

Community Resource Guide



Seniors LINC
Langley Integrated
Network of Care
Improving Seniors Care

Caregiver Support

Aldergrove Adult Day Care Centre	604-856-3595
Alzheimer Resource Centre	604-533-5277
Health & Home Care Society of BC	604-327-9525
Langley Adult Day Centre	778-328-2302
Langley Senior Resources Centre (Caregiver Support Group)	778-328-2302 Extension 2
Place in the Grove	604-881-1104

Caregiver Websites

BC Ministry of Health	www2.gov.bc.ca/gov/content/family-social-supports/seniors/caring-for-seniors
Family Caregivers of British Columbia	www.familycaregiversbc.ca
United Way Family & Friend Caregivers Information & Resources Handbook 2016	http://www.uwlm.ca/wp-content/uploads/2015/06/Caregivers-Guide-2016-web.pdf
BC Cancer Agency Caregivers Website	www.bccancer.bc.ca/our-services/services/library/recommended-websites/living-with-cancer-websites/caregivers-websites

Congregate Meals

Langley Vineyard (1st Wed/month)	5780 Glover Road
Salvation Army (Gateway of Hope)	604-514-7375
▶ Lunch 12:30pm (Mon, Wed, Fri, Sat)	
▶ Dinner 5pm (Sun, Tues, Thurs)	
Senior Resources Centre	604-530-3020
St. Joseph's church Drop In	
▶ Lunch 11:30 (Tues)	

Counselling/Grief Support

BC Bereavement helpline	1-877-779-2223
Langley Hospice Society	604-530-1115
Living through Loss Counselling Society	604-873-5013
BC Association of Clinical Counsellors	1-800-909-6303
BC Psychological Association	604-730-0522

Dental

Dr. James (makes home visits)	604-514-9549
In Home Dentures Services	778-999-7929
Low Cost Pacific Oral Health	604-536-2700
Low Cost UBC Dental School	604-822-5773
Low Cost VCC Dental Clinic	604-443-8499
Low Cost VCC Denture Clinic	604-443-8500

Disease-Specific Resources

Advocacy Access for Disabilities of BC	604-872-1278
ALS Society of British Columbia	604-278-2257
Alzheimer's Resource Center	604-533-5277 604-449-5000
Arthritis Society Information Line	1-866-414-7766
BC Cancer Centre	604-877-6000
Canadian Cancer Society	604-253-8470
▶ Toll free	1-888-939-3333
Dementia Helpline (9am-4pm)	604-681-8651
Heart & Stroke Foundation	778-372-8002
Hospice Society	604-530-1115
Inspirehealth Supportive Cancer Care	604-734-7125
Langley Better Breathers Support Group	604-534-2632
Langley Community Support Groups Association (Stroke Recovery Langley)	604-882-4672
Mental Health Geriatric Outreach	604-514-7940

Parkinson Society of British Columbia	604-662-3240
Self-Management BC (chronic pain/diabetes workshops)	604-940-1273

Driving

DriveABLE	1-888-475-4666
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Education

Township and City of Langley Leisure guide	TOL.ca or cityoflangley.ca
Food & Friends (Aldergrove)	604-533-1679
Food & Friends (Brookwood)	604-590-3888
Food & Friends (Fort Langley)	604-888-7782
Food & Friends (Langley City)	604-514-2940
Food & Friends (Walnut Grove)	604-533-1679
Food & Friends (Willoughby)	604-533-1679
Langley Seniors Community Action Table	llyscat@gmail.com
Seniors LINC	604-539-4328
TALK (Third Age Learning at Kwantlen Polytechnic University)	http://www.kpu.ca/talk

Equipment (new)

A-1 Wheelchairs	604-530-1735
Active Home Care Products	604-513-3858
Flaman Fitness	604-533-5336
Horizon Home Health Care (Mon-Sat)	604-534-9528
Medichair	604-572-9620
Medicine Centre Pharmacy (Mon-Fri)	604-532-1996
Red Cross (Aids to Independent Living)	604-709-6600 Extension 632
Red Cross- Loan Cupboard (Langley)	604-881-1113
Save On Scooters	604-541-7550

Self-Care (new/used/rentals)	604-872-5800
Shoppers Drug Mart – open 24hrs (Surrey)	604-581-4544
Shoppers Drug Mart – open 24hrs (Walnut Grove)	604-881-9921
Shoppers Home Health	604-514-9987
South Vancouver Seniors Network	604-324-3670

Equipment (used)

Direct Medical Supplies	604-531-3507
Equipment Registry	604-324-3670
Penny Pinchers Thrift Shop	604-530-3232
Pos-Abilities Society	604-961-0117
Save-On Scooters	604-541-7550
South Vancouver Seniors Network	604-324-3670
Valley Evergreen Pharmacy	604-534-1332

Financial

BC Seniors supplement	1-866-866-0800
Canada Employment Insurance	1-800-0-Canada
Compassionate Care Benefits Program	
Disability Alliance BC	1-800-663-1278
► TTY	604-875-8835
Financial Help for Home Repairs (RRAP)	1-800-668-2642
Government Programs Counsellors at Langley Senior Resources Centre	604-530-3020
Health Insurance BC Fair Pharmacare (MSP)	604-683-7151
Home Adaptations for Independence HAFI (Financial assistance for home modifications)	604-433-2218
Office of the Public Trustee & Guardian (PGT)	604-660-4444
Old Age Security/GIS/CPP	1-800-277-9914
SAFER (Senior's Rent Subsidy)	604-433-2218

