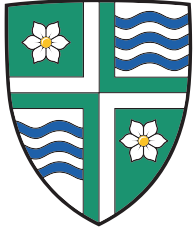


Township of
Langley



Est. 1873



June 1 - 7
50+ years
Free

YOURS TO EXPERIENCE!

Celebrating seniors and their contributions to our community.

2018 Active Legacy Pass Programs

In celebration of Seniors' Week, you are invited to enjoy a variety of programs, activities, and events throughout Langley!

All offerings are free unless otherwise indicated.

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



PROOF



ACTIVE LEGACY PASS

ACTIVITIES

DROP-IN TO ANY OF THESE FREE 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.

BSC	Th	Jun 7	1:45 - 2:30pm
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Cribbage & Tea

Join a friendly game of Crib while sipping on your favourite tea.

BSC	Tu	Jun 5	12:00 - 3:30pm
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Gentle Fit

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

BSC	Tu	Jun 5	11:00am - 12:00pm
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Zumba®

Shake your stuff with Elana.

BSC	Mo	Jun 4	9:30 - 10:30am
BSC	Th	Jun 6	9:30 - 10:30am

CITY OF LANGLEY

55+ Circuit

A fun group exercise program using low-impact cardio and strength training exercises followed by a long stretching session to relax the body and improve flexibility.

TCC	Tu	Jun 4	3:00 - 4:00pm
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AquaFit (Deep Water)

An excellent non-impact fitness class for all levels. This program is designed to improve flexibility, aerobic capacity, muscular strength, and endurance. Floatation devices are provided however participants must be comfortable in deep water.

AAMP	Tu	Jun 5	6:30 - 7:30pm
AAMP	We	Jun 6	7:30 - 8:30am

AquaFit (Shallow Water)

No swimming experience needed...this class is done in shallow water and is ideal for all fitness levels. Components include warm-up, aerobics, muscle conditioning, and a cool down that will leave you feeling relaxed and limber!

AAMP	We	Jun 6	6:30 - 7:30pm
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Badminton Drop-in

Open to all skill levels from beginner to advanced. All equipment is provided, just bring your running shoes and fun-loving attitude!

TCC	Tu	Jun 5	1:00 - 3:45pm
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Community Coffee Hour

Join the Southgate Seniors for coffee, refreshments, and sharing of life's issues.

SGC	Tu	Jun 4	10:00 - 11:30am
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Core & Stretch

Using stability balls and other equipment, participants will work on strengthening their core improving flexibility and posture. This is a low intensity non-impact class but participants will be required to get to and from the floor.

TCC	Sa	Jun 2	11:15am - 12:15pm
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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! Space is limited, register at 604.514.2940.

TCC	Su	Jun 3	1:30 - 2:30pm
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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. Learn everything you need to know from setting up your bike, proper posture, and how to adjust the tension settings. First-timers welcome and encouraged to attend. Space is limited, register at 604.514.2940.

TCC	Sa	Jun 2	11:30am - 12:30pm
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LOCATION LEGEND

AAMP	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	

Langley Lawn Bowling Club

Langley Lawn Bowling Club welcomes all newcomers! This social, fun-loving club has opened its' doors during Seniors Week and invites all seniors to come and give Lawn Bowling a try! Space is limited, register at 604.514.2940.

LBC	Fr	Jun 1	1:30 - 2:30pm
LBC	Sa	Jun 2	1:00 - 2:00pm
LBC	Th	Jun 7	1:30-2:30pm

Light Toning

Build strength and muscle endurance through toning exercises using light weights, bands and other fun equipment. This is a moderate intensity, low impact class.

TCC	Tu	Jun 4	11:15am - 12:15pm
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Pickleball Drop-in

All skill levels welcome! Whether you are a true beginner or advanced player come on in and join our friendly, social group for a game or two! Pickleball combines the elements of badminton, tennis and table tennis - something for everyone!

TCC	Mo	Jun 4	9:00am - 11:45am
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CITY OF LANGLEY CONTINUED

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, register at 604.514.2940.

DGP	Fr	Jun 1	12:00 - 2:00pm \$10/person
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Seniorcise

Drop in and join us for this fun, non-impact group fitness class. No experience needed, perfect for all levels of fitness.

TCC	Fr	Jun 1	10:30 - 11:30am
TCC	Mo	Jun 4	10:30 - 11:30am
TCC	Tu	Jun 5	11:30am - 12:30pm
TCC	We	Jun 6	10:30 - 11:30am
TCC	Th	Jun 7	11:30am - 12:30pm

Seniors' Cycling

Indoor cycling is a great cardio workout and is easy on the bones and joints. A 30-minute cardio session is followed by a 30-minute stretch and relax session! Great for all levels of fitness - no previous experience needed. Never tried an indoor cycling class before? Register for our Indoor Cycling 101 workshop on Saturday June 2...it's free!

TCC	Tu	Jun 5	11:30am - 12:30pm
TCC	Th	Jun 7	11:30am - 12:30pm

Table Tennis Drop-in

Also known as Ping-Pong! All equipment provided, just bring your playful-self in for some laid-back fun.

No experience necessary.

