

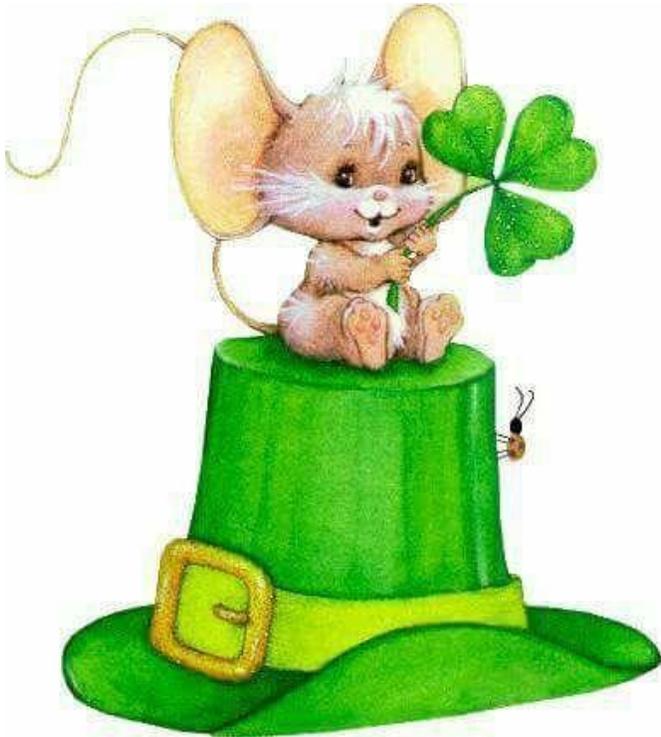
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10 Coffee, Freshly Baked Cookies and Trivia GR 1:30 Hymn Sing A 3:30 Calender Handout</p>	<p>2</p> <p>10:30 Morning Exercise 1:30 Bingo C 3:30 Friendly Visits</p> <p><small>Purim Begins</small></p>	<p>3</p> <p>10:30 Spring Fitness GR 1:30 Resident & Family Council Meeting GR 3:30 LCR Dice Game C</p>	<p>4</p> <p>10 Fun & Fit GR 11 Friendly Visits 1:30 Prayer Group GR/V</p>	<p>5</p> <p>10:30 Morning Stretches and Trivia GR 1:30 Bingo C 3:30 Friendly Visits</p>	<p>6</p> <p>10 Gentle Connection GR 11 Friendly Visits 11 Communion Service St. Nicholas Church A 1:30 Coffee and Trivia GR 3:30 Helping Hands GR</p>	<p>7</p> <p>10 Morning Stretch GR 11 Friendly Visits 1:30 Ball Toss GR 3:30 Sing Along GR</p>
<p>Daylight Savings 8</p> <p>10 Drum Fit GR 11 Friendly Visits 1:30 Church Service Living Waters A 3:30 Helping Hands GR</p> <p><small>Daylight Saving Time Begins</small></p>	<p>9</p> <p>10 Morning Stretch GR 11 Friendly Visits 2:00 Bingo C 3:30 Coloring GR</p>	<p>10</p> <p>10 Bocce and Trivia GR 11 Friendly Visits 1:30 Sing Along with Christine A 3:30 Card Game GR</p>	<p>11</p> <p>10 Morning Fitness GR 11 Friendly Visits 1:30 Aromatherapy GR 3:30 Creative Corner - Iris Craft GR</p>	<p>12</p> <p>10 Balloon Toss GR 11 Friendly Visits 1:30 Willow Connection 3:30 Bingo C</p>	<p>13</p> <p>10 Chair Exercise GR 11 Friendly Visits 1:30 Sing Along Gr 3:30 Puzzle GR</p>	<p>14</p> <p>10 Ball Fitness GR 11 Friendly Visits 1:30 Manicure and Hand Massage GR 3:30 Tuck Cart</p>
<p>15</p> <p>10 Coffee, Freshly Baked Cookies and Trivia GR 2:00 Church Service Evangelical A 3:30 St Patrick's day Coloring GR</p>	<p>16</p> <p>10 Balloon Badminton GR 1:30 St Patrick's Entertainment with Brian Z A 3:30 Friendly Visits</p>	<p>St. Patrick's Day 17</p> <p>10 Morning Exercise GR 11 Friendly Visits 1:30 Hit the Leprechaun 3:30 Bingo C</p> <p><small>St. Patrick's Day</small></p>	<p>18</p> <p>10 Bocce Ball GR 11 Friendly Visits 1:30 Prayer Group GR/V 3:30 Bingo C</p>	<p>19</p> <p>10 Ring Toss GR 11 Friendly Visits 1:30 Reading Club GR 3:30 Bingo C</p>	<p>First Day of Spring 20</p> <p>11 Communion Service St. Nicholas Church A 1:30 Bean Bag Toss GR 3:30 Spring Coloring GR</p> <p><small>Spring Begins</small></p>	<p>21</p> <p>10 Arts and Craft - Easter Egg Coloring GR 11 Friendly Visits 1:30 Ball Fit GR 3:30 Tuck Cart</p>
