7:00pm TCC

DEMENTIA FRIENDS WORKSHOP

An introduction to dementia to help you recognize when someone may be living with the disease. Learn helpful strategies and tips for communicating with people who are living with dementia and where you can go for help.

Pre-registration is required: 604-514-2940

#32190 11:00am - 12:00pm TCC

RESTORATIVE YIN YOGA

A floor-based yoga practice focusing on stretching and rehabilitating the connective tissues in your body using deep stretches to increase flexibility and open your body

Pre-registration is required: 604-514-2940

#31063 7:15 - 8:15pm TCC

TABLE TENNIS

TRX EXPRESS

Tone and sculpt through a variety of TRX suspension training exercises.

Pre-registration is required: 604-514-2940

#31601 12:00pm - 12:45pm TCC

AFTERNOON MOVIE

WOODEN BOOKMARK MAKING LAUGHTER YOGA

