

ACTIVE LEGACY PASS ACTIVITY LOCATIONS

Brookwood Senior Centre (BSC)
19899 - 36 Avenue
604.530.4232

CITY OF LANGLEY
Al Anderson Memorial Pool (AAP)
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

Timms Community Centre (TCC)*
20399 Douglas Crescent
604.514.2800

LANGLEY SENIORS RESOURCE CENTRE (LSC)*
20605 - 51B Avenue
604.530.3020

TOWNSHIP OF LANGLEY
Aldergrove Kinsmen Community Centre (AKC)*
26770 - 29 Avenue
604.533.6144

George Preston Recreation Centre (GPC)*
20699 - 42 Avenue
604.530.1323

Langley Demonstration Garden (LDG)
Derek Doubleday Arboretum Park
21200 block Fraser Highway

McLeod Athletic Park Lacrosse Box (MAP)
213A Street & 57A Avenue
604.856.2899 Call AKC for information.

W.C. Blair Recreation Centre (WCB)*
22200 Fraser Highway
604.533.6170

Walnut Grove Community Centre (WGC)*
8889 Walnut Grove Drive
604.882.0408

Willoughby Community Centre (WBY)*
7888 - 200 Street
604.455.8821

Willowbrook Recreation Centre (WBK)*
20338 - 65 Avenue
604.532.3500

* Active Legacy Passes available at these locations by May 1.

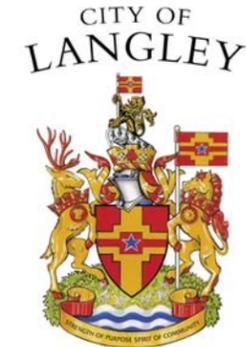
In Partnership For Health And Wellness



604.533.6086

tol.ca/events

RCP17-218



June 1 - 7
50+ years
Free

YOURS TO EXPERIENCE!



As a legacy to the 2014 BC Seniors Games, and in celebration of Seniors' Week, you are invited to obtain a free **Active Legacy Pass** which will enable you to access a variety of activities throughout Langley.*

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



ACTIVE LEGACY PASS

ACTIVITIES

BROOKSWOOD SENIOR CENTRE

Beginner Line Dance

Peggy Thomson takes a beginner's group through some easy line dance steps. You will dance at least one new dance by the end of the evening.

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|-----|----|-------|---------------|
| BSC | Th | Jun 1 | 1:30 - 2:00pm |
|-----|----|-------|---------------|

Duplicate Bridge

Join Gisela for duplicate bridge.

| | | | |
|-----|----|-------|----------------|
| BSC | Fr | Jun 2 | 12:00 - 3:30pm |
| BSC | We | Jun 7 | 12:00 - 3:30pm |

Gentle Fit

Maria Hillmer will lead you in gentle chair exercises alongside music that helps you stretch and move. Suitable for all levels of ability.

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|-----|----|-------|-------------------|
| BSC | Tu | Jun 6 | 11:00am - 12:00pm |
|-----|----|-------|-------------------|

Groove with Gina

Try modern fusion dance.

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|-----|----|-------|---------------|
| BSC | Su | Jun 4 | 3:45 - 5:00pm |
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Intermediate Line Dancing

Join Peggy Thomson for intermediate line dancing.

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|-----|----|-------|----------------|
| BSC | Fr | Jun 2 | 9:30 - 11:30am |
| BSC | Mo | Jun 5 | 1:30 - 3:30pm |
| BSC | Th | Jun 6 | 3:30 - 5:00pm |

Pool & Snooker

Play a game of pool or snooker.

| | | | |
|-----|----|-------|----------------|
| BSC | Th | Jun 1 | 9:30 - 11:30am |
| BSC | Tu | Jun 6 | 9:30 - 11:30am |

Zumba® Gold

Shake your stuff with Maria at Zumba® Gold.

| | | | |
|-----|----|-------|----------------|
| BSC | Th | Jun 1 | 9:00 - 10:30am |
| BSC | Tu | Jun 6 | 9:00 - 10:30am |

CITY OF LANGLEY

Art in Found Spaces - Seniors' Week Exhibition

Join us in celebration of local artists and Seniors' Week. Light refreshments and entertainment will be offered along with amazing art displays from some of the most talented local artists around.

