



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>New Year's Day</b> 1 10:30 New Years Day Tea Social M 1:30 Balloon Ball GR 3:00 New Years Day Movie A <small>New Year's Day</small>	2 10 Ball Fit GR 11 Gentle Connection GR 1:30 Fantastic Coloring GR 3:30 Bingo C	3 10 Moving & Groving GR <b>11 Communion Service - St. Nicholas Church A</b> 1:30 Bocce GR 3:30 Crazy 8's M	4 10 Stretch and Relaxation Saturday GR 11 Gentle Connection GR 1:30 Sing Along GR 3:30 Sugar Rush Shop
5 10 Basketball GR 11 Gentle Connection GR <b>2:00 Church Service Evangelical A</b> 3:30 Knitting/Creative Corner GR	6 10 Christmas Takedown 1:30 Bocce GR 3:30 Bingo C	7 10 Morning Fitness GR 11 Willow Connection <b>1:30 Resident &amp; Family Council GR</b> 3:30 Christmas Takedown	8 10 Gentle Movement GR 11 Sensory GR 1:30 Prayer Group GR 3:30 Happy Birthday Elvis Celebration! C	9 10 Ball Fit GR 11 Willow Connection 1:30 Shooting Gallery GR 3:30 Bingo C	10 10 Fun & Fit GR 11 Gentle Connection GR 1:30 Golf GR 3:30 Sing Along GR	11 10 Christmas Takedown 1:30 Active Game GR 3:30 Sugar Rush Shop
12 10 Coffee Chatter – in Paris <b>1:30 Church Service Living Waters A</b> 3:30 Knitting/Creative Corner GR	13 10 Bean Bag Toss GR 11 Willow Connection 1:30 Manicure & Hand Massage GR 3:30 Bingo C	14 10 Balloon Ball GR 11 Willow Connection <i>1:30 Music with Nita A</i> 3:30 Hilarious Headlines Of the 1960's GR	15 10 Fun & Fit GR 11 Gentle Connection GR 1:30 Bean Bag Toss GR 3:30 Do You Hear What I Hear? GR	16 10 Mind & Body GR 11 Animal Therapy GR 1:30 Crafty Corner GR 3:30 Bingo C	17 10 Gentle Movement GR <b>11 Legion of Mary Rosary – St. Nicholas</b> 1:30 Ping Pong GR 3:30 Finish the Puzzle GR	18 10 Weekend Fitness GR 11 Gentle Connection GR 1:30 Twister Toss GR 3:30 Sugar Rush Shop
19 10 Arts & Crafts “Play Dough Craft” GR <b>2:00 Church Service Evangelical A</b> 3:30 Knitting/Creative Corner GR <small>Activity Professionals Week</small>	20 10 Fun & Fit GR 11 Animal Therapy GR <b>1:30 Birthday Social with Brian Zalo A</b> <small>Martin Luther King Jr. Day</small>	21 10 Target Toss GR 11 Gentle Connection GR <i>1:30 Music with Gary and Friends M</i> 3:30 Are You a Snake?	22 10 Balloon Ball GR 11 Willow Connection 1:30 Prayer Group GR 3:30 Chinese New Year Social C	23 10 Tai Chi GR 11 Animal Therapy GR 1:30 Chinese Crafty Corner GR 3:30 Bingo C	24 <i>10:30 Armchair Travel To China GR</i> 1:30 Bounce the Ball! GR 3:30 Chinese Trivia GR	25 10 CNY Envelope Creating GR 1:30 Chinese Food Tasting C 3:30 Sugar Rush Shop
26 10 Chair Zumba C 11 Gentle Connection A 1:30 LCR Game C 3:30 Knitting/Creative Corner GR <small>Australia Day (Observed)</small>	27 10 Balloon Toss GR 11 Gentle Connection GR 1:30 Manicure & Hand Massage GR	28 10 Coffee Chatter – In Paris <i>1:30 Music with Nita A</i> 1:30 Creative Corner: Puzzles and Talk GR	29 10 Ball Fit GR 11 Willow Connection 1:30 Bocce GR 3:30 Chinese New Year Cart <small>Chinese New Year (Year of the Snake)</small>	30 10 Gentle Movement GR 11 Animal Therapy GR 1:30 Hit the Target GR 3:30 Bingo C	31 10 Balloon Ball GR 11 Gentle Connection 3:30 Sing Along GR 3:30 Brain Games GR	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>New Year's Day</b> 1 10:30 New Years Day Tea Social M 1:30 Crazy 8's C 3:00 New Years Day Movie A <small>New Year's Day</small>	2 10 Chair Zumba C 11 Gentle Connection A 1:30 Finishing Word Game A 3:30 Bingo C	3 <b>11 Communion Service - St. Nicholas Church</b> 1:30 Story time & Reminiscing A 3:30 Manicure & Hand Massage C	4 10 Coffee Chatter C 1:30 Karaoke A 3:30 Sugar Rush Shop
