

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>March 2025</h1> <p>Maple Court &amp; Willow Place</p>						
10 Balloon Ball GR <b>2</b> 11 Gentle Connection GR <i>2:00 Church Service Evangelical A</i> 3:30 Creative Corner: Coloring by Numbers GR	10 Chair Exercise GR <b>3</b> 11 Pet Therapy GR 1:30 Manicure & Hand Massage GR 3:30 Bingo C	10 Basketball GR <b>4</b> 11 Aromatherapy GR <b>1:30 Resident &amp; Family Council Meeting GR</b> 3:30 Sing Along GR <small>Mardi Gras</small>	10 Morning Exercise GR <b>5</b> 11 Gentle Connection GR 1:45 Afternoon Movie A	10 Morning Exercise GR <b>6</b> 11 Gentle Connection GR 1:30 Balloon Ball GR 3:30 Bingo C	11 <i>Communion Service - St. Nicholas Church A</i> 1:30 Ring Toss GR 3:30 Helping Hands GR	10 Ball Hockey GR <b>1</b> 11 Gentle Connection GR 1:30 Trivia GR 3:30 Tuck Cart
<small>Daylight Saving Time Starts</small> 10 Coffee & Chat in Paris M <b>9</b> <i>1:30 Church Service Living Waters A</i> 3:30 Creative Corner: Puzzles GR <small>Daylight Saving Time Begins</small>	10:00 <i>Music with Prickly Thistles A</i> 1:30 Irish Crafts GR <b>10</b> 3:30 Bingo C	10 Drum Fit GR <b>11</b> 11 Gentle Connection GR 1:30 Minute to Win It! GR 3:30 Sing Along GR	10 Morning Exercise GR <b>12</b> 11 Willow Connection <i>1:30 Prayer Group</i> 3:30 Tabletop Game GR	10 Balloon Ball GR <b>13</b> 11 Aromatherapy GR 1:30 Sing Along with Suzie Q GR 3:30 Bingo C <small>Purim Begins</small>	10 Chair Yoga GR <b>14</b> 11 Gentle Connection GR 1:30 Target Toss GR <i>3:15 Music with Ravensong A</i>	10 Weekend Stretch GR <b>15</b> 11 Gentle Connection 1:30 Table Games 3:30 Tuck Cart
10:30 Pancake Day - Making Pancakes M <b>16</b> <i>2:00 Church Service Evangelical A</i> 3:30 Bingo C	<b>St. Patrick's Day 17</b> 10 Morning Exercise GR 11 Willow Connection <b>1:30 St. Patrick's Entertainment with Brian Zalo A</b> 3:30 Leisure Trolley <small>St. Patrick's Day</small>	10 Bowling GR <b>18</b> 11 Gentle Connection <i>1:30 Music with Gary &amp; Friends M</i> 3:30 Card Game GR	10 Ball Toss GR <b>19</b> 11 Willow Connection 1:45 Movie Time A	10 Morning Exercise GR <b>20</b> 11 Pet Therapy GR 1:30 Target Toss GR 3:30 Bingo C <small>Spring Begins</small>	11 <i>Legion of Mary Rosary - St. Nicholas</i> 3:30 Sing Along with Suzie Q GR <b>21</b>	10 Coffee & Chat in Paris M <b>22</b> 1:30 Fill Your Pot Game GR 3:30 Tuck Cart
10 Chair Zumba GR <b>23</b> 11 Hymn Sing A 1:30 Match the Cup GR 3:30 Chicken Soup for The Soul Reading GR	10 Morning Exercise GR <b>24</b> <b>1:45 Birthday Party with Gregg A</b> 3:30 Helping Hands GR	10 Bocce Ball GR <b>25</b> 11 Hand Spa GR 1:30 Minute to win It! GR 3:30 Sing Along GR	10 Fun & Fit GR <b>26</b> 11 Willow Connection 1:30 Prayer Group 3:30 Leisure Trolley	10:15 Armchair Travel - Dubai GR <b>27</b> 1:30 Afternoon Exercise GR 3:30 Bingo C	10 Morning Exercise GR <b>28</b> 11 Gentle Connection GR 1:30 Target Toss GR <i>3:15 Music with Ravensong A</i>	10 Weekend Stretch GR <b>29</b> 11 Willow Connection 1:30 Sing Along GR 3:30 Tuck Cart
10 Bean Bag Toss GR <b>30</b> 11 Hymn Sing A 1:30 Manicure and Hand Massage GR 3:30 Chicken Soup for The Soul Reading GR	10 Chair Exercise GR <b>31</b> 11 Gentle Connection GR 1:30 Table Game 3:30 Bingo C	 <p><i>Program Venue</i>            M = Maple Court W = Willow Place            V= Virtual GR = Great Room            C = Cherry Lane A = Alder Way  <b>ALL PROGRAMS ARE SUBJECT TO CHANGE.</b></p>				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>March 2025</h1> <p>Alder Way &amp; Cherry Lane</p>						