TCC	Tu	Jun 5	9:00am - 11:45am
TCC	Th	Jun 7	9:00am - 11:45am

Tea & Tech

Bring any tech device and ask the library staff questions about how to set them up to work with the library resources. We will answer any of your tech questions while you enjoy tea and cookies!

LCL	We	Jun 6	2:00 - 4:00pm
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Virtual Reality Playtime

Interested in virtual reality and want to give it a try?

Wearing the HTC VIVE goggles, headphones, and holding motion controllers, participants will be able to try out a mix of virtual games as well as educational experiences.

LCL	Fr	Jun 1	1:30 - 3:30pm
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Zumba® Adapted

Love to dance but unsure you can keep up with the fast-pace Latin beats of typical Zumba® classes? This class is for you! No dance experience needed, just the desire to move and have fun! Go at your own pace.

TCC	We	Jun 6	1:15 - 2:00pm
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LANGLEY SENIORS RESOURCE CENTRE

Tour and Complimentary Cake & Coffee

Come by and enjoy a complimentary muffin 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	Mo	Jun 4	10:00am - 1:00pm
LSC	Tu	Jun 5	10:00am - 1:00pm
LSC	We	Jun 6	10:00am - 1:00pm
LSC	Th	Jun 7	10:00am - 1:00pm
LSC	Fr	Jun 8	10:00am - 1:00pm

Strength and Balance

Improve your balance, strengthen your bones, tone your muscles, and give your body better shape. This class includes floor work, use of the exercise ball and instruction in various arm and leg movements while using weights.

LSC	Mo	Jun 4	12:00 - 1:00pm
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Gentle Flow Yoga

Gentle Flow is a class of authentic, intuitive movement combined with classic yoga postures. A gentle yoga approach has been found to be an important compliment in programs to reverse heart disease or provide relief from the challenging conditions of fibromyalgia, chronic fatigue, as well as mood disorders.

LSC	Mo	Jun 4	1:15 - 2:15pm
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Chair Yoga

Gentle seated class that strengthens and stretches the whole body. It's perfect for seniors or people with a disability. Chair yoga offers a safe, low-impact workout. Flexibility, mobility, bone density, and strength can all be enhanced with the practice of chair yoga.

LSC	Mo	Jun 4	2:30 - 3:30pm
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Fit and Fab

Warm up, 20 minutes intermediate cardio, weights and/or resistance band, stability ball, and floor mats, cool down stretch and relaxation.

LSC	Tu	Jun 5	9:15 - 10:15am
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Free Movie ~ The Greatest Showman

Inspired by the imagination of P.T. Barnum, The Greatest Showman is an original musical that celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

LSC	We	Jun 6	1:00 - 3:00pm
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Chair Fit and Fun

Exercises done in the comfort of a chair. Classes include a light 10 minute cardio-chair session, Weights, resistance band, balance exercise, cool down stretch, and relaxation.

LSC	Th	Jun 7	10:30 - 11:30am
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ICBC Re-examination Road Test for Seniors

Almost 5,000 drivers in B.C. take an ICBC re-examination road test every year. 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.

LSC	Fr	Jun 8	10:00 - 11:00am
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Pedestrian Safety

Your local ICBC Road Safety & Community Coordinator will come and speak about pedestrian safety and provide tips for both drivers and pedestrians.

LSC	Fr	Jun 8	11:00 - 11:15am
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Traveling with Technology

In this Gluu Tech Talk, we will discuss the technologies developed to simplify your travels and share your experiences. Apps, devices and tips that make your smartphone or tablet the perfect travel companion along with Apple and Android technologies will be discussed. Suitable for everyone. No devices are required for this event.

LSC	Fr	Jun 8	11:00 - 12:00pm
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7 Pieces of Technology Seniors Should Embrace

Technology is changing our lives faster than ever before. Learn about the seven pieces of technology we think every older adult, seniors and their families should know about in this important Gluu Tech Talk. Suitable for everyone. No devices are required for this event.

LSC	Fr	Jun 8	12:15 - 1:15pm
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Arthrosize

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

WCB	We	Jun 6	11:15am - 12:00pm
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AquaFit 45

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

WCB	Fr	Jun 1	12:15 - 1:00pm
WGC	We	Jun 6	10:30 - 11:15am

AquaFit for Life

Water training is low impact on joints and is ideal for mature adults. Slower paced than Water-Robics, this class incorporates range of motion with cardiovascular exercises.

WGC	Th	Jun 7	8:45 - 9:45am
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Bridge

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

WGC	Mo	Jun 4	12:00 - 2:30pm
WGC	We	Jun 6	7:00 - 9:00pm

**Buildings on Your Back
Self Guided Walking Tour**

Discover the history of Fort Langley while exploring the village. Follow a map to locate numerous locations, use historic photos and facts to compare with the community today, observe and identify architectural details, and answer in-depth questions in this one to two-hour self-guided tour.

LCM	Sa	Jun 2	10:00am - 3:00pm
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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. Although buoyancy equipment is worn at all times, this class is held in deep water. Participants must have strong swimming skills and be comfortable in deep water.