5 10 Seated Yoga A 11 Hand Manicure C <b>2:00 Church Service Evangelical A</b> 3:30 Knitting/Creative Corner GR	6 10 Christmas Takedown 1:30 Readers Club A 3:30 Bingo C	7 10 Balloon Toss A 11 Trivia C 1:30 Arts & Crafts (Rosary Beads) A <b>1:30 Resident &amp; Family Council GR</b> 3:30 Christmas Takedown	8 10 Bocce A 11 Puzzle C 1:30 Prayer Group GR 3:30 Happy Birthday Elvis Celebration! C	9 10 Balloon Toss C 11 Reminiscing: Vacation A 1:30 Manicure and Hand Massage A 3:30 Bingo C	10 10 Bocce Ball C 11 Fun Riddles C 1:30 Christmas Clean Up A	11 10 Christmas Takedown 1:30 Crazy 8's 3:30 Sugar Rush Shop
12 10 Bocce C 11 Gentle Connection A <b>1:30 Church Service Living Waters A</b> 3:30 Knitting/Creative Corner GR	13 10 Balloon Badminton A 10:30 Discussion Group C 1:30 Crazy 8's A 3:30 Bingo C	14 10 Mind & Body Fitness A 10:30 Trivia C 1:30 <i>Music with Nita A</i> 3:30 Boggle C	15 10 Bowling A 11 Table Topics C 1:30 Afternoon Stretches A 3:30 Resident Choice C	16 10 Chair Zumba C 11 Pacific Academy A 1:30 Manicure & Hand Massage C 3:30 Bingo C	17 <b>11 Legion of Mary Rosary - St. Nicholas</b> 1:30 Five Card Bingo C 3:30 Sing Along C	18 10 Morning Exercises A 11 Manicures C 1:30 Discussion Group A 3:30 Sugar Rush Shop
19 10 Curling A 11 Gentle Connection C <b>2:00 Church Service Evangelical A</b> 3:30 Knitting/Creative Corner GR <small>Activity Professionals Week</small>	20 10 Balloon Ball C 11 Discussion Group A <b>1:30 Birthday Social with Brian Zalo A</b> <small>Martin Luther King Jr. Day</small>	21 10 Mind & Body Fitness A 11 Trivia C 1:30 <i>Music with Gary and Friends M</i> 3:30 Crazy 8's C	22 10 Chair Yoga C 11 Gentle connection A 1:30 Prayer Group GR 3:30 Chinese New Year Social C	23 10 Coffee Chatter C 1:30 Bocce Ball A 3:30 Bingo C	24 <i>10:30 Armchair Travel To China GR</i> 1:30 Who Am I? C 3:30 Sing Along with Susie Q A	25 10:30 Arts & Crafts "Creative Button Tree" A 1:30 Chinese Food Tasting C 3:30 Sugar Rush Shop
26 10 Active Game C 11 Gentle Connection A 1:30 Crazy 8's C 3:30 Knitting/Creative Corner GR <small>Australia Day (Observed)</small>	27 10 Bocce Ball A 11 Gentle Connection C 1:30 Discussion Group A 3:30 Bingo C	28 10 Mind & Body Fitness A 11 Gentle Connection C 1:30 <i>Music with Nita A</i> 3:30 Card Game C	29 10 Ball Fit GR 1:30 Bocce GR 3:30 Chinese New Year Cart <small>Chinese New Year (Year of the Snake)</small>	30 10 Curling C 11 Triva A 1:30 1-1 Visits 3:30 Bingo C	31 10 Bocce Ball C 11 Discussion Group 1:30 Puzzles C 3:30 Sing Along A	

# The Scoop

Fort Langley Seniors Community

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## January 2025

By Mikayla Vander Helm, Recreation Manager BTR



### WHAT'S NEW

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#### TAKE A LOOK INSIDE

For updates in the community

#### UPCOMING EVENTS & PHOTOS

Upcoming events and check out photos!

