

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2025



Maple Court & Willow Place

										1 10 Weekend Stretch GR 11 Sensory GR 1:30 Target Practice GR 3:30 Sugar Rush Shop			
Groundhog Day 2 10 Early Spring or Late Winter – Discussion Group 11 Gentle Connection 2:00 Church Service Evangelical A 3:30 Creative Corner GR <small>Groundhog Day</small>		3 10 Chair Exercise GR 11 Gentle Connection GR 1:30 Roll the Dice GR 3:30 Bingo		4 10 Ball Fit GR 11 Aromatherapy GR 1:30 Resident & Family Council GR 3:30 Manicure & Hand Massage GR		5 10 Balloon Ball GR 11 Gentle Connection 1:30 Prayer Group 3:30 Snakes & Ladders M		6 10 Morning Exercise GR 11 Gr. 2 Students Pacific Academy A 1:30 Bocce GR 3:30 Bingo C		7 11 Communion Service - St. Nicholas Church A 1:30 February Trivia GR 3:30 Curling GR		8 10 Weekends Stretch GR 11 Sensory GR 1:30 Sing Along GR 3:30 Sugar Rush Shop	
9 10 Bean Bag Toss 11 Gentle Connection 1:30 Church Service Living Waters A 3:30 Creative Corner: Coloring by Number GR		10 10 Bocce GR 11 Animal Therapy GR 1:30 Match the Cups GR 3:30 Bingo C		11 10 Fun & Fit 11 Willow Connection 1:30 Sing Along with Susie Q GR 3:30 Creative Corner: Puzzles <small>Tu B'Shevat Begins</small>		12 10:30 Coffee Chatter 1:30 Minute to Win It! 3:30 Valentine's Coloring GR		13 10 Morning Exercise GR 11 Gr. 2 Students Pacific Academy A 1:30 Valentines Crafty Corner 3:30 Bingo C		Valentine's Day 14 10:30 Valentines Day Photo Shoot 12:30 Valentines Lunch 2:00 High Tea (Valentines Special) <small>Valentine's Day</small>		15 10 Weekend Stretch GR 11 Sensory GR 1:30 Golf GR 3:30 Sugar Rush Shop	
16 10 Toss the Ball! GR 11 Gentle Connection GR 2:00 Church Service Evangelical A 3:30 Creative Corner GR		17 10 Sit and be Fit GR 11 Willow Connections 1:45 Birthday Party With Gregg G A 3:30 Leisure Trolley <small>Presidents' Day (U.S.)</small>		18 10 Target Toss GR 11 Gentle Connection GR <i>1:30 Music with Gary and Friends M</i> 3:30 Manicure and Hand Massage GR		19 10 Balloon Toss GR 11 Gentle Connection GR 1:30 Prayer Group 3:30 Flower Arranging GR		20 10 Morning Exercise GR 11 Gr. 2 Students Pacific Academy A 1:30 Basketball GR 3:30 Bingo C		21 11 Legion of Mary Rosary - St. Nicholas 1:30 Reminiscing Club 3:30 Bean Bag Toss GR		22 10 Coffee in Paris GR 1:30 Afternoon Stretch GR 3:30 Sugar Rush Shop	
23 10 Bocce GR 11 Visits with Sparky & Friends A 1:45 Hymn Sing A 3:30 Creative Coner GR		24 10 Mind & Body GR 11 Willow Connection 1:30 Mind Games GR 3:30 Bingo C		25 10 Bean Bag Toss GR 11 Gentle Connection GR 1:30 Sing Along with Suzie Q A 3:30 Card Game GR		Pink Shirt Day 26 10 Morning Fitness GR 11 Animal Therapy GR 1:30 Coloring with Numbers GR 3:30 Movie Time A		27 11 Gr. 2 Students Pacific Academy A 1:30 Manicure & Hand Massage GR 3:30 Bingo C		28 9:30 Scenic Drive - Bus Outing 11 Gentle Connection GR 1:30 Sing Along GR 3:30 Bowling GR <small>Ramadan Begins</small>		<i>Program Venue</i> M = Maple Court W = Willow Place V= Virtual GR = Great Room C = Cherry Lane A = Alder Way ALL PROGRAMS ARE SUBJECT TO CHANGE.	

