
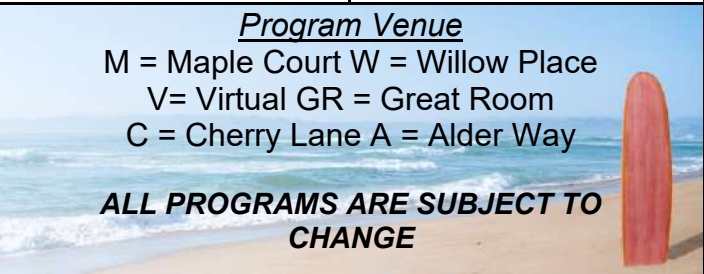

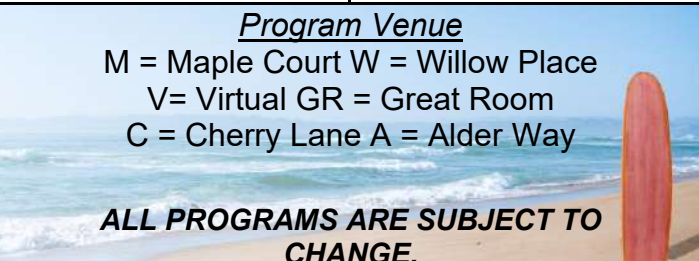


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Canada Day 1 10:30 Canada Day Social in Cherry Courtyard 1:30 What's in the box? GR 3:30 Coloring GR <small>Canada Day</small>	2 10 Balloon Toss GR 11 Gentle Connection GR 1:30 Rock Painting GR 3:30 Ice Cream Day	3 10 Drum Fit GR 11 Sing Along GR 1:30 Coloring GR 3:30 Bingo C	4 10 Morning Exercise <i>11 Communion Service - St. Nicholas Church A</i> 1:30 Sing Along GR 3:30 Painting GR <small>Independence Day (US)</small>	5 10 Moon Dream Catcher Making GR 1:30 Knock Them Down 3:30 Tuck Cart
6 10 Ball Fitness GR 11 Aroma Therapy GR <i>2:00 Church Service Evangelical A</i> 3:30 Creative Corner	7 10 Fun & Fitness GR 11 Gardening 1:30 Manicure and Hand Massage GR 3:30 Bingo C	8 10 Bowling – Cherry Courtyard 1:30 Sing Along GR 3:30 Watermelon Cart	9 10 Bean Bag Toss 11 Willow Connection 1:30 Prayer Group GR 3:30 Rock Painting GR	10 10 Outdoor Walks M 11 Outdoor Walks W 1:30 Chicken Soup Stories GR 3:30 Bingo C	11 10 Pass the Puck GR 11 Joes and Riddles GR 1:30 Gold GR 3:30 Painting GR	12 10 Fitness and Fun GR 11 Sing Along GR 1:30 Hand Massage and Manicures GR 3:30 Tuck Cart
13 10 Outdoor Walks <i>1:30 Church Service Living Waters</i> 3:30 Coloring	14 10 Legally Blonde Day (Wear Pink) Reminiscing GR 1:30 Manicure and Hand Massage GR 3:30 Bingo C	15 10 Horse Race 1:30 Sing Along GR 3:30 Creative Corner GR	16 10 Bocce Ball GR 11 Hand Spa GR 1:30 Banana Spit Day GR 3:30 1-1 Room Visits	17 10 Outdoor Walks M 12:30 Lunch Club 3:30 Bingo C	18 10 Morning Stretch GR <i>11 Legion of Mary Rosary – St. Nicholas</i> 1:30 Active Game GR 3:30 Friendly Visits	19 10 Drum Fit 11 Gentle Connection 1:30 Busy Hands 3:30 Tuck Cart
20 10 Arts & Crafts <i>2:00 Church Service Evangelical A</i> 3:30 Courtyard Walk	21 10 Chair Dance Exercise GR 11 Birthday Party Decorating 1:45 Birthday Party With Biran Zalo A 3:30 Helping Hands GR	22 10 Basketball GR 11 Aroma Therapy GR 1:30 Sing Along Gr 3:30 Brain Games GR	23 10 Target Toss GR 11 Willow Connection 1:30 Prayer Group GR 3:30 Helping Hands GR	24 10 Bean Bag Toss GR 11 Willow Connection 1:30 leisure Trolley 3:30 Bingo C	25 10 Paper Race A 1:30 Gold GR 3:30 Friendly Visits	26 10 Morning Stretch GR <i>11 Dance and Music With the Cutie Pies A</i> 1:30 Gentle Connection 3:30 Tuck Cart
27 10 Gentle Connection 11 Active Game 1:30 Hymn Sing A 3:30 Painting GR	28 10:30 Watermelon Backyard Picnic 11 Willow Connection 1:30 Leisure Trolley 3:30 Bingo C	29 10 Balloon Badminton GR 11 Gentle Connection 1:30 Puzzles 3:30 Friendly Visits	30 10 Volleyball in Cherry Courtyard 1:30 Popsicle Day GR 3:30 Room Visits	31 10 Outdoor Walks/ Gardening 1:30 Sensory Stimulation GR 3:30 Bingo C	 <p><u>Program Venue</u> M = Maple Court W = Willow Place V= Virtual