<p>22</p> <p>10 Morning Stretch GR 11 Friendly Visits 1:30 Hymn Sing 3:30 Crib GR</p>	<p>23</p> <p>10:30 Irish Music with Prickly Thistles A 1:30 Nail Spa GR 3:30 Bingo C</p>	<p>24</p> <p>10 Willow Connection GR 11 Friendly Visits 1:30 Spring Trivia GR 3:30 Sing Along GR</p>	<p>25</p> <p>10 Ball Hockey GR 11 Friendly Visits 1:30 Shamrock Shake GR 3:30 Willow Connection</p>	<p>26</p> <p>10 Bunny Bowling GR 11 Friendly Visits 1:30 Table Games GR 3:30 Bingo C</p>	<p>27</p> <p>10 Cornhole GR 11 Friendly Visits 1:30 Sing Along with Christine A 3:30 Pet (Robotic) Visits</p>	<p>28</p> <p>10 Coffee & Chat GR 11 Friendly Visits 1:30 Minute to Win It 3:30 Tuck Cart</p>
<p>29</p> <p>10 Balloon Volleyball GR 11 Friendly Visits 1:30 Hymn Sing GR 3:30 Bingo C</p> <p><small>Palm Sunday</small></p>	<p>30</p> <p>10 Willow Connection GR 1:45 Birthday Party with Gregg G A 3:30 Friendly Visits</p>	<p>31</p> <p>10 Floor Hockey GR 11 Friendly Visits 1:30 Willow Connection GR 3:30 Sing Along GR</p>	<p>March 2026</p> <p>Maple Court & Willow Place.</p> 			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10 Spring Fitness C 11 Friendly Visits A 1:30 Hymn Sing A 3:30 Calendar Handout</p>	<p>2</p> <p>10 It's Raining Game A 11 Friendly Visits C 1:30 Bingo C 3:30 Reading Club A</p> <p>Purim Begins</p>	<p>3</p> <p>10:30 Spring Fitness GR 1:30 Resident & Family Council Meeting GR 3:30 LCR Dice Game C</p>	<p>4</p> <p>10 Balloon Toss A 11 Friendly Visits C 1:30 Prayer Group GR/V 3:30 St. Patrick's Arts & Crafts A</p>	<p>5</p> <p>10 Bean Bag Toss A 11 Friendly Visits 1:30 Bingo C 3:30 Nail Spa</p>	<p>6</p> <p>10 Morning Stretch and Trivia C <i>11 Communion Service St. Nicholas Church A</i> 1:30 Ball Toss A 3:30 Card Game A</p>	<p>7</p> <p>10 Spring Cleaning Exercise C 11 Friendly Visits A 1:30 Dear Pen Pal C 3:30 Tuck Cart</p>