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|-----|----|-------|----------------|
| TCC | Th | Jun 1 | 12:00 - 3:00pm |
|-----|----|-------|----------------|

Library Bingo

Test your library knowledge using library-themed bingo cards.

| | | | |
|-----|----|-------|---------------|
| LCL | Th | Jun 1 | 2:00 - 3:00pm |
|-----|----|-------|---------------|

Seniorcise

Drop-in and join us for this fun, no-impact group fitness class. Perfect for those with joint and/or mobility limitations.

| | | | |
|-----|----|-------|-------------------|
| TCC | Th | Jun 1 | 11:30am - 12:30pm |
| TCC | Fr | Jun 2 | 10:30 - 11:30am |
| TCC | Mo | Jun 5 | 10:30 - 11:30am |
| TCC | Tu | Jun 6 | 11:30am - 12:30pm |
| TCC | We | Jun 7 | 10:30 - 11:30am |

Seniors' Cycling

A 30 minute indoor cycling class followed by a 30 minute stretch session. All levels and abilities welcome!

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|-----|----|-------|-----------------|
| TCC | Th | Jun 1 | 10:00 - 11:00am |
| TCC | Tu | Jun 6 | 10:00 - 11:00am |

Floor Curling

Enjoy a fun and interactive game of floor curling! In contrast to regular curling, this sport has no sweeping and is played where it's warm! Wooden rocks with handles are used and the floor is waxed like a shuffleboard.

| | | | |
|-----|----|-------|-------------------|
| GPC | Th | Jun 1 | 10:30am - 12:00pm |
|-----|----|-------|-------------------|

Knitting & Quilting

Come and make new friends while knitting and quilting, all levels are welcome! Work on a common group project or bring your own. Participants must bring their own sewing machine and materials.

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|-----|----|-------|---------------|
| WCB | Mo | Jun 5 | 2:00 - 4:00pm |
|-----|----|-------|---------------|

CarFit

Join us for this free educational program that provides a quick yet comprehensive review of how well you and your vehicle work together. Offered in partnership with the Canadian Association of Occupational Therapists. Call 604.533.6144 to register for a 20-minute appointment.

| | | | |
|-----|----|-------|---------------|
| AKC | Sa | Jun 3 | 1:30 - 4:30pm |
|-----|----|-------|---------------|

Let's Dig it Seniors' Gardening Club

Love to garden, laugh and socialize? Share tips, cuttings, seeds and ideas for successful gardening. Offered in partnership with Langley Environmental Partners Society. Langley Demonstration Garden is located at the Derek Doubleday Arboretum. All levels welcome.

| | | | |
|-----|----|-------|-------------------|
| LDG | Mo | Jun 5 | 10:30am - 12:00pm |
|-----|----|-------|-------------------|

LOCATION LEGEND

| | |
|------------------------|-------------------------------------|
| AKC | Aldergrove Kinsmen Community Centre |
| GPC | George Preston Recreation Centre |
| LDG | Langley Demonstration Garden |
| WCB | W.C. Blair Recreation Centre |
| WGC | Walnut Grove Community Centre |
| WBK | Willowbrook Recreation Centre |
| Addresses on back page | |

WALK WITH THE MAYOR!



Thursday, June 1

10:00 - 11:00am

Derek Doubleday Arboretum

21200 block Fraser Highway, Langley

Experience the excitement at the launch of our new outdoor age-friendly exercise equipment at Derek Doubleday Arboretum. Mayor Froese and Council are looking forward to touring you through the new additions!

Tour of Langley - Bus Trip

Spend the day touring your town! Enjoy a stroll through Derek Doubleday Arboretum and check out the Langley Environmental Partners Society Demonstration Garden. Then carry on for a tour of Langley Centennial Museum's new exhibition, which is all about the First World War and its impact on Langley. Finish off the afternoon exploring Fort Langley's fine selection of shops and restaurants.

| | | | |
|-----|----|-------|------------------|
| WCB | Fr | Jun 2 | 10:00am - 3:00pm |
|-----|----|-------|------------------|

Balcony Bounty

Are you gardening with limited space, on a balcony or small deck? Discover ways to make the most of growing in small spaces. Grow "up" with vertical plants, grow special varieties designed for containers, and create beautiful container gardens. Registration is required, call 604.533.6170.

| | | | |
|-----|----|-------|-------------------|
| LDG | Mo | Jun 5 | 10:30am - 12:00pm |
|-----|----|-------|-------------------|



EXPERIENCE
YOUR
COMMUNITY

Arthrosize

This no-bounce class is designed for people with mild to advanced arthritis and can help relieve stiffness, increase flexibility, and improve strength and endurance.