#### SITE LEADER CORNER

Check-in from our Site Leader - Erick

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## Our Mission

### *What We Do*

Park Place Seniors Living Strives to provide enriched life experiences to seniors through innovation and creativity.



## Our Vision

### *Why We Exist*

At Park Place Seniors Living we are committed to ensuring a “voice and a choice” for everyone we serve.

## Subscribe

To receive our monthly newsletter with updates.

Are you receiving our monthly newsletter via email? If not, and you would like to please email: [fortlangley.rectherapy@ppsl.com](mailto:fortlangley.rectherapy@ppsl.com)

# Upcoming Events:

For the month of January

- ❖ Friday January 3 and 17 11:00am – **Communion and Rosary Service with St. Nicholas Church**
- ❖ Sunday January 5, 12 & 19 – **Church Service with Evangelical and Living Waters** (Check activity calendar for service times)
- ❖ Wednesday January 8 at 3:30 – **Happy Birthday Elvis!** Join us for peanut butter and banana sandwich!
- ❖ Tuesday January 14 & 28 at 1:30pm – **Piano Sing Along with Nita**
- ❖ Tuesday January 21 at 1:30pm – **Music with Gary and Friends**
- ❖ Monday January 20 – **Birthday Party with Brian Zalo!** (See page 8 for more details)
- ❖ Friday January 24 at 10:30am – **Armchair Travel to China**

*Please check the daily activity board in each neighborhood*

***Programs are subject to change.***

# Pictures of FLSC



# Home Updates

## Resident & Family Council Meeting



## Resident & Family Champion

We are looking for our first resident and or family member to join our resident & family champion program here at FLSC.

What is a Resident & Family Champion?

- A current resident or family member who helps to welcome new residents and their families
- Answer their questions
- Show them around
- Help them feel more comfortable!

## Family Monthly Education

*Park Place Seniors Living Brochure:*

1. Resident Bill of Rights
2. Disclosure
3. Resident & Family Centered Care

(Brochures located in Lobby)



*Code of the Month:* January – Code Brown – Chemical Spill/Hazardous Material

# Site Leaders Corner

Happy New Year, Fort Langley Seniors!

As we step into 2025, I'm thrilled to continue connecting with all of you through our newsletter. Over the past months, we've shared stories, celebrated achievements, and explored ways to stay active and engaged in our wonderful community.

Looking back, I'm inspired by the incredible enthusiasm our community brought to our events and initiatives last year. From the festive holiday celebrations to the many social gatherings and activities, your participation and positivity made each moment truly special. It's a joy to be part of such a vibrant and caring community.

This year, we are ecstatic to see what new opportunities, friendships, and adventures await us. Whether it's through quality initiatives, wellness programs, or simply coming together for a nice chat, 2025 is brimming with possibilities.

Let's make this a year to remember, filled with laughter, connection, and growth. Keep an eye on this newsletter for updates on upcoming events and initiatives. I can't wait to share what's in store!

Wishing you a year of health, happiness!