<p>Daylight Savings 8</p> <p>10 Bocce A <i>1:30 Church Service Living Waters A</i> 3:30 Card Game C</p> <p>Daylight Saving Time Begins</p>	<p>9</p> <p>10:30 Morning Exercise C 2:00 Bingo C 3:00 Friendly Visits</p>	<p>10</p> <p>10 Target Toss C 11 Friendly Visits A 1:30 Sing Along with Christine A 3:30 Card Game GR</p>	<p>11</p> <p>10 Tap the Same Colors Game A 11 Friendly Visits C 2:00 Coffee Seeds in Crafts A</p>	<p>12</p> <p>10 Morning Exercises A 11 Friendly Visits 1:30 ABC's of Spring C 3:30 Bingo C</p>	<p>13</p> <p>10 Baking C 1:30 Curling A 3:30 Card Game A</p>	<p>14</p> <p>10 Morning Exercises A 11 Friendly Visits 1:30 Card Game A 3:30 Tuck Cart</p>
<p>15</p> <p>10 Spring Fitness A 11 Friendly Visits <i>2:00 Church Service Evangelical A</i> 3:30 Aroma Therapy C</p>	<p>16</p> <p>10 Floor Hockey A 11 Friendly Visits 1:30 St Patrick's Entertainment with Brian Z A 3:30 Helping Hands C</p>	<p>St. Patrick's Day 17</p> <p>10 Spring Fitness A 11 Friendly Visits 1:30 Trivia C 3:30 Bingo C</p> <p>St. Patrick's Day</p>	<p>18</p> <p>10 Balloon Toss A 11 Friendly Visits <i>1:30 Prayer Group GR/V</i> 3:30 Sing Along A</p>	<p>19</p> <p>10 Spring Fitness C 11 Friendly Visits A 1:30 Nail Spa A 3:30 Bingo C</p>	<p>First Day of Spring 20</p> <p>10 Spring Trivia C <i>11 Communion Service St. Nicholas Church A</i> 1:30 Bocce Ball A 3:30 Card Game A</p> <p>Spring Begins</p>	<p>21</p> <p>10 Morning Exercises A 11 Friendly Visits 1:30 Card Game A 3:30 Tuck Cart</p>
<p>22</p> <p>10 Spring Fitness C 11 Friendly Visits A 1:30 Hymn Sing A 3:30 Bracelet Making C</p>	<p>23</p> <p>10:30 Irish Music with Prickly Thistles A 1:30 Reading Club C 3:30 Bingo C</p>	<p>24</p> <p>10 Spring Fitness C 11 Friendly Visits A 1:30 Puzzle C 3:30 LCR Dice Game A</p>	<p>25</p> <p>10 Floor Hockey A 11 Friendly Visits C 2:00 DIY Pom Pom Bunnies Craft A</p>	<p>26</p> <p>10 Spring Fitness C 11 Friendly Visits A 1:30 Dear Pen Pal C 3:30 Bingo C</p>	<p>27</p> <p>10 Arts & Carfts Sock Bunnies C 1:30 Sing Along with Christine A 3:30 Card Game A</p>	<p>28</p> <p>10 Morning Exercises 11 Friendly Visits 1:30 Spring Trivia C 3:30 Card Game A</p>
<p>29</p> <p>10 Coffee, Freshly Baked Cookies and Trivia GR 1:30 Hymn Sing 3:30 Bingo C</p> <p>Palm Sunday</p>	<p>30</p> <p>10 Balloon Toss A 11 Friendly Visits C 1:45 Birthday Party with Gregg G A 3:30 Helping Hands C</p>	<p>31</p> <p>10 Spring Fitness A 11 Friendly Visits C 1:30 Aroma Therapy C 3:30 LCR Dice Game A</p>	 <h1 style="color: #C85130;">March 2026</h1> <p style="color: #C85130;">Alder Way & Cherry Lane.</p>			

