

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
1 10 Morning Stretch GR 11 Trivia GR 1:30 Hymn Sing A 3:30 Calendar Handout <small>Tu B'Shevat Begins</small>	Groundhog Day 2 10 Target Toss GR 11 Word Game GR 1:30 Coloring GR 3:30 Bingo C <small>Groundhog Day</small>	3 10 Exercise GR 11 Trivia GR 1:30 Resident and Family Council GR 3:30 Valentines Day Coloring GR	4 10 Bocce Ball GR 1:30 Prayer Group GR/V 3:30 LCR Dice Game GR	5 10 Exercise GR 11 One to Ones 1:30 Vancouver College of Dental Oral Hygiene Education A 3:30 Bingo C	6 10 Adopt a Stuffy M 11 Communion Service St. Nicholas Church A 1:30 Sing Along with Christine A 3:30 Card Game GR	7 10 Olympic Updates 11 One to Ones 1:30 Ball Toss GR 3:30 Tuck Cart
8 10 Exercise GR 11 One to Ones 1:30 Church Service Living Waters A 3:30 Helping Hands GR	9 10 Curling GR 11 One to Ones 1:30 Coffee Group M 3:30 Bingo C	10 10 Valentine Ping Pong Bounce GR 11 One to Ones 1:30 BREAK my Heart GR 3:30 Music and Fun GR	11 10 Cupids Ring Toss GR 11 One to Ones 1:30 Movie Wednesday 3:30 HEART Match GR	12 10 Bocce Ball GR 11 One to Ones 1:30 Willow Connection GR 3:30 Bingo C	13 10 Willow Connection GR 11 One to Ones 1:30 Balloon Badminton GR 3:15 Music with Ravensong A	Valentine's Day 14 10 Olympic Updates GR 11 One to Ones 1:30 Valentine's Movie GR 3:30 Helping Hands GR <small>Valentine's Day</small>
15 10 Exercise GR 11 One to Ones 2:00 Church Service Evangelical A 3:30 Sing Along GR	Family Day 16 10 Kick Ball GR 11 One to Ones 1:30 Gentle Connection 3:30 Bingo C <small>Presidents' Day (U.S.)</small>	17 10 Pancake Tuesday GR 11 One to Ones 1:30 Sing Along with Christine A 3:30 Gentle Connection <small>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</small>	18 10 Bean Bag Toss GR 11 One to Ones 1:30 Prayer Group GR/V 3:30 LCR Dice Game GR	19 10 Balloon Toss GR 11 One to Ones 1:30 Manicure and Hand Massage GR 3:30 Bingo C	20 11 Legion of Mary Rosary – St. Nicholas A 1:30 Bean Bag Toss GR 3:30 Card Game GR	21 10 Willow Connection GR 11 One to Ones 1:30 Nail Spa GR 3:30 Sing Along GR
22 10 Olympic Updates 11 One to Ones 1:30 Hymn Sing A 3:30 Bingo C	23 10 Drum Fit GR 1:45 Birthday Party With Gregg A 3:30 Leisure Visits	24 10 Cooking Club C 1:30 Sing Along GR 3:30 Memory Tray GR	Pink Shirt Day 25 10 Let's Dance GR 11 One to Ones 1:30 Movie Wednesday 3:30 Piece it Together Puzzle GR	26 10 Bowling GR 11 One to Ones 1:30 Minute to Win It! GR 3:30 Bingo C	27 10 Balloon Volleyball GR 11 One to Ones 1:30 Manicures GR 3:15 Music with Ravensong A	28 10 Exercise GR 11 One to ones 1:30 Willow Connection 3:30 Tuck Cart

