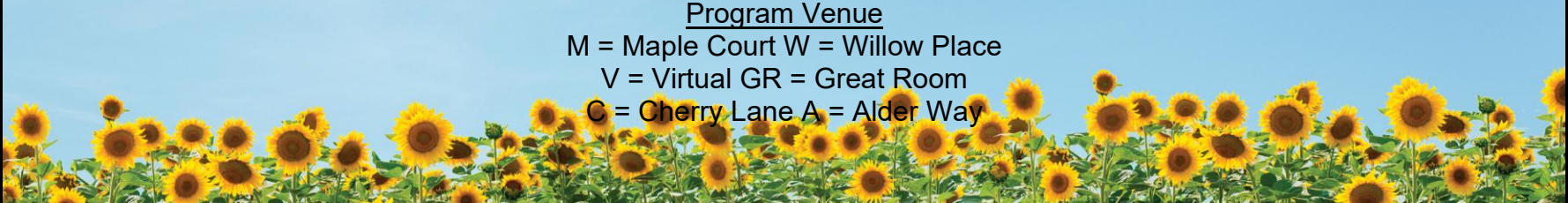
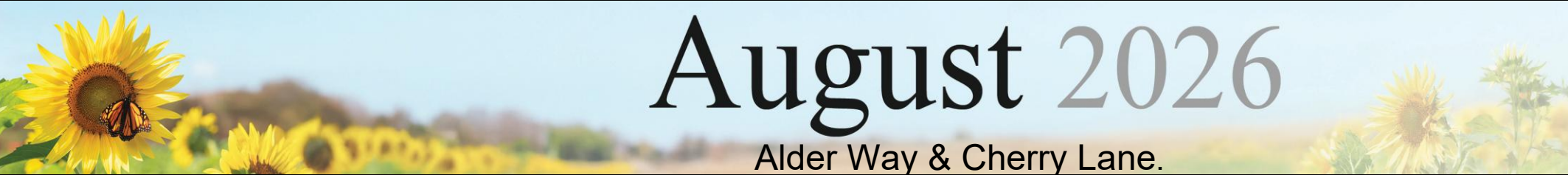


