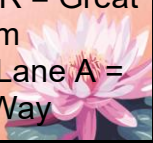
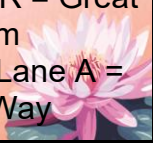


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2026 Maple Court & Willow Place.			Canda Day 1 10 Gentle Connection GR 2:00 Canada Day Celebration A 3:45 Plant Care Canada Day	2 10 Mind & Body Fit GR 11 Friendly Visits 2:00 Bingo C 3:45 Coloring GR	3 <i>11 Communion Service</i> <i>St. Nicholas Church A</i> 1:45 Entertainment with Osvaldo Gomez 3:45 Plant Care	4 10 FIFA world cup Canada Watch Party 1:30 Bocce GR 3:30 Sing Along GR Independence Day (U.S.)
5 10 Outdoor Walks 11 Friendly Visits 2:00 Gard Game GR 3:45 Sing Along GR	6 10 Courtyard Visits 2:00 Bingo C 3:45 Plant Care	7 10 Outdoor Walks 1:30 Resident & Family Council Meeting GR 3:30 Card Game GR	8 10 Gentle Connection GR 11 Friendly Visits <i>1:30 Prayer Group GR/V</i> 3:30 Ice Cream Day	9 10 Mind & Body Fit GR 11 Friendly Visits 2:00 Bingo C 3:45 Plant Care	10 10 Sit & Be Fit 11 Friendly Visits 1:30 Target Toss GR 3:30 Manicures	11 10 Outdoor Walks 1:30 Coloring GR 3:30 Tuck Cart
12 10 Morning Stretches GR 11 Friendly Visits 2:00 Bingo C 3:45 Outdoor Walks	13 10 Bocce GR 11 Friendly Visits 1:30 Birthday Party With Brian Z A 3:45 Plant Care	14 10 Balloon Badminton GR 11 Friendly Visits 1:30 Music with Christine A 3:30 Glamour Cart GR Bastille Day	15 10 Balloon Ball GR 11 Friendly Visits 1:30 Sing Along GR 3:30 Plant Care	16 10 Gentle Connection GR 11 Friendly Visits 2:00 Bingo C 3:45 Plant Care	17 10 Gentle Connection GR <i>11 Rosary Service</i> <i>St. Nicholas Church A</i> 1:30 Colouring GR 3:30 Card Game GR	18 10 Outdoor Walks 1:30 Bocce GR 3:30 Sing Along GR
19 10 Morning Exercise GR 11 Friendly Visits <i>2:00 Church Service Evangelical A</i>	20 10 Target Toss GR 11 Friendly Visits 2:00 Bingo C 3:45 Plant Care	21 10 Outdoor Walks 1:30 Balloon Badminton GR 3:30 Gard Game GR	22 10 Fitness Fun GR 11 Friendly Visits <i>1:30 Prayer Group GR</i> 3:30 Ice Cream Day	23 10 Gentle Connection GR 11 Friendly Visits 2:00 Bingo C 3:45 Plant Care	24 10 Gentle Connection GR 11 Friendly Visits 1:30 Card Game GR	25 10 Outdoor Walks 1:30 Target Toss GR 3:30 Tuck Cart
26 10 Gentle Connection 11 Friendly Visits 1:30 Balloon Ball GR 3:30 Sing Along GR	27 10 Bocce GR 11 Friendly Visits 2:00 Bingo C 3:45 Plant Care	28 10 Fitness Fun GR 11 Friendly Visits 1:30 Music with Christine A 3:30 Card Game GR	29 10 Outdoor Walks 1:30 Summer Coloring GR 3:30 Sing Along GR	30 10 Gentle Connection GR 11 Friendly Visits 2:00 Bingo C 3:45 Plant Care	31 10 Gentle Connection GR 11 Friendly Visits 1:30 Card Game GR 3:30 Sing Along GR	<u>Program Venue</u> M = Maple Court W = Willow Place V = Virtual GR = Great Room C = Cherry Lane A = Alder Way 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2026 Alder Way & Cherry Lane.			Canda Day 1 10 Moves for Safety and Iced Tea C 2:00 Canda Day Celebration A 3:45 Gardening Canada Day	2 10 Musical Stretches A 11 Friendly Visits C 2:00 Bingo C 3:45 Gardening	3 10 Gardening <i>11 Communion Service</i> <i>St. Nicholas Church A</i> 1:45 Entertainment with Osvaldo Gomez 3:45 Friendly Visits	4 10 Fitness Fun A 11 Friendly Visits 2:00 Care Game A 3:45 Tuck Shop Independence Day (U.S.)