**Erick Bautista, Site Leader**





# Contact Information *Fort Langley Seniors Community 604.888.0711*

<i>Site Leader</i>	Erick Bautista	Ext. 121	ebautista@ppsl.com
<i>Maintenance</i>	Mike Harnden	Ext. 124	fortlangley.maintenance@ppsl.com
<i>Support Services</i>	Jag Pahal	Ext. 125	jpahal@ppsl.com
<i>Admin Assistant</i>	Lynn Harrie	Ext. 100	lharrie@ppsl.com
<i>Care – Coordinator</i>	Amber Develder	Ext. 132	fortlangley.care-coordinator@ppsl.com
<i>HR Coordinator</i>	Komal Garala	Ext. 123	fortlangley.hr@ppsl.com
<i>Recreation &amp; Volunteer Manager</i>	Mikayla Vander Helm	Ext. 126	fortlangley.rectherapy@ppsl.com
<i>Care Aide Liaison</i>	Lois Black	Ext. 127	lblack@ppsl.com
<i>Social Worker</i>	Jean Tuyisenge	Ext. 131	<i>fortlangley.socialworker@ppsl.com</i> <i>Onsite Monday, Thursday, and Fridays</i>
<i>Dietitian</i>	Caitlyn McNeil	Ext. 131	Fortlangley.dietitian@ppsl.com <i>Onsite Tuesday, Wednesday, and Thursdays</i>
<i>Occupational Therapist</i>	Jane Chang	Ext. 129	Jane.chang@saliusrehab.ca <i>Onsite Tuesdays and Thursdays</i>
<i>Physiotherapist Temp</i>	Janki Jariwala	Ext. 129	janki.jariwala@saliusrehab.ca <i>Onsite Tuesdays and Thursdays</i>
<i>Nurse 1</i> <i>Nurse 2</i>	Alder Cherry Willow Maple	Ext. 128 Ext. 160 Ext. 170 Ext. 221	<b>Please call the extension for the correct neighborhood.</b>

# 2025

## New Year's Day

### Dinner Menu

Wednesday January 1st

Chicken Cordon Bleu

Gravy

Roasted Potatoes

Grilled vegetables

Lemon Shortcake

## Fun Corner & Other



**JANUARY  
Birthday  
PARTY**

Monday January  
20th at 1:30 with  
Brian Zalo in Alder

**January  
BIRTHDAYS**

Allan J - Jan 16  
Sigga B - Jan 18  
Marlene Sn - Jan 18  
Robert R - Jan 18  
Dee S - Jan 20  
Rosa I - Jan 23  
Albert M - Jan 23  
Ronald S - Jan 24  
Donna B - Jan 30

# THANK YOU

Thank you to all the community members who donated gifts for our residents this holiday season!

- London Drugs Stocking Stuffers for Seniors Program
- Alana and family from Fort Langley Community Church
- Starbucks Walnut Grove Giving Tree



Picture above: Starbucks manager Brie and her team with gifts from the giving tree!

# Appreciation

RCA of the Month: November – Christine C



## FAMILY AND FRIENDS MEAL TICKETS

PRE-BUY MEAL TICKETS FROM ADMIN - LYNN MONDAY TO FRIDAY. TO RECEIVE MEAL GIVE TICKET TO NURSE AT MEALTIME

| FORT LANGLEY SENIORS COMMUNITY |

PRICE

**\$8 -  
LUNCH  
\$10 -  
DINNER**

# Other

## Happy Holidays & Merry Christmas



*From all of us in Recreation: Jenna, Tes, Emma, Donna, Karen, Anne, Bilkeys, Shyla, Christine, Taylor &*

## Recreation Department Wishlist

- Individually pre-wrapped snack sized chocolate – For Bingo Prizes
- Dining room table and chairs (no fabric)  
\*Any donations can be given to the Greeters in the lobby\*  
– Thank you

## *In Loving Memory*

*Gloria M* – October 14, 1927 – November 29, 2024

*Jeen V* – November 26, 1934 – December 1, 2024

*Malcolm C* – August 17, 1959 – December 11, 2024

*Lewis G* – April 19, 1952 – December 28, 2024



## Our Values

Together we **STRIVE** for Excellence

**S**

Safety & Quality

By providing safe and healthy environments where care and service is effective, efficient and person-centered with a focus on continuous quality improvement.

**T**

Teamwork & Partnerships

By supporting and committing to each other to create a connected culture that brings out the best in everyone while achieving common goals.

**R**

Responsibility & Stewardship

By doing our best work, seeking help when needed and ensuring we are good stewards of the organization resources to ensure a sustainable future.

**I**

Innovation & Creativity

By creating opportunities for open conversations that encourages innovation and the sharing or creating ideas to enrich lives.

**V**

Voices that are Respected

By placing our residents and families at the center of all we do by listening, respecting and responding to their needs, values and preferences.

**E**

Empathy & Trust

By fostering trusting relationships through welcoming diversity, practicing acceptance and seeking to understand the experience and feelings of others.