

SENIORS' WEEK: Sixty doesn't seem old anymore

Langley seniors' centre staffer writes on how aging changed her perspective

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Now that I'm older, old people don't seem so old.

I recently turned 60. I guess that makes me a senior. I don't mind telling you that it was a hard number to swallow. I can't be a senior. I'm too young.

But hey, maybe I should think of it this way: they're throwing a week-long party for me (and everyone over 50) – BC Seniors' Week, June 2 to 8.

But why? Why do we celebrate aging and older people?

The fact of the matter is that seniors of all stripes play an integral part in the vibrancy of B.C. That's easy to forget because seniors sometimes become invisible in our society. Seniors' Week gives us the chance to loudly acknowledge the contributions that older members of our communities have made and are still making. It's also a way for us to let our elders know that we care about their health and wellness and happiness. And that's where Langley Senior Resources Society (LSRS) plays a vital role in Langley City and Township.

For over 40 years, LSRS has been providing social, recreational, and educational programs as well as food and health services to area seniors.

We're the largest independent senior centre in B.C. We treasure our 150-plus volunteers who help run our operations, clubs, café, thrift shop, gardens, and special events. We have two locations: our Adult Day Program for adults who have physical or cognitive impairments is downtown, and our Seniors' Centre for all folks over 50 is at 20607 51B Ave.

We provide a wide range of interactive, fitness and learning opportunities. We also deliver essential outreach services to support independence, health, safety, and social navigation support to seniors.

This week, we are opening our doors to those we haven't yet met. We can't wait to welcome you to our beautiful Centre. If you're a first-timer, come have a free coffee and muffin with us. If you haven't been by for a long time, make your way back. There are old friends to visit and new friends to be made. We're offering a week of free activities and programs to say hello and spotlight our commitment to your well-being.

And don't miss all the activities this week just for seniors at our civic facilities, too.

Everyone is invited to the Rise and Shine \$10 Breakfast Buffet on June 3. We are honoured to welcome the new BC Seniors Advocate Dan Levitt as our special guest along with the City and Township mayors and other dignitaries. It'll be a fun way to start the week of celebrating seniors. (Call 604-530-3020 for reservations.)

Being 60 is starting to sound more appealing to me. If you're over 50, I hope you'll come hang out with us this week. We will laugh and sing and play and offer each other a helping hand.

At Langley Senior Resources Society, it's always Seniors' Week because there's a lot to celebrate.