5 10 Outdoor Walks 1:30 Card Game GR 1:30 LCR Dice Game C 3:30 Hymn Sing A	6 10 Courtyard Visits 11 Friendly Visits A 2:00 Bingo C 3:45 Gardening	7 10 Musical Stretch 11 Friendly Visits C 1:30 Resident & Family Council Meeting GR 3:30 Card Game GR 3:30 LCR Dice Game C	8 10 Moves for Safety and Iced Tea C 11 Friendly Visits <i>1:30 Prayer Group GR/V</i> 3:30 Ice Cream Day	9 10 Simon Says A 11 Friendly Visits C 2:00 Bingo C 3:45 Gardening	10 10 Outdoor Walks 10:30 One Line Bingo C 11 Friendly Visits 1:30 Trivia in the Courtyard A 3:30 Card Game GR	11 10 Fitness Fun A 11 Friendly Visits 2:00 Card Game A 3:45 Gardening
12 10 Morning Stretch A 11 Friendly Visits 2:00 Bingo C 3:45 Plant Care	13 10 Balloon Ball A 11 Friendly Visits 1:30 Birthday Party With Brian Z A 3:30 Gardening	14 10 Outdoor Walks 1:30 Music with Christine A 3:30 Card Game C Bastille Day	15 10 Bocce A 11 Friendly Visits 1:30 Sing Along C 3:30 Gardening	16 10 Target Toss C 11 Friendly Visits 2:00 Bingo C 3:45 Gardening	17 10 Outdoor Walks <i>11 Rosary Service</i> <i>St. Nicholas Church A</i> 1:00 Friendly Visits 3:30 Card Game GR	18 10 Outdoor Walks 2:00 Card Game A 3:45 Tuck Shop
19 10 Outdoor Walks <i>2:00 Church Service Evangelical A</i> 1:30 Courtyard Social 3:30 Card Game A	20 10 Moves for Safety and Iced Tea C 11 Friendly Visits C 2:00 Bingo C 3:45 Gardening	21 10 Musical Stretch A 11 Friendly Visits A 1:30 Karaoke A 3:30 Card Game GR 3:30 LCR Dice Game C	22 10 Moves for Safety and Iced Tea C 11 Friendly Visits <i>1:30 Prayer Group GR/V</i> 3:30 Ice Cream Day	23 10 Musical Stretch C 11 Friendly Visits 2:00 Bingo C 3:45 Gardening	24 10 Outdoor Walks 10:30 One Line Bingo C 1:30 Button Craft A 3:30 Gard Game GR 3:30 LCR Dice Game C	25 10 Outdoor Bocce 2:00 Card Game A 3:45 Gardening
26 10 Morning Stretch A 11 Friendly Visits 2:00 Card Game A 3:45 Hymn Sing C	27 10 Fitness Fun A 11 Friendly Visits 2:00 Bingo C 3:45 Gardening	28 10 Musical Stretch A 11 Friendly Visits C 1:30 Music with Christine A 3:30 Card Game GR 3:30 LCR Dice Game	29 10 Moves for Safety and Iced Tea C 11 Friendly Visits C 1:30 Aroma Therapy A 3:30 Jungle Animal Crafts C	30 10 Simon Says A 11 Friendly Visits C 2:00 Bingo C 3:45 Gardening	31 10 Musical Stretch 10:30 One Line Bingo C 11 Friendly Visits C 1:30 Card Game GR 1:30 LCR Dice Game C 3:30 Nail Spa A	<u>Program Venue</u> M = Maple Court W = Willow Place V = Virtual GR = Great Room C = Cherry Lane A = Alder Way 