<b>2</b> 10 Weekend Stretch A 11 Triva C 2:00 Church Service <i>Evangelical A</i> 3:30 Gentle Connection C	<b>3</b> 10 Curling C 11 Leisure Trolley A 1:30 Sing Along with Suzie Q C 3:30 Bingo C	<b>4</b> 10 Gentle Connection A 11 Chair Yoga C 1:30 Resident & Family Council Meeting GR 3:30 Card Game C <small>Mardi Gras</small>	<b>5</b> 10 Musical Stretch A 11 Hand Massage/Nails C 1:45 Afternoon Movie A	<b>6</b> 10 Reader's Club (Laughter is the Best Medicine) A 11 Morning Exercise C 1:30 Puzzles A 3:30 Bingo C	<b>7</b> 11 Communion Service - St. Nicholas Church A 1:30 Scents and Senses – Sensory 3:30 Card Game C	<b>8</b> 10 Coffee Chatter (International Women's Day) A 1:30 Karaoke C 3:30 Tuck Cart
<small>Daylight Saving Time Starts</small> <b>9</b> 10 Seated Yoga A 11 Aroma Therapy C 1:30 Church Service <i>Living Waters A</i> 3:30 Gentle Connection C <small>Daylight Saving Time Begins</small>	<b>10</b> 10:00 Music with <i>Prickly Thistles A</i> 11 Leisure Trolley C 1:30 Coloring St. Patrick's A 3:30 Bingo C	<b>11</b> 10 Gentle Connection A 11 Target Toss C 1:30 Trivia A 3:30 Card Game C	<b>12</b> 10 Musical Stretch C 11 Hand Massage A 1:30 Prayer Group	<b>13</b> 10 Balloon Toss – w/ Pool Noodles A 11 Gentle Connection C 1:30 Paint the Eggs A 3:30 Bingo C <small>Purim Begins</small>	<b>14</b> 10 Seated Yoga A 11 St. Patrick's Match C 1:30 Gentle Connection A 3:15 Music With <i>Ravensong A</i>	<b>15</b> 10 Coffee Chatter C 1:30 Sing Along with Suzie Q A 3:30 Tuck Cart
<b>16</b> 10:30 Pancake Day - Making Pancakes M 2:00 Church Service <i>Evangelical A</i> 3:30 Gentle Connection	<b>17</b> <b>St. Patrick's Day</b> 10 Seated Yoga C 1:30 St. Patrick's Entertainment with Brian Zalo A 3:30 Leisure Trolley <small>St. Patrick's Day</small>	<b>18</b> 10 Morning Exercise A 11 Gentle Connection C 1:30 Music with Gary & Friends M 3:30 Card Game C	<b>19</b> 10 Morning Exercise C 11 Trivia A 1:45 Movie Time A	<b>20</b> 10 Reader's Club (Laughter is the Best Medicine) C 11 Aroma Therapy A 2:00 1 <sup>st</sup> Day of Spring Tea Celebration A <small>Spring Begins</small>	<b>21</b> 11 Legion of Mary Rosary – St. Nicholas 3:30 Card Game C	<b>22</b> 10 Coffee Chatter A 1:30 Karaoke C 3:30 Tuck Cart
<b>23</b> 10 Seated Yoga 11 Hymn Sing 1:30 Arts & Crafts Afternoon	<b>24</b> 10 Balloon Toss A 11 Aroma Therapy C 1:45 Birthday Party with Gregg A 3:30 Leisure Trolley	<b>25</b> 10 Morning Exercise A 11 Pet Therapy C 1:30 Coloring Spring A 3:30 Card Game C	<b>26</b> 10 Curling C 11 Gentle Connection A 1:30 Prayer Group 3:30 Sing Along C	<b>27</b> 10:15 Armchair Travel - Dubai GR 1:30 Sing Along A 3:30 Bingo C	<b>28</b> 10 Bean Bag Toss C 11 Nail Spa A 1:30 Gentle Connection C 3:15 Music With <i>Ravensong A</i>	<b>29</b> 10 Coffee Chatter C 1:30 Sing Along with Suzie Q A 3:30 Tuck Cart
<b>30</b> 10 Seated Yoga C 11 Hymn Sing A 1:30 Arts & Crafts Afternoon	<b>31</b> 10 Aroma Therapy A 11 Pie Toss C 1:30 Reminiscing A 3:30 Bingo C	 <p><i>Program Venue</i>            A = Alder Way C = Cherry Lane            V = Virtual GR = Great Room            M= Maple Court W= Willow Place  <b>ALL PROGRAMS ARE SUBJECT TO            CHANGE.</b></p>				