| Sunday                                                                                                                                         | Monday                                                                                                                                   | Tuesday                                                                                                                                                                                                                                                  | Wednesday                                                                                                        | Thursday                                                                                             | Friday                                                                                                                           | Saturday                                                                                               |
|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
|  <h1>August 2026</h1> <p>Maple Court &amp; Willow Place.</p> |                                                                                                                                          |                                                                                                                                                                                                                                                          |                                                                                                                  |                                                                                                      |                                                                                                                                  | 10 Outdoor Walks <b>1</b><br>11 Outdoor Walks<br>1:30 Curling GR<br>3:30 Newsletter & Calendar Handout |
| <b>2</b><br>10 Gardening<br>11 Friendly Visits<br>1:45 Hymn Sing A<br>3:30 Table Talks GR                                                      | <b>3</b><br><b>BC DAY</b><br>10 Balloon Ball GR<br>11 Friendly Visits<br><b>1:45 Entertainment with Hal Copeland A</b><br>3:45 Gardening | <b>4</b><br>10 Outdoor Walks<br>11 Friendly Visits<br>1:30 Glamour on the Go<br>3:30 Card Game GR                                                                                                                                                        | <b>5</b><br>10 Gentle Connection GR<br>11 Friendly Visits<br>1:30 Sing Along GR<br>3:30 Plant Care               | <b>6</b><br>10 Fitness Fun GR<br>11 Friendly Visits<br>2:00 Bingo C<br>3:45 Gardening                | <b>7</b><br>10 Outdoor Walks<br><i>11 Communion Service St. Nicholas Church A</i><br>1:30 Table Talk GR<br>3:30 Friendly Visits  | <b>8</b><br>10 Gentle Connection GR<br>11 Friendly Visits<br>1:30 Sing Along GR<br>3:30 Gardening      |
| <b>9</b><br>10 Outdoor Walks<br>11 Outdoor Walks<br><i>2:00 Church Service Living Waters A</i><br>3:30 Coloring GR                             | <b>10</b><br>10 Gentle Connection GR<br>11 Friendly Visits<br>2:00 Bingo C<br>3:45 Gardening                                             | <b>11</b><br>10 Outdoor Walks<br>10 Outdoor Walks<br><b>1:30 Sing Along with Christine A</b><br>3:30 Card Game GR                                                                                                                                        | <b>12</b><br>10 Gentle Connection GR<br>11 Friendly Visits<br><i>1:30 Prayer Group GR/V</i><br>3:30 Card Game GR | <b>13</b><br>10 Lemon Festival (Courtyard – Weather Permitting)<br>2:00 Bingo C<br>3:45 Gardening    | <b>14</b><br>10 Gentle Connection GR<br>11 Friendly Visits<br>1:30 Sing Along<br>3:30 Gardening                                  | <b>15</b><br>10 Outdoor Walks<br>11 Outdoor Walks<br>1:30 Target Toss GR<br>3:30 Tuck Cart             |
| <b>16</b><br>10 Gentle Connection GR<br>11 Friendly Visits<br><i>2:00 Church Service Evangelical A</i><br>3:30 Balloon Ball GR                 | <b>17</b><br>10 Fitness Fun GR<br>11 Friendly Visits<br>2:00 Bingo C<br>3:45 Gardening                                                   | <b>18</b><br>10 Gentle Connection GR<br>11 Friendly Visits<br>1:30 Bocce GR<br>3:30 Card Game GR                                                                                                                                                         | <b>19</b><br>10 Outdoor Walks<br>1:30 Glamour on the go GR<br>3:30 Sing Along GR                                 | <b>20</b><br>10 Fitness Fun GR<br>11 Friendly Visits<br>2:00 Bingo C<br>3:45 Gardening               | <b>21</b><br>10 Gentle Connection GR<br><i>11 Rosary Service St. Nicholas Church A</i><br>1:30 Target Toss GR<br>3:30 Plant Care | <b>22</b><br>10 Fitness Fun GR<br>11 Friendly Visits<br>1:30 Table Talks GR<br>3:30 Sing Along GR      |
| <b>23</b><br>10 Gentle Connection GR<br>11 Friendly Visits<br>1:45 Hymn Sing A<br>3:30 Gardening                                               | <b>24</b><br>10 Fitness Fun GR<br><b>1:30 Birthday Party With Brian Z A</b><br>3:30 Gardening                                            | <b>25</b><br>10 Gentle Connection GR<br>11 Friendly Visits<br><b>1:30 Sing Along with Christine A</b><br>3:30 Card Game GR                                                                                                                               | <b>26</b><br>10 Outdoor Walks<br>11 Friendly Visits<br><i>1:30 Prayer Group GR/V</i><br>3:30 Glamour on the Go   | <b>27</b><br>10 Sunflower Festival (Courtyard –Weather Permitting)<br>2:00 Bingo C<br>3:45 Gardening | <b>28</b><br>10 Drum Fit GR<br>11 Friendly Visits<br>1:30 Summer Colouring<br>3:30 Card Game GR                                  | <b>29</b><br>10 Outdoor Walks<br>11 Friendly Visits<br>1:30 Balloon Ball GR<br>3:30 Tuck Cart          |
| <b>30</b><br>10 Gentle Connection GR<br>11 Friendly Visits<br>1:45 Hymn Sing A<br>3:30 Gardening                                               | <b>31</b><br>10 Fitness Fun<br>11 Friendly Visits<br>2:00 Bingo C<br>3:45 Gardening                                                      |  <p><u>Program Venue</u><br/>           M = Maple Court W = Willow Place<br/>           V = Virtual GR = Great Room<br/>           C = Cherry Lane A = Alder Way</p> |                                                                                                                  |                                                                                                      |                                                                                                                                  |                                                                                                        |

