

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

FOR THE LOVE OF ART...

Calling all Senior Artists! Have your artwork displayed at Timms Community Centre during the month of June in celebration of Seniors Week. Submit a photo of your artwork to: khilton@langleycity.ca by May 18 for consideration for the Seniors Week Art Gallery.

AUDREY BAKEWELL ART WALK
LSRS is the home of the Audrey Bakewell Art Walk. Tour the collection, meet the artist and pick up some souvenirs!
June 5 - 9 11:00am - 1:00pm LSRC



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 50+ yrs 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, 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 3:00pm - 5:00pm 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.

#31735 8:00pm - 9:45pm TCC

Al Anderson Memorial Pool

Free length swimming for those with a Seniors Week Activity Pass!

Mon - Fri 7:00am - 9:00am and 8:30pm - 10:00pm

Sa 9:00am - 11:00am Su 1:00pm - 4:00pm

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, 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

Community Day - Saturday June 10

Join us at Douglas Park for a full day of community booths, activity stations, live performances, food, market and even a beer garden! So much to see and do! Seniors are invited to stop by the Bria Communities Booth for a free frozen treat! Location: Douglas Park - 20550 Douglas Cr.

Community Booths: 11:00am - 3:00pm
Food Truck Festival: 11:00am - 8:00pm
BC Shop Local Market: 11:00am - 6:00pm



LANGLEY SENIOR RESOURCES SOCIETY TOURS

Come by for a tour, receive a complimentary muffin and coffee, and enter to win a free membership at LSRS

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

No Registration Required!

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

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

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

1:00pm - 3:00pm LSRS

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: Enhanced Road Assessment Presentation

An ICBC Driver Examiner will come and speak about what you can expect if you are called for a re-examination road test, and will answer questions that you might have about how to prepare. There will also be a refresher on rules of the road. This will be followed by an ICBC Pedestrian Safety Presentation.

10:00am - 11:30am LSRS

KNIT TOGETHER

Bring your own creations to work on in a social setting.

Knitting, crocheting, embroidery and more. Come for the conversation, friendship and sharing ideas.

9:00am - 11:00am LSRS

TECH HELP FOR SENIORS

If you are thinking about creating a Facebook account, a Kanopy account or to download Ebooks, magazines or audiobooks, bring in your devices and join the library staff to get help.

10:30am - 12:00pm LCL

FRIDAY JUNE 9

ART CLASS DEMO CLASS

Stop by the Art Class to see our talented members create their masterpieces.

10:00am - 1:00pm LSRS

AQUAFIT - SHALLOW WATER

An excellent workout in the water! Enjoy an invigorating low-impact shallow water fitness class.

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

LEARN TO PLAY PICKLEBALL

This workshop will introduce the basic skills, rules and strategies for Pickleball. All equipment is provided- beginners welcome!

Pre-registration is required: 604-514-2940

#32191 10:00am - 12:00pm TCC

LSRS CHOIR CONCERT

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

11:15am - 12:00pm LSRS

SWING DANCE DEMO

LSRS partner Rock Step Swing Dance Society will be leading swing dance lessons at LSRS beginning in the fall. This is a fun opportunity to see a demonstration of their favourite activity! Sponsored by Bria Communities.

12:30pm - 1:30pm LSRS

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 the library's 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 telescopes, birdwatching backpacks and bat packs.

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 WITH MLA ANDREW MERCIER

MLA Andrew Mercier will talk about Seniors' healthcare and take questions.

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

This light exercise promotes hand-eye coordination and helps you keep fit. Beginners and experienced players welcome. Please wear running shoes or light-coloured rubber-soled non-slip shoes.

10:00am - 12:00pm LSRS

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!

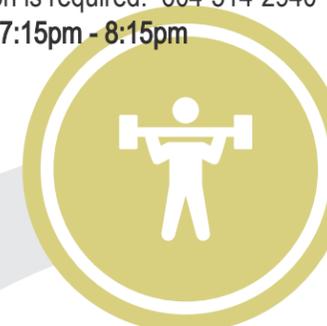
1:00pm - 4:00pm TCC

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

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

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 AAMP

#30285 6:00pm - 7:00pm

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

CARPET BOWLING

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

1:00pm - 2:00pm LSRS

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

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

11:30am - 12:30pm LSRS

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.

10:15am - 11:15am LSRS

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

AFTERNOON MOVIE: THE UPSIDE

Cast: Nicole Kidman, Kevin Hart, Bryan Cranston, Julianna Marquilies. Philip is a disabled white billionaire, who feels that life is not worth living. To help him in his day to day routine, he hires Del, an African American parolee, trying to reconnect with his estranged wife. What begins as a professional relationship develops into a friendship as Del shows his grouchy charge that life is worth living. Free popcorn!

1:00pm - 3:00pm LSRS

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

An excellent water workout! Enjoy an invigorating low impact shallow water group fitness class.

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 6:00pm - 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

MAKE A WOODEN BOOKMARK WITH HOMEWORKS ETC.

Love to create? Join us to paint your own wooden bookmark to spark your creativity. Learn about LSRS partner Homeworks ETC. and how you can get involved in other craft classes. This activity is sponsored by Bria Communities.

10:00am - 12:00pm LSRS

LAUGHTER YOGA

Using improv games and silly laughter exercises, the aim is to find our laughter whether laughing at something funny or intentionally using laughter as an exercise. Sponsored by Chartwell.

11:30am - 12:30pm LSRS

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

This light exercise promotes hand-eye coordination and helps you keep fit. Beginners and experienced players welcome. Please wear running shoes or light-coloured rubber-soled non-slip shoes.

10:00am - 12:00pm LSRS

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