# The Scoop

Fort Langley Seniors Community

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## March 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

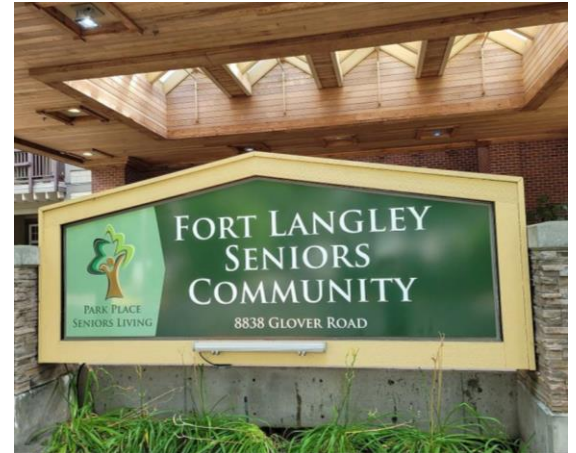
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## Our Mission

### *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 March

- ❖ Tuesday March 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 March 7 and 21 11:00am – **Communion and Rosary Service with St. Nicholas Church**
- ❖ Sunday March 2,9,16 – **Church Service with Evangelical and Living Waters** (Check activity calendar for service times)
- ❖ Monday March 17 at 1:30pm– **St. Patrick’s Day & Entertainment with Brian Zalo**
- ❖ Tuesday March 18 at 1:30pm– **Music with Gary and Friends**
- ❖ Monday March 24 at 1:45pm– **Birthday Party with Gregg G** (See page 8 for more details)
- ❖ Thursday March 27 at 10:15am– **Armchair Travel to Dubai**

*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. Why has My Loved One's Appetite Changed?
2. Swallowing Difficulties
3. Hydration-Drinking Fluids is Important
4. Getting a Good Night's Sleep

(Brochures located in Lobby)



*Code of the Month:* March – Code Orange – Mass Casualty Incident



# Site Leaders Corner

As we welcome March, we reflect on the challenges and triumphs of the past month. February brought an unfortunate gastrointestinal outbreak to our community, but thanks to the dedication and hard work of our team, we navigated through it with resilience. We are happy to share that our residents are feeling much better, and we truly appreciate everyone's patience and support during this time.

Looking ahead, we are excited about new quality initiatives aimed at enhancing care for our residents. One of our key focuses is assessing medication use for individuals with dementia and behavioral and psychological symptoms of dementia (BPSD). By ensuring the appropriate and effective use of medications, we aim to further support the well-being of our residents.

Also, our recreation team is taking steps to evaluate our programs and refine recreation care planning. This initiative will help us tailor activities to better meet the interests and needs of our residents, fostering engagement and enhancing their daily experiences.

We are grateful for the ongoing support of our residents, families, and staff. As spring approaches, we look forward to brighter days and continued improvements in our community.