| Sunday                                                                                                                                      | Monday                                                                                                                          | Tuesday                                                                                                                                                                                                                                                               | Wednesday                                                                                                     | Thursday                                                                                      | Friday                                                                                                                                   | Saturday                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
|  <h1>August 2026</h1> <p>Alder Way &amp; Cherry Lane.</p> |                                                                                                                                 |                                                                                                                                                                                                                                                                       |                                                                                                               |                                                                                               |                                                                                                                                          | 10 Coffee Chatter & Trivia A<br>1:30 Sing Along A<br>3:30 Calendar & Newsletter Handout |
| 2<br>10 Fitness Fun<br>11 Friendly Visits<br>1:45 Hymn Sing A<br>3:30 Card Game C                                                           | 3<br><b>BC DAY</b><br>10 Fitness Fun A<br>11 BC Day Trivia C<br><b>1:45 Entertainment with Hal Copeland A</b><br>3:45 Gardening | 4<br>10 Musical Fitness A<br>11 Friendly Visits C<br>3:30 Card Game GR<br>3:30 Card Game C                                                                                                                                                                            | 5<br>10 Table Balloon Toss C<br>11 Friendly Visits A<br>2:00 Arts & Craft (Purple Centerpiece)                | 6<br>10 Musical Fitness A<br>11 Friendly Visits C<br>2:00 Bingo C<br>3:45 Gardening           | 7<br>10 Friendly Visits C<br><i>11 Communion Service St. Nicholas Church A</i><br>2:30 Arts & Crafts – DIY Lemon Bunting                 | 8<br>10 Ube Festival A<br>1:30 Puzzle C<br>3:30 Tuck Cart                               |
| 9<br>10 Fitness Fun A<br>11 Friendly Visits<br><i>2:00 Church Service Living Waters A</i><br>3:30 Card Game C                               | 10<br>10 Outdoor Walks<br>11 Friendly Visits<br>2:00 Bingo C<br>3:45 Gardening                                                  | 11<br>10 Bocce Ball A<br><b>1:30 Sing Along with Christine A</b><br>3:30 Card Game GR<br>3:30 Table Talks C                                                                                                                                                           | 12<br>10 Musical Fitness A<br>11 Friendly Visits<br><i>1:30 Prayer Group GR/V</i><br>3:30 Gentle Connection A | 13<br>10 Lemon Festival (Courtyard – Weather Permitting)<br>2:00 Bingo C<br>3:45 Gardening    | 14<br>10 Musical Fitness A<br>11 Friendly Visits C<br>1:30 Karaoke A<br>4:40 Card Game C                                                 | 15<br>10 Coffee Chatter & Trivia C<br>2:00 Arts & Craft A<br>DIY Paper Popsicle         |
| 16<br>10 Relaxation Spa (Face & Nails)<br><i>2:00 Church Service Evangelical A</i><br>3:30 Card Game C                                      | 17<br>10 Summer Baking C<br>2:00 Bingo C<br>3:45 Gardening                                                                      | 18<br>10 Fitness Fun A<br>11 Friendly Visits<br>1:30 Glamour on the Go<br>3:30 Card Game GR<br>3:30 Table Talks C                                                                                                                                                     | 19<br>10 Musical Fitness A<br>11 Friendly Visits C<br>1:30 Aroma Therapy A<br>3:30 Gardening                  | 20<br>10 Curling A<br>11 Friendly Visits C<br>2:00 Bingo C<br>3:45 Gardening                  | 21<br>10 Friendly Visits C<br><i>11 Rosary Service St. Nicholas Church A</i><br>2:00 Arts & Crafts (Pasta Sunflower)<br>3:30 Card Game A | 22<br>10 Popsicle Month A<br>1:30 Sing Along C<br>3:30 Tuck Cart                        |
| 23<br>10 Cornhole Game A<br>11 Friendly Visits C<br>1:45 Hymn Sing A<br>3:30 Aroma Therapy C                                                | 24<br>10 Curling A<br><b>1:30 Birthday Party With Brian Z A</b><br>3:30 Gardening                                               | 25<br>10 Balloon Badminton A<br><b>1:30 Sing Along with Christine A</b><br>3:30 Card Game GR<br>3:30 Table Talks C                                                                                                                                                    | 26<br>10 Fitness Fun A<br>11 Friendly Visits<br><i>1:30 Prayer Group GR/V</i><br>3:30 Plant Care              | 27<br>10 Sunflower Festival (Courtyard –Weather Permitting)<br>2:00 Bingo C<br>3:45 Gardening | 28<br>10 Musical Fitness A<br>11 Friendly Visits<br>3:30 Card Game GR<br>3:30 Gentle Connection C                                        | 29<br>10 Coffee Chatter and Trivia A<br>2:00 Arts & Craft (September Coloring)          |
| 30<br>10 Relaxation Spa (Face & Nails) A Alcove<br>1:45 Hymn Sing A<br>3:30 Friendly Visits                                                 | 31<br>10 Morning Fitness C<br>11 Friendly Visits<br>2:00 Bingo C<br>3:45 Gardening                                              | <div>  <p><u>Program Venue</u><br/>           M = Maple Court W = Willow Place<br/>           V = Virtual GR = Great Room<br/>           C = Cherry Lane A = Alder Way</p> </div> |                                                                                                               |                                                                                               |                                                                                                                                          |                                                                                         |

# The Scoop

Fort Langley Seniors Community

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## August 2026

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

# Table of Contents

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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

- ❖ Monday August 3 at 1:45 – **BC Day and Entertainment with Hal Copeland**
- ❖ **Resident & Family Council Meeting** – Tuesday August 4 at 1:30
- ❖ Friday August 7 and 21 at 11:00am – **Communion and Rosary Service with St. Nicholas Church**
- ❖ Tuesday August 11 and 25 at 1:30 – **Music with Christine**
- ❖ Sunday August 9 and 16 – **Church Service with Evangelical**  
(Check activity calendar for service times)
- ❖ Monday August 24 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 August 4, 2026, at 1:30PM in the Great Room (Second Floor)