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|-----|----|-------|-------------------|
| WCB | We | Jun 7 | 11:15am - 12:00pm |
|-----|----|-------|-------------------|

AquaFit 45

Enjoy a low-impact, no-bounce cardio workout in this class that's a great start for those needing a beginner progression into our mainstream AquaFit. Includes a stretch and strength component.

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|-----|----|-------|----------------|
| WCB | We | Jun 7 | 12:15 - 1:00pm |
|-----|----|-------|----------------|

Deep Water Workout

Go deep and experience the exhilaration of aerobic exercise without impact. Use specifically designed equipment to maintain buoyancy while you amplify the natural resistance of water. This class is held in deep water and although buoyancy equipment is worn at all times, participants must have strong swimming skills and be comfortable in deep water.

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|-----|----|-------|---------------|
| WCB | Mo | Jun 5 | 6:30 - 7:30pm |
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| | | | |
|-----|----|-------|----------------|
| WGC | We | Jun 7 | 9:00 - 10:00am |
|-----|----|-------|----------------|

Free Swim

Join us and see what the pools have to offer!

| | | | |
|-----|----|-------|---------------|
| WGC | Th | Jun 1 | 1:00 - 3:00pm |
|-----|----|-------|---------------|

| | | | |
|-----|----|-------|---------------|
| WCB | Tu | Jun 6 | 1:00 - 3:00pm |
|-----|----|-------|---------------|

New to Pickleball

Have fun in this time set aside for beginner players to come play in a non-competitive environment.

| | | | |
|-----|----|-------|---------------|
| WGC | Th | Jun 1 | 1:00 - 3:00pm |
|-----|----|-------|---------------|

| | | | |
|-----|----|-------|----------------|
| AKC | Th | Jun 1 | 9:00 - 11:00am |
|-----|----|-------|----------------|

Bridge

Enjoy this widely popular trick-taking card game. Deal, bid, play, and score your way to an enjoyable game with fellow bridge enthusiasts.

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|-----|----|-------|----------------|
| WGC | Mo | Jun 5 | 12:00 - 2:30pm |
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|-----|----|-------|---------------|
| WGC | We | Jun 7 | 7:00 - 9:00pm |
|-----|----|-------|---------------|

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| WCB | We | Jun 7 | 1:00 - 3:30pm |
|-----|----|-------|---------------|

Cards & Games

Keep your mind young and healthy. Grab a few friends and come to the community centre to enjoy popular board and card games such as chess, cribbage, crokinole, Mexican dominoes, Scrabble, mah-jong, whist, and more.

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|-----|----|-------|---------------|
| WCB | Mo | Jun 5 | 1:00 - 3:00pm |
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Seniors' Swim Lesson

This introduction to swimming for seniors focuses on becoming comfortable in the water, submersion, and floating.

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|-----|----|-------|---------------|
| WCB | Su | Jun 4 | 8:00 - 8:30pm |
|-----|----|-------|---------------|

Seniors' Tea

Join us for entertainment and refreshments.

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|-----|----|-------|---------------|
| AKC | Tu | Jun 6 | 1:00 - 3:00pm |
|-----|----|-------|---------------|

Water Walking

Try out this self-led aerobic and calorie-burning workout! You can burn up to 550 calories an hour walking in the water, while working both your upper and lower body.

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|-----|----|-------|---------------|
| WCB | Mo | Jun 5 | 1:00 - 2:30pm |
|-----|----|-------|---------------|

| | | | |
|-----|----|-------|---------------|
| WGC | Tu | Jun 6 | 1:30 - 2:30pm |
|-----|----|-------|---------------|

Weight Room Drop-in

Enjoy free admission to the weight room where fitness staff will be available to answer your fitness centre questions. Learn how our programs can help meet your needs.

| | | | |
|-----|----|-------|----------------|
| WCB | Th | Jun 1 | 9:30 - 11:00am |
|-----|----|-------|----------------|

| | | | |
|-----|----|-------|-------------------|
| WGC | Fr | Jun 2 | 10:30am - 12:00pm |
|-----|----|-------|-------------------|