Fort Langley Seniors Community 604-888-0711 *Recreation & Spiritual Care Programs are scheduled based on staff, clergy or volunteer availability and are subject to change. Please refer to Daily Activity Whiteboard*

The Scoop

Fort Langley Seniors Community



March 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

Table of Contents

Upcoming Events	3
Photos of FLSC	4
Home Updates	5
Site Leaders Corner	6
Contact Information	7
Fun Corner	8
Appreciation/Updates	9
Other	10
Long Service Awards	11

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 March 3 at 1:30
- ❖ Friday March 6 & 20 at 11:00am – **Communion and Rosary Service with St. Nicholas Church**
- ❖ Tuesday March 10 and Friday March 27 at 1:30 – **Sing Along with Christine**
- ❖ Sunday March 8 & 15 – **Church Service with Evangelical and Living Waters** (Check activity calendar for service times)
- ❖ Monday March 16 at 1:30 – **Entertainment with Brian Zalo**
- ❖ Tuesday March 17 – **St. Patrick's Day Lunch**
- ❖ Monday March 13 at 10:30 – **Isish Music with Prickly Thistles**
- ❖ Monday March 30 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



Home Updates

Resident & Family Council Meeting

Join us for our monthly resident and family council meeting.

Tuesday March 3, 2026, at 1:30PM in the Great Room (Second Floor)

Family Monthly Education

Park Place Seniors Living Brochure:

1. Resident Bill of Rights
2. Resident and Family Centered Care
3. Virtual Health Services
(Brochures located in Lobby)

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

Visitor Sign-In Update

Please note that visitors are now required to provide their **license plate number** when signing in at reception.

A reminder that the **carport is designated for 15-minute parking only, intended for loading and unloading.**

Vehicles parked longer than 15 minutes may be **towed at the owner's expense.**

Thank you for your cooperation.

ELEVATOR DOOR REMINDER

Please DO NOT HOLD

Elevator doors open with your hand or foot.



If you do, the doors will lock and this requires an emergency call to UN-LOCK the doors, which is costly.

USE THE DOOR OPEN BUTTON ON THE PANEL



Site Leaders Corner

As we move into March, we continue the year with a spirit of connection, celebration, and community. February was filled with meaningful moments from Valentine's Day carnations delivered to every resident to special visits and programs and we are excited to carry that positive energy into the month ahead.

We are also pleased to share that on February 20, we welcomed Mary Polak, CEO of the BC Care Providers Association, for a site visit. This was a wonderful opportunity to showcase the great work our team is doing and highlight the meaningful programs and services that support our residents each day. Thank you, Mary, for taking the time to visit our community.

On February 25, we proudly recognized Pink Shirt Day, joining the global movement to stand against bullying and promote kindness, inclusion, and respect. Here at Fort Langley Seniors Community, we remain committed to fostering a positive, supportive environment for everyone in our home.

This March, we look forward to a variety of meaningful programs and celebrations, including our Resident & Family Council Meeting on Tuesday, March 3 at 1:30 PM, entertainment with Brian Zalo on Monday, March 16 at 1:30 PM, and a festive St. Patrick's Day Lunch on Tuesday, March 17. We'll also enjoy Irish music with the Prickly Thistles on Monday, March 13 at 10:30 AM and wrap up the month with our Birthday Party featuring Gregg Gorrie on Monday, March 30 at 1:45 PM.

As always, our focus remains on creating a warm, welcoming environment where residents feel supported, engaged, and valued. We are grateful for the ongoing 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 together.

Mikayla, *Recreation Manager* on behalf of **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 <i>Onsite Monday, Thursday, and Fridays</i>
<i>Dietitian</i>	Caitlyn McNeil	Ext. 130	Fortlangley.dietitian@ppsl.com <i>Onsite Tuesday, Wednesday, and alternate Thursdays</i>
<i>Occupational Therapist</i>	Jane Chang	Ext. 129	Jane.chang@saliusrehab.ca <i>Onsite Tuesdays and Thursdays</i>
<i>Physiotherapist Temp</i>		Ext. 129	
<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

March

BIRTHDAYS

Ruth C - March 14

Garth J - March 16

Stuart F - March 17

James D - March 17

Juan W - March 22

Bryan B - March 22

Rosalia L - March 24

Sharon R - March 24

Glen P - March 26

Van N - March 30

MARCH

Birthday PARTY

Monday March 30 at
1:45 with Gregg
Gorrie in Alder



IRISH MUSIC WITH PRICKLY THISTLES

Monday March 23rd
at 10:30AM in Alder

St Patrick's Day

Lunch Menu
Tuesday March 17

Irish Stew
Soda Bread
Baked Potatoes
Sour cream & green Onions
Broccoli & Cauliflower
Triple Chocolate Cake

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!

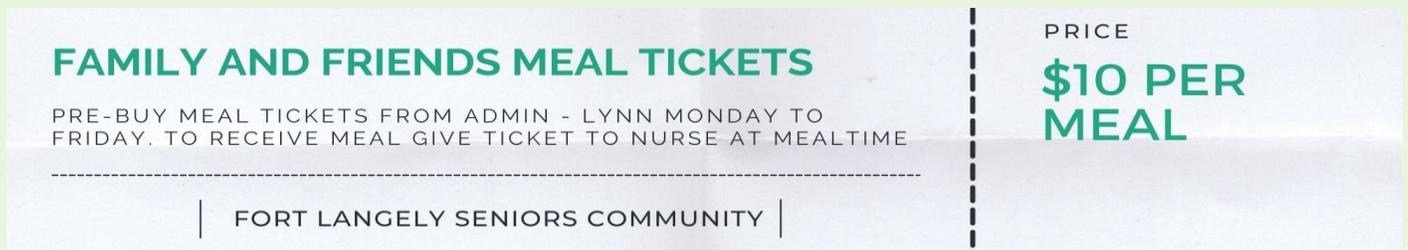
We are in the process of replacing the corkboards in resident rooms with whiteboards to support our Infection Prevention and Control measures.