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February 2025



Alder Way & Cherry Lane

 <h1 style="font-family: cursive;">February 2025</h1>  <p style="text-align: center;">Alder Way & Cherry Lane</p>							<p>1</p> <p>10 Balloon Toss A 11 Finishing Line C 1:30 Crazy 8's C 3:30 Sugar Rush Shop</p>
<p>Groundhog Day 2</p> <p>10 Chair Zumba A 11 Ground Hog Day Word Search C 2:00 Church Service Evangelical A 3:30 Creative Corner GR <small>Groundhog Day</small></p>	<p>3</p> <p>10 Kumquat as Symbol of Luck – Discussion C 11 Active Game A 1:30 Aromatic Hand Massage A 3:30 Bingo C</p>	<p>4</p> <p>10 Coffee Chatter C 1:30 Resident & Family Council GR 3:30 Card Game C</p>	<p>5</p> <p>10 Be Fit and Factual A 11 Arts & Craft C 1:30 Prayer Group A 3:30 Valentine's Coloring C</p>	<p>6</p> <p>11 Gr. 2 Students Pacific Academy A 1:30 Puzzle C 3:30 Bingo C</p>	<p>7</p> <p>11 Communion Service - St. Nicholas Church A 1:30 Hand Manicure A 3:30 Sing Along with Suzy Q C</p>	<p>8</p> <p>10 Arts & Crafts - Valentine's Prep A 1:30 LCR Game C 3:30 Sugar Rush Shop</p>	
<p>9</p> <p>10 Walking Club C 1:30 Church Service Living Waters A 3:30 Creative Corner: Coloring by Number GR</p>	<p>10</p> <p>10 Ball Exercise C 11 Reminiscing - Valentine's Day A 1:30 Aromatic Hand Massage A 3:30 Bingo C</p>	<p>11</p> <p>10 Coffee Chatter C 1:30 Sing Along with Susie Q GR 3:30 Card Game C</p>	<p>12</p> <p>10 Laughing Exercise C 11 Arts & Craft A 1:30 Balloon Ball C 3:30 Gentle Connection A</p> <p style="text-align: center;"><small>Tu B'Shevat Begins</small></p>	<p>13</p> <p>11 Gr. 2 Students Pacific Academy A 1:30 Trivia A 3:30 Bingo C</p>	<p>Valentine's Day 14</p> <p>10:30 Valentines Day Photo Shoot 12:30 Valentines Lunch 2:00 High Tea (Valentines Special) <small>Valentine's Day</small></p>	<p>15</p> <p>10:30 Coffee Chatter A 1:30 Crazy 8's C 3:30 Sugar Rush Shop</p>	
<p>16</p> <p>10 Bocce Ball A 11 Manicure & Hand Massage C 2:00 Church Service Evangelical A 3:30 Creative Corner GR</p>	<p>17</p> <p>10 Fun & Fit A 1:45 Birthday Party With Gregg G A 3:30 Leisure Trolley</p> <p style="text-align: center;"><small>Presidents' Day (U.S.)</small></p>	<p>18</p> <p>10 Coffee Chatter <i>1:30 Music with Gary and Friends M</i> 3:30 Card Game C</p>	<p>19</p> <p>10 Glenn Muller Chair Dance Workout C 11 Arts & Crafts A 1:30 Prayer Group A 3:30 Tabletop Game C</p>	<p>20</p> <p>11 Gr. 2 Students Pacific Academy A 1:30 Puzzle A 3:30 Bingo C</p>	<p>21</p> <p>11 Legion of Mary Rosary - St. Nicholas 1:30 Hand Manicure C 3:30 Sing Along with Suzy Q C</p>	<p>22</p> <p>10:00 Balloon Ball C 11 Gentle Connection A 1:30 LCR Game C 3:30 Sugar Rush Shop</p>	
<p>23</p> <p>10 Bean Bag Toss C 11 Gentle Connection A 1:30 Crazy 8's C 3:30 Creative Corner GR</p>	<p>24</p> <p>10 Curling C 11 Visits with Sparky & Friends A 1:30 Trivia A 3:30 Bingo C</p>	<p>25</p> <p>10 Coffee Chatter 1:30 Sing Along with Susie Q A 3:30 Card Game C</p>	<p>Pink Shirt Day 26</p> <p>10 Laughing Exercise C 11 Reminiscing A 1:30 Pink Shirt Day Coloring C 3:30 Movie Time A</p>	<p>27</p> <p>11 Gr. 2 Students Pacific Academy A 1:30 Trivia A 3:30 Bingo C</p>	<p>28</p> <p>9:30 Scenic Drive - Bus Outing 10 Fun & Fit C 1:30 Reader's Club C 3:30 Karaoke A</p> <p style="text-align: center;"><small>Ramadan Begins</small></p>	<p><i>Program Venue</i> A = Alder Way C = Cherry Lane V = Virtual GR = Great Room M= Maple Court W= Willow Place</p> <p style="text-align: center;">ALL PROGRAMS ARE SUBJECT TO CHANGE.</p> 	

The Scoop

Fort Langley Seniors Community



February 2025

By Mikayla Vander Helm, Recreation Manager BTR



WHAT'S NEW

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

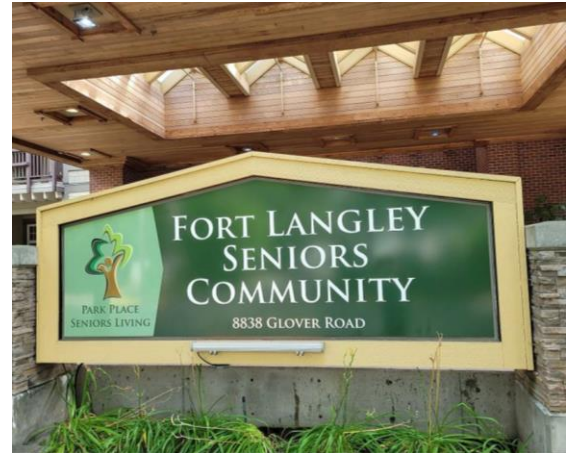
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Our Mission