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|-----|----|-------|---------------|
| WGC | Su | Jun 4 | 6:00 - 7:30pm |
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|-----|----|-------|----------------|
| WBK | Mo | Jun 5 | 9:30 - 11:00am |
|-----|----|-------|----------------|

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|-----|----|-------|---------------|
| WCB | We | Jun 7 | 6:00 - 7:30pm |
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|-----|----|-------|-----------------|
| WBY | We | Jun 7 | 10:00 - 11:30am |
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|-----|----|-------|---------------|
| WBK | We | Jun 7 | 5:30 - 7:00pm |
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Weight Room Orientation

Includes an introduction to weight room equipment, procedures, and a basic program to get you started. Space is limited, call or drop-in to register your spot. Completion of health questionnaire is required, and may require doctor's clearance to participate. Speak with your doctor.

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|-----|----|-------|---------------|
| WGC | Fr | Jun 1 | 8:30 - 9:30am |
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| | | | |
|-----|----|-------|----------------|
| WCB | Mo | Jun 5 | 9:30 - 10:30am |
|-----|----|-------|----------------|

| | | | |
|-----|----|-------|----------------|
| WBK | Tu | Jun 6 | 9:00 - 10:00am |
|-----|----|-------|----------------|

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|-----|----|-------|----------------|
| WBY | We | Jun 7 | 9:00 - 10:00am |
|-----|----|-------|----------------|

DROP-IN TO ANY OF THESE FREE ACTIVITIES!

Zumba® Gold

Zumba® is for everyone! Join us for this free Latin-inspired dance/fitness class that will have you smiling from beginning to end. This program is ideal for beginners or experienced Zumba® participants looking for a slower-paced class.

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|-----|----|-------|---------------|
| TCC | Th | Jun 1 | 1:15 - 2:15pm |
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Pickleball

Drop-in and learn how to play this popular sport that's ideal for all levels of experience and abilities. No previous experience needed. All equipment supplied

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|-----|----|-------|---------------|
| TCC | Th | Jun 1 | 1:00 - 3:45pm |
|-----|----|-------|---------------|

| | | | |
|-----|----|-------|------------------|
| TCC | Fr | Jun 2 | 9:00am - 12:00pm |
|-----|----|-------|------------------|

| | | | |
|-----|----|-------|------------------|
| TCC | Mo | Jun 5 | 9:00am - 12:00pm |
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|-----|----|-------|------------------|
| TCC | We | Jun 7 | 9:00am - 12:00pm |
|-----|----|-------|------------------|

Yoga - Stretch Express

A 40 minute stretch and relax session you don't want to miss! No yoga experience needed. This class focuses on deep breathing and stretching/toning exercises that will elongate your muscles and help align your spine.

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|-----|----|-------|---------------|
| TCC | Fr | Jun 2 | 1:10 - 1:50pm |
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|-----|----|-------|---------------|
| TCC | Tu | Jun 6 | 1:10 - 1:50pm |
|-----|----|-------|---------------|

Indoor Cycling 101

Indoor cycling is a great cardiovascular workout that offers maximum calorie burning benefits with minimal impact on your hips, knees and ankles. This free workshop will teach you everything you need to know - from setting up your bike, proper posture and how to adjust the tension settings. First-timers are welcome and encouraged to attend.

Space is limited; please reserve your bike: 604.514.2940

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|-----|----|-------|-------------------|
| TCC | Sa | Jun 3 | 11:00am - 12:00pm |
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Table Tennis

Drop-in for a fun, slightly competitive game! All levels and experience welcome.

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|-----|----|-------|---------------|
| TCC | Sa | Jun 3 | 4:00 - 5:45pm |
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|-----|----|-------|---------------|
| TCC | Mo | Jun 5 | 4:00 - 7:00pm |
|-----|----|-------|---------------|

Foam Rolling Workshop

When done correctly, using a foam roller is like giving yourself a deep tissue massage - it increases blood flow, stimulates the lymph system and reduces discomfort caused by tight muscles. This free workshop will teach you how to choose the right foam roller for you and how to use it properly... it just might change your life! Please register at 604.514.2940.

| | | | |
|-----|----|-------|---------------|
| TCC | Su | Jun 4 | 1:30 - 2:30pm |
|-----|----|-------|---------------|

LOCATION LEGEND

| | |
|------------|---------------------------|
| AAP | Al Anderson Memorial Pool |
| BSC | Brookwood Senior Centre |
| LCL | Langley City Library |
| LLB | Langley Lawn Bowling Club |
| TCC | Timms Community Centre |

Addresses on back page



CITY OF LANGLEY CONTINUED

Stretch it Out!