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

Thank you for your support and cooperation.

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

PRICE
\$10 PER MEAL

| FORT LANGLEY SENIORS COMMUNITY |

Appreciation

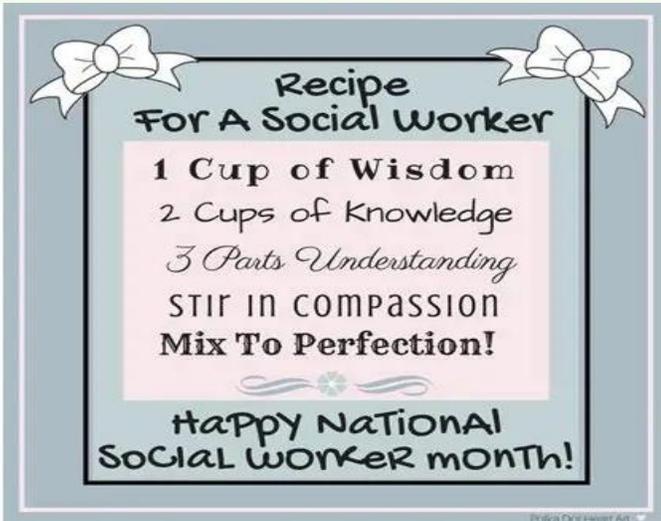
Employee of the Month:
February – Anlyn



Staff wearing pink for Pink Shirt Day



Social Work and Nutrition Month



Strengthening Family Connections and Care Providers

Social workers act as a bridge between residents, families, and care teams. They facilitate family move-ins, meetings, support caregivers, address conflicts, and connect families with community resources.

Advocate for seniors' accessibility to financial assistance, housing support, and community programs...

They emphasize their role in reducing caregiver stress and improving continuity of care for seniors.

What is a dietitian?

Dietitians are regulated health professionals who use their expertise in food and nutrition to enhance the lives and improve the health of Canadians. Dietitians use the science of nutrition to help people understand the connection between food and health, and provide personalized guidance to meet their needs and goals.

Is there a difference between a dietitian and a nutritionist?

Sometimes yes, sometimes no!

You wouldn't ask a celebrity to build a safe bridge, you'd ask a professional engineer. The same thinking should apply to nutrition advice. Dietitians are trained and regulated to ensure that you and your family receive safe and effective nutrition care, just as you would from your dentist or family doctor. The title "dietitian" is protected by law across Canada. This means only people who meet certain criteria and standards can call themselves a dietitian. "Nutritionist" is also a protected title in some provinces, but not in BC. Here, anyone can call themselves a nutritionist. To be sure you are working with a qualified professional in BC, look for the initials RD after the person's name.



Dietitians in long-term care

Dietitians working in LTC homes are a key part of the interdisciplinary team, working closely with food service and care staff. They create individualized care plans for each resident based on their unique health conditions, history, and goals to ensure each resident's health is being optimized through nutrition.

Five fab whole grain snack ideas

Meet [Canada's Food Guide](#) recommendation of choosing [whole grain foods](#) with these ideas.

Plain popcorn	Whole grain cereal, milk and fruit	Whole wheat tortillas with a dip such as dahl.	Whole grain melba toast or crackers with canned tuna or salmon	Melted cheese on a whole grain English muffin
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Fort Langley Seniors Community – Long Service Awards

5 Years of Service

Rajwinder S., Juvelyn C., Bhinderjit A., Aurora W., Livia C., Sarbjit M., Maria Z., Harveen C., Marlo M., Paramjeet B., Kayla F., Ronalyn V., Ramanpreet G., Katie G., Nicole S., Min S., and Rita R



10 Years of Service

Patwant D., Swarnjit H., Mikayla T., Heather W., Ramandeep D and Parminder R



15 Years of Service

Janet M., Sarah R and Shirley T.

40 Years of Service

Lois B.