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

Upcoming Events:

For the month of February

- ❖ Tuesday February 4 at 1:30 – **Resident & Family Council Meeting**
(Please join us for our monthly council meeting! Residents and their families are welcome. See page 5 for more details).
- ❖ Friday February 7 and 21 11:00am – **Communion and Rosary Service with St. Nicholas Church**
- ❖ Sunday February 2,9,16 – **Church Service with Evangelical and Living Waters** (Check activity calendar for service times)
- ❖ Tuesday February 18 at 1:30pm– **Music with Gary and Friends**
- ❖ Friday February 14 – **Valentine’s day!**
- ❖ Monday February 17 – **Birthday Party with Brian Zalo!** (See page 8 for more details)
- ❖ Every Thursday at 11 – **Pacific Academy Grade 2 students**
- ❖ **Wednesday February 26 – Pink shirt day**
- ❖ Friday February 28 – **Scenic Drive Bus Outing** (Our first outing since pre-pandemic!)

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. What You Should Know About Pain Management
2. Diversity and Inclusion

(Brochures located in Lobby)



Code of the Month: February – Code Blue – Cardiac Arrest/Medical Emergency

Site Leaders Corner

We hope this newsletter finds you well as we move into February, a month filled with love and care. With Valentine's Day just around the corner, we encourage everyone to spread kindness and affection throughout our community. Alongside celebrating this special occasion, we'd like to share an important update from the Ministry of Health regarding masking requirements at our Fort Langley Seniors Community. These changes are effective immediately and are designed to prioritize the safety and well-being of our residents and staff during this challenging respiratory season.

All staff are now required to wear masks in areas accessible to residents, though this does not apply to spaces such as staff rooms, offices, the kitchen, the laundry room, and the maintenance shop. For visitors, masks are not required when visiting only their loved ones, even in common areas. However, if participating in group activities or sitting at tables with multiple residents, masks must be worn. While not mandatory for one-on-one visits, we strongly recommend wearing a mask as a precaution. This respiratory season is expected to be one of the most severe in recent memory, potentially surpassing even the challenges of the COVID pandemic.

As a reminder, if you are experiencing any symptoms of a respiratory illness, such as a cough, runny nose, sore throat, fever, aches, or pains, we kindly ask that you refrain from visiting the community until you are symptom-free. Your cooperation is essential in ensuring the safety and well-being of everyone at Fort Langley Seniors Community.

Thank you for your understanding and commitment to our shared health and safety. We wish you a joyful and heartwarming Valentine's Day and encourage you to reach out to our front desk or management team with any questions or concerns about these updated guidelines. Together, we can protect each other and create a safe, welcoming environment for all.

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 & 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	Please call the extension for the correct neighborhood.

Fun Corner & Other

Valentine's
MENU

FRIDAY FEBRUARY 14 AT 12:30PM

Merry me Chicken
Garlic bread
Grilled Vegetables
Red Velvet Cake



FEBRUARY
Birthday
PARTY

Monday January 17at
1:45 with Gregg
Gorrie in Alder

February
BIRTHDAYS

Beverley H - Feb 5
Russel B - Feb 12
Wilf H - Feb 14
Evelyn I - Feb 15
Lynne W - Feb 15
Dixie J - Feb 20
Cheryl M - Feb 23

Pink Shirt Day



Appreciation

RCA of the Month: December – Krisha R



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

In Loving Memory

Darren P – April 29, 1934 – January 1, 2025

Hans H – June 20, 1936 – January 17, 2025

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

February is Therapeutic Recreation Awareness Month!

WHAT IS THERAPEUTIC RECREATION?

Therapeutic Recreation is a process that utilizes functional intervention, education and recreation participation to enable persons with physical, cognitive, emotional and/or social limitations to acquire and/or maintain the skills, knowledge and behaviours that will allow them to enjoy their leisure optimally, function independently with the least amount of assistance and participate as fully as possible in society.

WHAT IS THE ROLE OF A THERAPEUTIC RECREATION PROFESSIONAL?

- The TR professional conducts an intensive needs assessment to determine the capacities of the population being served and the appropriate personalized interventions based on current best practices. As a professional in the health care field, the TR is responsible for following TRO's Standards of Practice and Code of Ethics
- The TR and individual receiving services together determine the best way to assess current interests, abilities, needs, and barriers related to a meaningful leisure lifestyle
- And a lot more...

WHAT ARE THE BENEFITS OF RECREATION THERAPY?

- Promoting leisure independence and optimal leisure lifestyle
- Development of healthy living strategies through leisure
- Improve physical and cognitive abilities
- Increase confidence and self-esteem
- Foster greater involvement in the community
- Strengthen interpersonal skills and relationships
- Improve coping and adaptation skills
- Enhance well-being
- Encourage a greater sense of accomplishment
- Realize the benefits of a healthy leisure lifestyle

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.