The ultimate stretch and relax class! All abilities welcome - must be comfortable getting to and from the floor.

| | | | |
|-----|----|-------|-------------------|
| TCC | Su | Jun 4 | 11:30am - 12:30pm |
|-----|----|-------|-------------------|

Badminton

Drop in for some fun and exercise! All levels of fitness and experience welcome!

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|-----|----|-------|---------------|
| TCC | Su | Jun 4 | 4:00 - 5:45pm |
|-----|----|-------|---------------|

Seniors' Week Picnic in the Park

Join us for great food, entertainment, and prizes! A picnic lunch provided by Langley Meals on Wheels will not disappoint along with music, dancing, and more.

Space is limited; pre-register at 604.514.2940.

| | | |
|--------------|-------|------------------|
| Mo | Jun 5 | 11:00am - 1:00pm |
| Douglas Park | | \$5/person |

Chair Yoga

Now is your chance to try this gentle yoga practice for free! Chair yoga is practiced sitting on a chair or standing and using a chair for support. This is a class for everyone as it deepens flexibility and strengthens the body no matter what your age or ability level

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|-----|----|-------|---------------|
| TCC | We | Jun 7 | 4:00 - 5:00pm |
|-----|----|-------|---------------|

Length Swim

Come in for a refreshing morning or late night swim in the fresh air. The water is warm, the air is cool, and this one is on us!

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|-----|---------|---------------|----------------|
| AAP | Mo - Fr | Jun 1,2,5,6,7 | 6:00 - 9:00am |
| AAP | Mo - Fr | Jun 1,2,5,6,7 | 8:30 - 10:00pm |
| AAP | Sa | Jun 3 | 9:30 - 11:00am |

Learn to Lawn Bowl

A fun and easy sport that anyone can learn. Langley Lawn Bowling Club has opened its doors to the community during Seniors' Week. Enjoy a free lesson with your Active Legacy Pass! Space is limited, be sure to register by calling 604.514.2940.

| | | | |
|-----|----|-------|---------------|
| LLB | Fr | Jun 2 | 1:30 - 2:30pm |
| LLB | We | Jun 7 | 1:30 - 2:30pm |

Shallow Water Aquafit

This group exercise class is fun and a great workout that's easy on the joints and bones. Drop-in and enjoy the fresh air at Langley's largest outdoor pool.

| | | | |
|-----|--------|----------|---------------|
| AAP | Mo, Fr | Jun 2, 5 | 7:30 - 8:30am |
| AAP | We | Jun 6 | 6:30 - 7:30pm |

Deep Water Aquafit

This no-impact, high intensity class will get you moving in the water. Participants wear flotation belts and are in the deep end for the entire class. Includes both cardio and strength training.

| | | | |
|-----|--------|----------|---------------|
| AAP | Tu, Th | Jun 1, 6 | 6:30 - 7:30pm |
| AAP | We | Jun 7 | 7:30 - 8:30am |

Walking Tour of the Library

Have you ever wondered what happens with your books after you put them into the return slot? What journey does a book go on when it is placed on hold? Find out these facts and more in this behind-the-scenes walking tour. Enjoy tea and cookies after the tour.

| | | | |
|-----|----|-------|---------------|
| LCL | We | Jun 7 | 1:30 - 3:30pm |
|-----|----|-------|---------------|

LANGLEY SENIORS RESOURCE CENTRE

Tour and Complimentary Cake & Coffee

Come by and enjoy a complimentary cake and coffee. Tours will be available for people who would like to learn more about the Langley Senior Resources Society.