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
1 10 Love Yourself Stretches C 1:30 Hymn Sing A 3:30 Calendar Handout Tu B'Shevat Begins	Groundhog Day 2 10 Exercise C 11 Groundhog History 1:30 Sentimental Journey A 3:30 Bingo C Groundhog Day	3 10 Exercise A 11 Trivia 1:30 Resident and Family Council GR 3:30 LCR Dice Game A	4 10 Exercise A 1:30 Prayer Group GR/V 3:30 Card Game – Crazy 8's A	5 10 Love Yourself Stretches A 11 One to Ones 1:30 Vancouver College of Dental Oral Hygiene Education A 3:30 Bingo C	6 10 Bocce C 11 Communion Service St. Nicholas Church A 1:30 Sing Along with Christine A 3:30 LCR Dice Game C	7 10 Love Yourself Stretches A 11 One to Ones 1:30 Reading Club C 3:00 Aroma Therapy A
8 10 Love Yourself Stretches A 1:30 Church Service Living Waters A 3:30 The Groundhog Ate my Garden Game C	9 10 Exercise C 11 One to Ones 1:30 Coloring A 3:30 Bingo C	10 10 Olympics Updates C 11 One to Ones 1:30 Curling A 3:30 Card Game – Crazy 8's A	11 10 Baking Valentine Cookies C 1:30 Ball Toss A 3:30 LCR Dice Game C	12 10 Exercise A 11 One to Ones 1:30 Nail Spa 3:30 Bingo C	13 10 Exercise A 11 Word Game A 1:30 Target Toss C 3:15 Music with Ravensong A	Valentine's Day 14 10 Bocce C 11 Trivia C 1:30 Sing Along A 3:30 Tuck Cart Valentine's Day
15 10 It's Raining Balls Game C 2:00 Church Service Evangelical A 3:30 Reading Club C	Family Day 16 10 Love Yourself Stretches A 11 One to Ones 1:30 Aroma Therapy C 3:30 Bingo C Presidents' Day (U.S.)	17 10 Seated Yoga C 11 One to Ones 1:30 Sing Along with Christine A 3:30 LCR Dice Game C Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	18 10 Exercise A 11 One to Ones 1:30 Prayer Group GR/V 3:30 Card Game – Crazy 8's A	19 10 Olympic Updates A 11 One to Ones 1:30 Arts & Crafts - Origami C 3:30 Bingo C	20 10 Exercise C 11 Legion of Mary Rosary – St. Nicholas A 1:30 Trivia A 3:30 Card Game	21 10 Balloon Ball A 11 One to Ones 1:30 Post Valentine Nail Spa A&C 3:30 Arts & Crafts A
22 10 Love Yourself Stretches A 11 One to Ones 1:30 Hymn Sing A 3:30 Bingo C	23 10 Curling C 1:45 Birthday Party With Gregg A 3:30 Gentle Connection C	24 10 Love Yourself Stretches C 1:30 Valentine Arts & Crafts A 3:30 LCR Dice Game C	Pink Shirt Day 25 10 Exercise A 11 One to Ones 1:30 The Price was Right C 3:30 Card Game – Crazy 8's A	26 10 Exercise A 11 One to Ones 1:30 Nail Spa 3:30 Bingo C	27 10 Baking C 1:30 Table Talk Tidbits 3:15 Music with Ravensong A	28 10 Happy Birthday Carole King Grove C 11 One to Ones 1:30 Robotic Pet Visits 3:30 Tuck Cart

The Scoop

Fort Langley Seniors Community



February 2026

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:

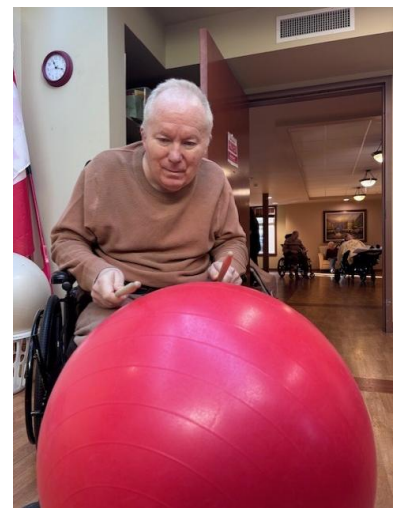
For the month

- ❖ **Resident & Family Council Meeting** – Tuesday Feb 3 at 1:30
- ❖ Friday Feb 6 & 20 at 11:00am – **Communion and Rosary Service with St. Nicholas Church**
- ❖ Thursday Feb 5 at 1:30pm - **Vancouver College of Dental Oral Hygiene Education**
(Staff, residents and families welcome to attend)
- ❖ Friday Feb 13 & 27 at 3:15 – **Music with Ravensong**
- ❖ Friday Feb 6 & Tuesday Feb 17 at 1:30 – **Sing Along with Christine**
- ❖ Sunday Feb 8 & 15 – **Church Service with Evangelical and Living Waters** (Check activity calendar for service times)
- ❖ Monday Feb 23 at 1:45– **Monthly Birthday Party with Gregg Gorrie**
(See page 8 for more details)

Please check the daily activity board in each neighborhood

Programs are subject to change.

Pictures of FLSC



Site Leaders Corner

As we move into February, we continue the new year with a spirit of connection, learning, and community. January was a wonderful month of reflection and togetherness, and we are excited to carry that energy forward with more opportunities for residents and families to come together. We would like to thank everyone for their ongoing support and involvement in our community. The winter months are a special time to focus on comfort, wellness, and meaningful engagement, and our team remains committed to providing compassionate care along with enriching activities for our residents.

February brings several events we are excited to share:

We would like to remind families about our monthly Resident and Family Council Meeting on Monday, February 3. This is a great opportunity to stay informed, share feedback, and continue working together to support our community.

On Wednesday, February 5 at 1:30 PM in Alder, the Vancouver College of Dental Oral Hygiene will be providing an educational session for residents and families. Everyone is welcome to attend and learn more about oral health and wellness.

Our Monthly Birthday Party will be held on Sunday, February 23, featuring live entertainment by Gregg Gorrie. We look forward to celebrating all of our February birthdays together with music and fun.

We will also be recognizing Pink Shirt Day on Wednesday, February 25, as part of our commitment to kindness, respect, and inclusion within our community.

As always, our focus remains on creating a warm, welcoming environment where residents feel supported, engaged, and valued. We are grateful for the continued partnership of our families, staff, and community supporters who make Fort Langley Seniors Community such a special place.

Thank you for being part of our community. We look forward to sharing another month of meaningful moments

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>	Donald Fleming	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>	Darlene Dela Cruz	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. 130	Fortlangley.dietitian@ppsl.com Onsite Tuesday, Wednesday, and alternate 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 Fridays
<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



February **BIRTHDAYS**

John C - Feb 1
Beverley H - Feb 5
Wilfred H - Feb 14
Evelyn I - Feb 15
Lynne W - Feb 15
Dixie J - Feb 20
Marguerite D - Feb 22
Cheryl M - Feb 23
Gurbinder S - Feb 25



**Be
kind.**



PiNK SHiRT DAY ²⁰
FEB 25 ²⁶



Valentine's **MENU**

SATURDAY FEBRUARY 14 AT
12:30PM

Merry me Chicken
Garlic bread
Grilled Vegetables
Red Velvet Cake



FEBRUARY *Birthday* **PARTY**

Monday 23at 1:45
with Gregg Gorrie in
Alder



Other

Recreation Department Wishlist

- Individually pre-wrapped snack sized chocolate – For Bingo Prizes
- Vinyl records, for our music cart
- Take a look at our Amazon Wishlist & order right from Amazon:
https://www.amazon.ca/hz/wishlist/ls/3HY45HMOVBT89J?ref_=wl_share
– Thank you

Families!

We are in the process of replacing the corkboards in resident rooms with whiteboards to support our Infection Prevention and Control measures.

If you are able, please consider bringing in a small whiteboard for your loved one's room.

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

\$10 PER MEAL

Appreciation

Employee of the Month:
January – Ramandeep D



Congratulations Yash
for winning the bike and
thank you to everyone
who joined the raffle!
🎉 We truly appreciate
your support.

All funds raised will go
toward our staff
appreciation initiatives.



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

Recreational Therapists put the RT in HEART