The Scoop

Fort Langley Seniors Community



July 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

- ❖ Friday July 3 at 1:45 - **Entertainment with Osvaldo Gomez**
- ❖ **Resident & Family Council Meeting** – Tuesday July 7
- ❖ Friday July 3 and 17 at 11:00am – **Communion and Rosary Service with St. Nicholas Church**
- ❖ Tuesday July 14 and 28 at 1:30 – **Music with Christine**
- ❖ Sunday July and 19 – **Church Service with Evangelical**
(Check activity calendar for service times)
- ❖ Monday July 13 at 1:45– **Monthly Birthday Party with Brian Zalo** (See page 8 for more details)

Please check the daily activity board in each neighborhood

Recreation & Spiritual Care Programs are scheduled based on staff, clergy or volunteer availability and are subject to change.

Pictures of FLSC



Home Updates

Resident & Family Council Meeting

Join us for our monthly resident and family council meeting.

Tuesday July 7, 2026, at 1:30PM in the Great Room (Second Floor)

Family Monthly Education

Code of the Month: July – Code Red – Fire

Park Place Seniors Living Brochure:

1. Managing Persistent and Chronic Pain
2. What You Should Know About Pain Management
3. The Importance of Good Skin Care

Alzheimer's Society Resources for Families

The Alzheimer Society offers education, print resources, and direct support through their First Link program, which connects families to information, programs, and local services across BC. We encourage families who may be feeling overwhelmed or unsure where to turn to explore these resources.

Helpful Links:

- Dementia print resources:
<https://alzheimer.ca/bc/en/help-support/programs-services/dementia-resources-bc/print-resources>
- First Link® Dementia Helpline:
<https://alzheimer.ca/bc/en/help-support/find-support-bc/first-link-dementia-helpline>
- First Link® referrals for families:
<https://alzheimer.ca/bc/en/help-support/programs-services/first-link-referrals>

Site Leaders Corner

We continue to build on the strong sense of community that makes Fort Langley Seniors Community such a special place. June was a meaningful month, highlighted by Long Term Care Day on June 11. We would like to extend a heartfelt thank you to all families who shared kind and generous messages for our staff. These messages were proudly shared with the team and truly meant a great deal.

July Events & Highlights

We have an exciting lineup of activities planned for July:

- **July 3** – We are pleased to welcome **Oswaldo Gomez** for live entertainment. Music continues to bring joy and connection to our residents, and we look forward to a wonderful performance.
- **July 7 – Resident and Family Council Meeting.** This is an important opportunity to connect, share feedback, and stay engaged in our community. We encourage all residents and families to participate.
- **July 13 – Monthly Birthday Party** featuring **Brian Zalo**. Join us as we celebrate our July birthdays with music, laughter, and community spirit.

FLSC Cookbook Initiative

We are excited to share that Fort Langley Seniors Community is creating a special cookbook to help raise funds for staff appreciation. We invite residents and families to contribute their favorite recipes. Please see the poster in the lobby for full details on how to participate. We look forward to building something meaningful together.

Summer Heat Safety Reminder

With warmer temperatures ahead, we encourage everyone to take simple steps to stay safe and comfortable:

- Stay well hydrated throughout the day
- Keep living spaces cool by closing blinds and using fans or air conditioning
- Wear light, breathable clothing
- Avoid prolonged time in direct heat when possible

Our team continues to monitor residents closely during warmer weather to ensure everyone remains safe and supported.

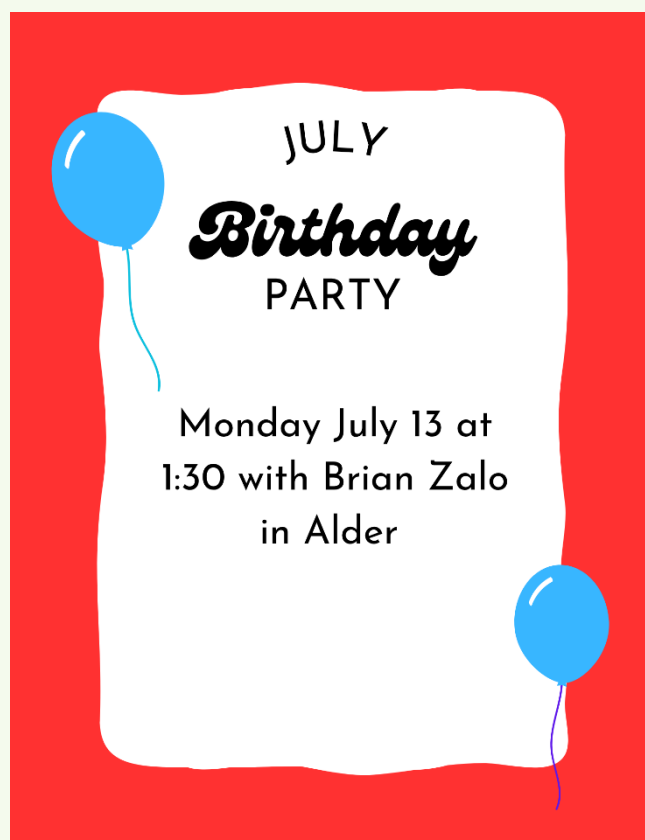
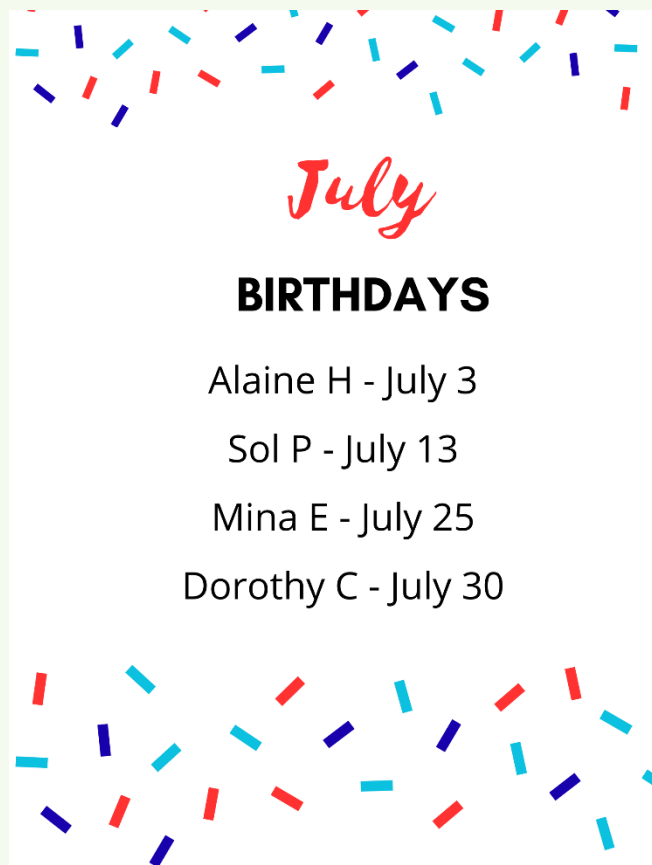
Thank you for your continued support and involvement in our community. We look forward to a safe, engaging, and enjoyable July for all.

