

Township of
Langley



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NEWS RELEASE

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SENIOR CITIZENS CELEBRATED BY TOWNSHIP

Special members of the community and everything they contribute will be celebrated by the Township of Langley during Seniors Week. From June 1 to 7, a variety of events, activities, and programs will be held throughout the Township to spotlight seniors and encourage those aged 50-plus to stay healthy, engaged, and informed.

“Our senior residents have so much wisdom, life experience, and knowledge to pass on - it is wonderful to see people staying engaged and active as they get older,” said Township of Langley Mayor Jack Froese. “Seniors have a lot to contribute and are a vital part of our community. We are pleased to celebrate and pay tribute to them during Seniors Week.”

PHYSICAL ACTIVITY AND FUN EVENTS

One of the highlights of the week will be the annual Senior’s Tea, an afternoon of socializing, refreshments, and live entertainment that has become a Seniors Week tradition. Presented in partnership with Chartwell Langley Gardens Retirement Residence, the Tea will be held Tuesday, June 4, from 1:00 to 3:00pm at the Aldergrove Kinsmen Community Centre.

Seniors who want to keep up their fitness or are looking for team activities will have plenty to explore, as a variety of sessions for all interests are held throughout the community, each day of the week.

A Balance, Strength, and Stretch class will be offered, along with yoga, bocce ball, and walking hockey. Those who want to get in the pool can try aquafit or water walking, take a swimming lesson or learn how to swim lengths, and enjoy a special Swim and Tea event. Other activities will include a Fit for Life low-impact class with weights and stretching and a Horseshoe Tournament.

As well, a Spring Hop Dance will be held Thursday, June 6, from 1:00 to 3:00pm, at West Langley Hall, 9400 – 208 Street, for partners and singles wanting to dance and socialize. Tickets are \$8 in advance or \$10 at the door.

Registration is required for Seniors Week activities. For a full schedule and to sign up, visit tol.ca/events or stop by or call any Township community, cultural, or recreation centre.

SENIORS AND AGE-FRIENDLY BUSINESSES RECOGNIZED

A unique opportunity for seniors and businesses in Walnut Grove is being launched during Seniors Week.

Last year, the Township initiated an Age-friendly Business Recognition Program (tol.ca/agefriendlybusiness) to acknowledge local businesses that have made a commitment to age-friendly business practices and serving customers of all ages and abilities with dignity and respect.

This year, from June 2 to 28, seniors in Walnut Grove - which was chosen as the pilot community due to its high senior population - are encouraged to nominate businesses in their neighbourhood that meet a subset of the Age-Friendly Business eligibility criteria, which has been identified by the Township and its Seniors Advisory Committee. Then, during the summer, nominated businesses will be contacted by Township staff and encouraged to complete a full criteria assessment. Successful businesses will receive a Township Age-friendly Business Recognition Certificate.

Seniors who nominated the successful businesses will equally be recognized, said Val Gafka, the Township's Senior Manager of Economic Investment and Development. "Seniors have a strong sense of business and hold significant buying power," she said. "This program endeavours to illuminate their awareness of our business environment and the services that support this age group."

To promote the June program, staff from the Township's Economic Investment and Development department will meet with seniors living in care facilities in Walnut Grove, as well as those who live independently and are connected to community support groups, to provide information and hand out nominations forms. In addition, seniors living in Walnut Grove who would like to nominate a local business can contact invest@tol.ca or 604.533.6084 for an official nomination form.

"We hope this inspires businesses to want to participate in this recognition program, because age-friendly businesses make good business sense," Gafka said. "In the Township, all age groups 55 and older have doubled in the last 20 years. Seniors have an important voice that can lend to businesses thriving in our community."

In 2015, the Township of Langley was formally recognized by the Province of BC as an Age-friendly Community, a place where people can enjoy all stages of life and live with dignity, respect, and independence.

For more information, contact Natalie Alexander, Township of Langley Recreation Programmer, at nalexander@tol.ca or 604.533.6170 ext. 6173; or Val Gafka, Senior Manager, Economic Investment and Development, at vgafka@tol.ca or 604.532.7305.