## Family Monthly Education

*Code of the Month:* August – Code Red Silver: Active Assailant

*Park Place Seniors Living Brochure:*

1. Hip Protectors are on Your Side
2. Bed Rail Safety
3. Finding Balance: Falls Management
4. Least Restraint

## 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-linkr-referrals>

# Site Leaders Corner

As we head into August, we would like to share a few important updates and upcoming events within our community. We would like to provide an update regarding Accreditation. Our accreditation survey, which was originally scheduled for June, has been rescheduled to November due to scheduling considerations related to the FIFA period. While the timing has shifted, please be assured that our teams remain fully prepared. We continue to focus on maintaining high standards of quality, safety, and person-centered care, and will use the additional time to further support our ongoing readiness.

We are also continuing to raise funds for staff appreciation and would greatly appreciate your support. We invite families and staff to contribute to our Community Cookbook by submitting a favorite recipe along with a grocery receipt donation. This is a wonderful way to celebrate our shared community while recognizing our dedicated team. Please see the poster in the lobby for full details on how to participate.

We are excited to celebrate BC Day together with a special social event featuring Hal Copeland, who will be providing live musical entertainment. It will be a great opportunity to come together, enjoy some music, and celebrate community spirit. In addition, our monthly birthday celebration will take place on Monday, August 24, featuring Brian Zalo on guitar. We look forward to celebrating all of our August birthdays with music, treats, and great company.

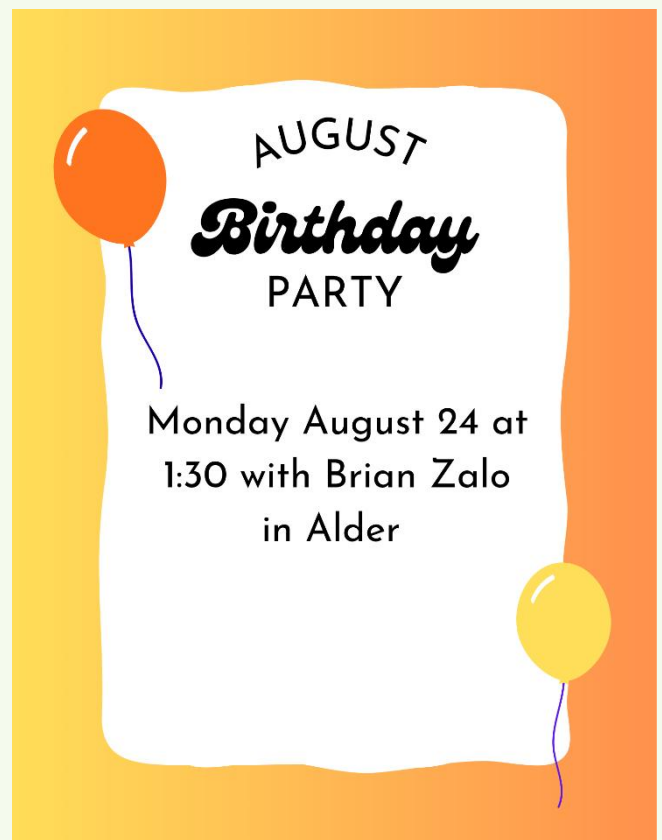
Thank you, for your continued support and involvement in our community. We look forward to seeing you at our upcoming events.

**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 &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<br><i>Onsite Monday, Thursday, and Fridays</i>              |
| <i>Dietitian</i>                          | Caitlyn McNeill                    | Ext. 130                                     | Fortlangley.dietitian@ppsl.com<br><i>Onsite Tuesday, Wednesday, and alternating Thursdays</i> |
| <i>Occupational Therapist</i>             | Jane Chang                         | Ext. 129                                     | Jane.chang@saliusrehab.ca<br><i>Onsite Tuesdays and Thursdays</i>                             |
| <i>Physiotherapist Temp</i>               | Khushbu Mistri                     | Ext. 129                                     | khushbu.mistri@saliusrehab.ca<br><i>Onsite Tuesdays and Fridays</i>                           |
| <i>Nurse 1</i><br><i>Nurse 2</i>          | Alder<br>Cherry<br>Willow<br>Maple | Ext. 128<br>Ext. 160<br>Ext. 170<br>Ext. 221 | <b>Please call the extension for the correct neighborhood.</b>                                |

## 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](mailto: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](https://www.amazon.ca/hz/wishlist/ls/3HY45HMBVT89J?ref_=wl_share)  
– Thank you

## Appreciation

Employee of the Month:  
July – Amber D Care Coordinator



***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](mailto: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