Receive \$5 off of a new recreation membership with a tour.

| | | | |
|-----|----|-------|-------------------|
| LSC | Th | Jun 1 | 10:00am - 12:00pm |
|-----|----|-------|-------------------|

Top Ten Technologies Seniors Should Embrace

The number of older adults using technology in their daily lives is increasing. Over half of Canadian seniors use the internet and own a cellphone. Get tech savvy so you are able to keep up with the technology that will help you stay engaged, connected, mentally active, and physically safe. Learn about the top ten Apple and Android technologies you should embrace. No devices are required.

| | | | |
|-----|----|-------|-----------------|
| LSC | Fr | Jun 2 | 10:30 - 11:30am |
|-----|----|-------|-----------------|

Hackers, Crackers, Ratters & Trolls

Join us for this peek into security and safety in our hyper-connected world! We'll look at the latest online security threats, discuss what you need to be concerned about, and get a glimpse into the near future - where your fingerprint, heartbeat or eyeball are all that will be needed to access your online accounts. Goodbye, passwords...

| | | | |
|-----|----|-------|-------------------|
| LSC | Fr | Jun 2 | 11:45am - 12:45pm |
|-----|----|-------|-------------------|

'Age of Love'

Join us for this documentary/film and presentation that features door prizes, swag bags, popcorn, and refreshments!

Director's Statement ~ Steven Loring

While the world's fastest-growing age group is 65 and over, when we consider love and desire, our youth-obsessed media still embraces the clichés. Rarely in our culture are older adults given voice as emotionally intricate individuals. By attracting a wide audience with the humorous premise of 'Grandparents Going Speed Dating', *The Age of Love* is a provocative entertainment that also addresses our society's most insidious preconceptions of aging - that the emotional needs of anyone over 65 are similar and self-evident, limited to health and financial concerns, and largely unrelated to those of younger generations. On the contrary, as we watch these seniors navigate the comedy and drama of dating, their actions and emotions reveal how the desire to love and be loved not only connects hearts of young and old, but, more unexpectedly, remains just as confounding, nerve-wracking, and rewarding at any stage in life.

Purchase tickets today at LSC. \$5/ticket

| | | | |
|-----|----|-------|---------------|
| LSC | Fr | Jun 2 | 2:00 - 5:00pm |
|-----|----|-------|---------------|

Meditation

Teacher Kelsang Chenma from the Dorjechang Kadampa Buddhist Centre will take participants through carefully guided meditations with a focus on how meditation can be used in daily life in helping to develop a peaceful, flexible mind. These classes are suitable for beginner and experienced meditators and for people of any faith background. Join Chenma in meditation to relax, to enjoy and to let go of stress and negativity.

| | | | |
|-----|----|-------|-----------------|
| LSC | Mo | Jun 5 | 10:00 - 11:30am |
|-----|----|-------|-----------------|

Tai Chi

Try something new this spring! Come and join us and learn Tai Chi flowing movements for better health. There are 11 new movements to help you start improving your quality of life.

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|-----|----|-------|-------------------|
| LSC | Tu | Jun 6 | 11:35am - 12:35pm |
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Reflexology Facials and Info Session

Do you want to experience face and foot reflexology? Helga will answer all your questions.

Senior citizens may consider reflexology for a gentle touch, overall wellness, pain management, improved balance, relief from fatigue, lethargy, cognitive disorders and stress, or simple relaxation. Free reflexology facials are on a first come, first served basis 10:00am - 12:00pm, and the info session begins at 1:00pm.

| | | | |
|-----|----|-------|-------------------|
| LSC | We | Jun 7 | 10:00am - 12:00pm |
|-----|----|-------|-------------------|

Tour and Free Lunch in our Café

Come and check out our café which is open to members and the public Monday to Friday.

For non - members take a tour of LSC and see what we have to offer, followed by a complimentary hot lunch, including entrée, coffee, or tea and a dessert.

Receive \$5 off of a new recreation membership with a tour.

| | | | |
|-----|----|-------|-------------------|
| LSC | We | Jun 7 | 11:30am - 12:30pm |
|-----|----|-------|-------------------|

Heads Up for a Healthy Brain,

Heads Up encourages participants to actively engage in protecting and maintaining their brain.

Topics included dementia, risk reduction, strategies, and goals for improving mental ability, agility, capacity, changes in lifestyle that nourish the body, and the whys and ways of nurturing the spirit. Presented by the Alzheimer's Society of BC.

| | | | |
|-----|----|-------|---------------|
| LSC | We | Jun 7 | 1:00 - 3:00pm |
|-----|----|-------|---------------|