WCB	Mo	Jun 4	6:30 - 7:30pm
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Free Swim

Join us and see what the pools have to offer during this free admission period.

WGC	Th	Jun 7	1:00 - 3:00pm
WCB	Tu	Jun 5	1:00 - 3:00pm

**Fort Langley Cemetery
Self Guided Walking Tour**

Explore a 125-year Victorian cemetery and use maps to locate historic graves, learn personal facts about the deceased, examine historic photos accompanying each stop, explore the evolution of gravestone features and symbols, and discover demographic patterns of the cemetery. This is a one to two-hour self-guided tour.

LCM	Sa	Jun 2	10:00am - 3:00pm
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Learn to Length Swim

Learn how to choose the correct time, appropriate lane, and how to plan a workout in this introduction to length swimming for seniors.

WGC	Su	Jun 3	5:00 - 5:30pm
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Let's Dig it Seniors' Gardening Club

Roll up your sleeves, prepare to get dirty, and get moving through digging, planting, and gardening at Derek Doubleday Arboretum Park's Langley Demonstration Garden. We'll share tips, cuttings, seeds, and ideas for successful gardening. Offered in partnership with Langley Environmental Partners Society. Bring your own gardening equipment or use ours.

LDG	Mo	Jun 4	9:00 - 10:30am
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Horseshoe

Stay active and join our friendly outdoor game of tossing shoes. Single and team play is available in this social atmosphere. All levels welcome.

MAP	Tu	Jun 5	10:00 - 11:00am
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Pooch Pals

Have a furry friend who loves to walk? Join us in exploring different routes each week, while having fun and bonding with your dog.

LDG	Th	Jun 7	10:00 - 11:00am
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Pollinator Power

Want to learn what to plant to invite pollinators year round? Find out about the power of pollinators in the growing of fruits, vegetables, and flowers and discover what you can grow to attract and support them throughout the year.

WCB	Mo	Jun 4	1:00 - 2:00pm
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Seniors' Swim Lesson

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

WCB	Su	Jun 3	8:00 - 8:30pm
WGC	Fr	Jun 1	1:00 - 1:30pm

Seniors' Tea

Join us for our Annual Seniors' Tea for entertainment, dancing, and light refreshments. Registration is required, call 604.533.6144.

AKC	Tu	Jun 5	1:00 - 3:00pm
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Seniors' Tennis

Meet new friends and play tennis!

WGC	Fr	Jun 1	7:00 - 8:30am
WGC	Fr	Jun 1	8:30 - 10:00am

LOCATION LEGEND	
AKC	Aldergrove Kinsmen Community Centre
GPC	George Preston Recreation Centre
LCM	Langley Centennial Museum
LDG	Langley Demonstration Garden
MAP	McLeod Athletic Park
WCB	W.C. Blair Recreation Centre
WGC	Walnut Grove Community Centre
WBK	Willowbrook Recreation Centre
WBY	Willoughby Community Centre

Addresses on back page

Walk, Talk Tour

Find out what's happening at your local community or recreation centre. Are you looking to get more involved or active? Are you interested in volunteer opportunities, swimming, staying fit, or looking for a recreation program? Join us for an orientation session that includes a facility tour, recreation and volunteer opportunities, and information on upcoming events.

WCB	Fr	Jun 1	10:00 - 10:45am
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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.

WCB	Mo	Jun 4	1:00 - 2:00pm
WGC	Tu	Jun 5	12:30 - 1:30pm

Walk Around the Track

Take a walk with one of our staff around the track in the Langley Events Centre.

WBY	We	Jun 6	10:30 - 11:15am
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Weight Room Drop-in

Free admission to the weight room. Fitness staff will be available to answer questions on the fitness centre and what programs we offer that can work for your needs.

WCB	Th	Jun 7	9:15 - 10:45am
WCB	We	Jun 6	6:00 - 7:30pm

Weight Room Orientation

Includes an introduction to weight room equipment, procedures, and a basic program to get you started. Completion of health questionnaire is required, and may require doctor's clearance to participate. Please speak with your doctor. Registration required.

WCB	Mo	Jun 4	9:00 - 10:00am
WBK	Tu	Jun 5	9:00 - 10:00am
WBY	We	Jun 6	9:00 - 10:00am
WGC	Fr	Jun 1	8:30 - 9:30am



ACTIVE LEGACY PASS ACTIVITY LOCATIONS

Brookwood Senior Centre (BSC)

19899 - 36 Avenue
604.530.4232

CITY OF LANGLEY

Al Anderson Memorial Pool (AAMP)

4949 - 207 Street
604.514.2860

Douglas Park (DGP)

20550 Douglas Crescent
604.514.2865

Langley City Library (LCL)

20399 Douglas Crescent
604.514.2850

Langley Lawn Bowling Club (LBC)

20471 - 54 Avenue
604.514.2695

Southgate Church (SGC)

5501 - 204 Street
604.532.7769

Timms Community Centre (TCC)*

20399 Douglas Crescent
604.514.2940

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 Centennial Museum (LCM)*

9135 King Street
604.532.3536

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 15.

In Partnership For Health And Wellness



604.533.6086

tol.ca/events