GR = Great Room C = Cherry Lane A = Alder Way</p> <p>ALL PROGRAMS ARE SUBJECT TO CHANGE</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Canada Day 1 10:30 Canada Day Social in Cherry Courtyard 1:30 Triva A 3:30 Card Game C <small>Canada Day</small>	2 10 Morning Chat and Coffee C 11 Outdoor Walks 1:30 Sing Along A 3:30 Ice Cream in Cherry Courtyard	3 10 Gardening/ Outdoor Activity 1:30 Laughter is the Best Medicine (Reading Club) C 3:30 Bingo C	4 10 Gardening <i>11 Communion Service - St. Nicholas Church A</i> 1:30 Puzzle A 3:30 Card Game C <small>Independence Day (US)</small>	5 10 Moon Dream Catcher Making GR 1:30 Sing Along with Suzie Q C 3:00 Tuck cart
6 10 Coffee Chatter C <i>2:00 Church Service Evangelical A</i> 3:30 Creative Corner - Crochet C	7 10 Gardening/ Outdoor Activity 1:30 Nail Spa A 3:30 Bingo C	8 10 Bowling – Cherry Courtyard 1:30 Name that Tune C 3:30 Watermelon Cart	9 10 Morning Exercise A 11 Name that Tune C 1:30 Prayer Group GR 3:30 Card Game C	10 10 Gardening/ Outdoor Activity 1:30 Nail Spa A&C 3:30 Bingo C	11 10 Arts & Crafts with Karen GR 1:30 Aroma Therapy A 3:30 Card Game C	12 10 Blueberry Muffin Day GR 1:30 Sing Along with Suzie Q C 3:00 Tuck Cart
13 10 Coffee Chatter A <i>1:30 Church Service Living Waters</i> 3:30 Creative Corner - Crochet C	14 10 Legally Blonde Day (Wear Pink) Reminiscing GR 1:30 Gentle Connection A 3:30 Bingo C	15 10 Horse Race C 1:30 Sing Along A 3:30 Card Game C	16 10 Balloon Badminton 11 Chicken Soup Stories 1:30 Banana Split Day 3:30 Card Game C	17 10 Outdoor Walks 12:30 Lunch Club 3:30 Bingo C	18 <i>11 Legion of Mary Rosary – St. Nicholas</i> 1:30 Let's Go Fishing A 3:30 Card Game C	19 10 Lasagna C 1:30 Sing Along with Suzie Q C 3:00 Tuck Cart
20 10 Coffee Chatter C <i>2:00 Church Service Evangelical A</i> 3:30 Card Game C	21 10 Gardening/ Outdoor Activity 11 Birthday Party Decorating 1:45 Birthday Party With Biran Zalo A 3:30 Leisure Trolley	22 10 Creative Writing C 1:30 Bocce A 3:30 Card Game C	23 10 Morning Exercise A 11 Trivia A 1:30 Prayer Group GR 3:30 Card Game C	24 10 Morning Exercise C 11 Fashion Through The Years C 1:30 Active Game A 3:30 Bingo C	25 10 Paper Race A 11 Getting 2 Know You C 1:30 Aroma Therapy A 3:30 Card Game C	26 10 Parent's Day A <i>11 Dance and Music With the Cutie Pies A</i> 1:30 Sing Along with Suzie Q C 3:30 Tuck Cart
27 10 Strawberry Day A 1:30 Hymn Sing A 3:30 Creative Corner - Crochet C	28 10:30 Watermelon Backyard Picnic 1:30 Nail Spa A 3:30 Bingo C	29 10 AT – Ottawa 1:30 Nail Spa C 3:30 Card Game C	30 10 Volleyball – Alder Courtyard 1:30 Painting C 3:30 Popsicle Day	31 10 Morning Exercise C 11 Outdoor Walks 1:30 Nail Spa A 3:30 Bingo C	 <p><u>Program Venue</u> M = Maple Court W = Willow Place V= Virtual GR = Great Room C = Cherry Lane A = Alder Way</p> <p>ALL PROGRAMS ARE SUBJECT TO CHANGE.</p>	