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>	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 McNeill	Ext. 130	Fortlangley.dietitian@ppsl.com <i>Onsite Tuesday, Wednesday, and alternating Thursdays</i>
<i>Occupational Therapist</i>	Jane Chang	Ext. 129	Jane.chang@saliusrehab.ca <i>Onsite Tuesdays and Thursdays</i>
<i>Physiotherapist Temp</i>	Khushbu Mistri	Ext. 129	khushbu.mistri@saliusrehab.ca <i>Onsite Tuesdays and Fridays</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



Good News Story:

We recently received a heartfelt message from a resident's spouse who wished to share their gratitude for one of our care aides:

"I would like to express my appreciation for a member of your care team who has recently become my husband's primary care aide. I am very pleased with the care she provides. She has previously assisted my husband with bathing, and her attention to detail has always been exceptional.

She is respectful yet appropriately firm, and her warm personality truly lights up the room when she enters. You can tell she loves her job.

P.S In my opinion, she would be an excellent mentor for those new to the role."

We are so proud of our team and grateful to receive such kind feedback!

The Good News Story Segment

Want to share a story like the one above? Join us in the **Good News Story** segment!

This is an opportunity to celebrate meaningful moments and positive experiences in our home. We invite residents, families, and staff to share their stories.

How to participate:

1. Write down your story
2. Place it in the Good News box, located in the lobby
3. Or email: fortlangley.rectherapy@ppsl.com (subject: Good News Story)

One story will be featured each month. Thank you for helping us celebrate our community!

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/3HY45HMBVT89J?ref_=wl_share
– Thank you

Appreciation

Employee of the Month:
June – Suzana S.



We are excited to share that Fort Langley Seniors Community is putting together a special cookbook - and we would love your help!

Do you have a favourite family recipe that you cherish and would like to share? Whether it's a classic comfort dish, a treasured holiday favourite, or something unique, we welcome your contribution.

To submit a recipe, please email Lynn, our **Administrative Assistant**, at lharrie@ppsl.com with the subject line "Cookbook Recipe" or hand in directly.

This cookbook will be compiled and sold in the future as a fundraiser to support staff appreciation initiatives. It's a wonderful way to celebrate our community, share meaningful traditions, and give back to the incredible team who care for our residents every day.

Thank you in advance for your contributions - we look forward to seeing (and tasting!) the recipes that make our community so special.



DONATIONS NEEDED!

We are currently seeking gently used **patio chair and table sets**, as well as **bar stools** in good condition. Your donations help enhance our outdoor and social spaces for our staff and residents to enjoy. Thank you for your ongoing support!

Fort Langley Seniors Community