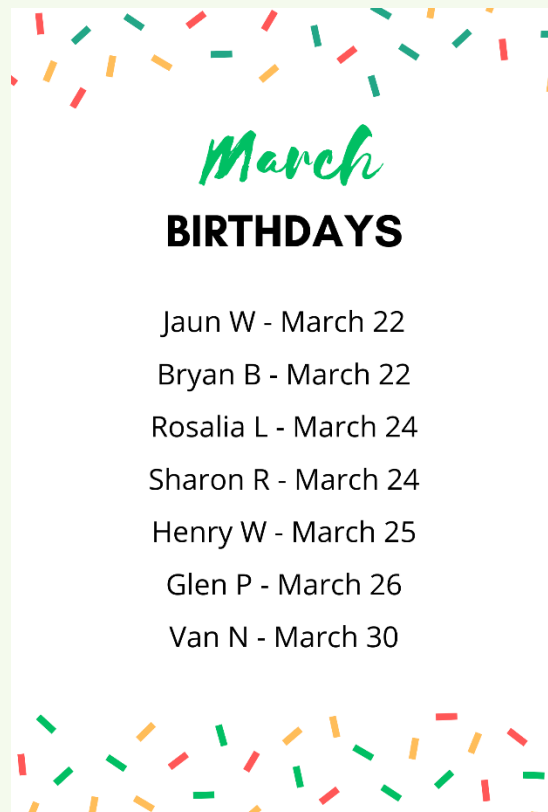
**Erick Bautista**, *Site Leader*



# 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	fortlangley.socialworker@ppsl.com Onsite Monday, Thursday, and Fridays
<i>Dietitian</i>	Caitlyn McNeil	Ext. 131	Fortlangley.dietitian@ppsl.com Onsite Tuesday, Wednesday, and Thursdays
<i>Occupational Therapist</i>	Jane Chang	Ext. 129	Jane.chang@saliusrehab.ca Onsite Tuesdays and Thursdays
<i>Physiotherapist Temp</i>	Janki Jariwala	Ext. 129	janki.jariwala@saliusrehab.ca Onsite Tuesdays and Thursdays
<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>

## Fun Corner & Other



# Staff Events

Vancouver Giants VS Victoria Royals

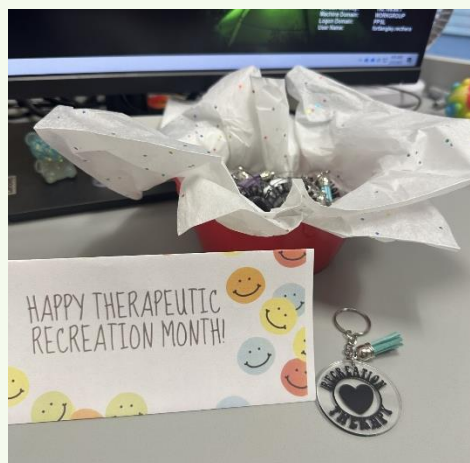


# Appreciation

Employee of the Month: January – Lois B



Happy Therapeutic Recreation Month to all our Recreation staff!





# Other

## *On Loving Memory*

Robert R – January 18, 1949 – February 14, 2025  
 John S – September 20, 1935 – February 17, 2025  
 Sue H – November 26, 1938 – February 19, 2025  
 Rita P – December 30, 1927 – February 27, 2025

## Recreation Department Wishlist


- Individually pre-wrapped snack sized chocolate  
 – For Bingo Prizes

\*Any donations can be given to the Greeters in the lobby\*  
 – *Thank you*

## Resident Off Site and Visitor Log Reminder

*Resident Off Site:* Just a reminder that all residents that are taken off site for any reason, out for lunch, out for a walk, overnight etc. must be signed in/out. There is a Pink Binder at each nurse's station that you will need to sign so that all staff can refer too. This is important for emergencies and drills.

*Visitors in Building:* When visiting your loved one, please sign in the visitor (black) binder in the front lobby upon entering, and sign out upon leaving.  
*Thank you, Management.*

<div>  <b>RESIDENT OFF-SITE SIGN OUT/SIGN IN LOG</b> </div>							
Date	Residents Name	Relationship To resident	Name Of responsible party	Phone Number Of responsible party	Time out	Anticipated Return Time	Time in
9-Jan-23	Jane Doe	Daughter	Brenda Lee	604 888 1234	4pm	6pm	6:15pm

## 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.