The Scoop

Fort Langley Seniors Community



July 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

- ❖ **Resident & Family Council Meeting** – Taking the summer off! See you all in the fall as we resume council meeting. See page 5 for more details).
- ❖ Friday July 4 & 18 11:00am – **Communion and Rosary Service with St. Nicholas Church**
- ❖ Tuesday July 1 – **Canada Day Lunch**. See page 8 for menu. Family and friends' meal tickets can be pre-bought from Lynn our administrative assistant. On the day of lunch, give ticket to the nurse!
- ❖ Sunday July 6, 13 and 20 – **Church Service with Evangelical and Living Waters** (Check activity calendar for service times)
- ❖ Monday July 21 at 1:45pm– **Monthly Birthday Party with Brian Zalo** (See page 8 for more details)
- ❖ Starting back up our ever-popular ice cream socials - always a great way to cool down and connect on warm days see calendar for dates!

Please check the daily activity board in each neighborhood

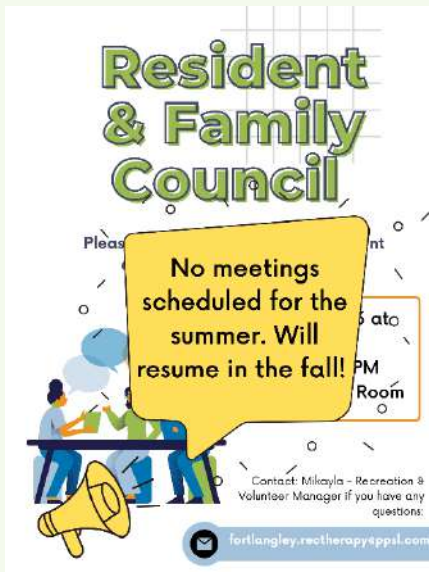
Programs are subject to change.

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. All Behaviours Have Meaning
2. What You Should Know About Pain Management
3. The Importance of Good Skin Care

(Brochures located in Lobby)

Code of the Month: July – Code Severe Weather Disruption



Site Leaders Corner

We're excited to step into July with sunshine, connection, and continued growth within our community.

Our review of medication use for residents living with dementia and Behavioral and Psychological Symptoms of Dementia (BPSD) is ongoing. As part of this important initiative, team members are taking part in additional training to support best practices and enhance resident well-being. This includes U-First training, an innovative program that helps caregivers better understand and prevent behaviors associated with dementia. Our first group of care aides has already begun this valuable education. This work complements our current antipsychotic reduction initiative as we explore more person-centered, non-medication approaches to managing behaviors.

In clinical care, our nursing team has just completed WCAT training, the second phase of Fraser Health's Wound Care initiative, further strengthening our commitment to high-quality, holistic care.

On the recreation front, June was filled with sunshine, gardening, and outdoor fun. We had another successful scenic drive to beautiful White Rock to take in the ocean air. Residents and staff kicked off the Park Place Seniors Living (PPSL) Sunflower Showdown by planting sunflower seeds in the Cherry Courtyard. Cheer us on as we aim to grow the tallest sunflower among all PPSL homes!

Looking ahead, July brings BBQs, themed events, and plenty of summertime cheer. Be sure to join us for Blueberry Muffin Day on July 12, and don't miss our weekly Ice Cream Socials, featuring a rotating selection of delicious flavors.

Here's to a joyful and sunny July!

Mikayla Vander Helm, *Recreation and Volunteer Manager BTR*

On Behalf of the leadership team here at Fort Langley Seniors Community

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	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 Monday and Friday
<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



Appreciation

Employee of the Month: June – Eden, Nursing



Staff Events

Bottle Returns: For staff appreciation.
More information on the flyer below:

BOTTLE RETURNS FOR STAFF APPRECIATION AND EVENTS!

Support our staff and upcoming
events by recycling your bottles!

How It Works:

- Return bottles at any Return It depot.
- Use the number **604-888-0711** to print labels for your bags.
- No sorting needed—just print the label and apply it to your bag.

Need Help?
Drop off your bags at our facility, and we can handle them for you.

**Thank you for
your support!**

Other

In Loving Memory

Annie L – October 16, 1926 – June 17, 2025

Roy B – June 20, 1925 – June 22, 2025

Recreation Department Wishlist

Individually pre-wrapped snack sized
chocolate – For Bingo Prizes

Take a look at our Amazon Wishlist & order
right from Amazon:

https://www.amazon.ca/hz/wishlist/ls/3HY45HMVBT89J?ref_=wl_share

- Thank you

National Long Term Care Day – June 13



Reminder – Purchase Your Meal Tickets in Advance!

Pre-buy meal tickets from Admin. Must provide ticket to receive meal. More details below:

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**