Senior's Abuse & Information Line	604-437-1940
▶ Also Legal Advocate (8am - 8pm daily)	www.bcceas.ca
Service Canada Citizen Services	1-800-622-6232
Service BC	1-800-660-2421
Veteran's Affairs Canada	1-866-522-2122

Grocery Delivery

Better at Home Grocery Service for Seniors	604-530-3020
Buy Low Foods	604-533-1823
Dairyland Delivery	604-421-4663
Green Earth Organics	604-708-2345
IGA South Langley	604-530-7013
IGA Walnut Grove	604-882-8411
Safeway (Aldergrove)	604-857-1351
Safeway (Fraser Crossing)	604-534-4363
Safeway (Willowbrook)	604-533-3291
Save On Foods (Willoughby)	604-532-5988
Seniors Outreach Program	604-530-3020

Hair Care

Dora Fehr	604-951-8383
Gemini Mobile Hair Care	778-322-7018
Hair On Wheels	604-532-0444
JJ's Design	604-613-4715
Trish's Hairdressing	778-888-4657

Health Services

Langley Memorial Hospital	604-534-4121
BC Seniors health care support line	1-800-663-7867
▶ TTY	1-800-661-8773
Fraser Health – Home Health and Community Care	1-855-412-2121

Mental Health (non-emergency)	604-514-7940
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Hearing

Beltone	604-534-8663
Crystal Vision and Hearing	604-510-5142
Connect Hearing	604-530-8616
Ears Hearing Clinic Langley	604-427-2828
Elite Hearing Clinic	604-530-8616
Low Cost Hearing Aides	1-888-818-1211
Miracle Ear Hearing Care	604-533-4797
Sonus Hearing Care	604-533-4797

Home Support Services/Private Nursing

Many private services offer overnight care, transportation, foot care, housekeeping and meal preparation.

Adult Day Program	778-328-2302
▶ Bathing Program	Extension 4
Alexa's Helping Hands	604-455-0889
Angels There For You	604-427-2839
B Cared For	604-510-6007
Bayshore Home Health	604-739-7454
Better at Home Housekeeping Service	604-530-3020
Care Counts Health Services	604-530-3358
Care From the Heart	604-888-1809
Classic Caregivers	604-534-5663
Classic Lifecare	604-263-3621 or 1-800-428-2750
Comfort Keepers	604-530-9111 or 604-532-1079
Cornerstone Care Society	604-514-1476
Fraser Valley Senior's Companion Care	604-625-2273
Home Care Assistance (specialized services)	1-800-4-Livein

Home Health Services (Fraser Health Authority)	604-532-6500 or 1-855-412-2121
Home Instead Senior Care	604-514-3386
Nurse Next Door	604-228-4357 or 1-877-588-8609
Pink Rose Home Support	778-397-6699
Pro Care Health Services	604-525-1234
Revera	604-530-3813 or 1-877-929-9222
Safe Care Home Support	604-945-5005
We Care	1-866-729-3227
West Coast Health Care	604-574-2999

Housing

BC Housing	604-433-1711
Financial Help for Home Repairs (RRAP)	1-800-668-2642
Gateway Shelter (Salvation Army)	604-517-7375
Home Adaptations for Independence HAFI (Financial assistance for home modifications)	604-433-2218
Housing Counsellors at Langley Seniors Centre	604-530-3020
SAFER (Senior's Rent Subsidy)	604-433-2218
Senior's Services Society (housing information)	604-520-6621
Starting Point Homeless Outreach	604-530-6477

Information on Seniors Programs

Advanced Care Planning	http://fraserhealth.ca/your_care/ advance-care-planning
Alzheimer's Society	http://www.alzheimer.ca/english/ disease/intro.html
ALS Society of BC	http://www.alsbc.ca
BC Government	http://www2.gov.bc.ca/gov/content /family-social-supports/seniors

BC Heart Failure	http://www.bcheartfailure.ca
BC Seniors Advocate	http://www.seniorsadvocatebc.ca/info/
Canada Revenue	http://www.cra-gc.ca/tx/ndvdl/vlntr/clncs/langley-bc-eng.html
Canadian Continence Foundation	www.canadiancontinence.ca
Canadian Nurse Continence Advisor Association	www.cnca.ca
Cancer Driver Program	http://www.volunteercancerdrivers.ca/about.html
Chronic Disease	http://www.coag.uvic.ca/cdsmp
Council of Seniors Citizens Organization of BC (COSCO)	http://www.coscobc.org/
Dementia	http://www.marep.uwaterloo.ca
Depression	http://www.sfu.ca/carmha/toolsandresources.html
Federal Retirees	https://www.federalretirees.ca
GI (stomach)	http://www.romecriteria.org/criteria/
Geri Psych	http://geropsychiatriceducation.vch.ca/downloads.html
Osteoporosis	http://www.osteoporosis.ca
Pain	http://www.painedu.org/resources.asp
Variety of Health Topics	http://www.actnowbc.ca https://www.healthyfamiliesbc.ca/

Legal

BC notaries	604-681-4516
Langley Pos-Abilities (Advocacy)	604-961-0117
Lawyer Referral Service	604-687-3221
Legal Advocate (8am - 8pm daily)	604-437-1940
Legal Aid	604-408-2172
Legal Services Society – application	1-866-577-2525
► General inquiries	604-601-6000

Senior's Abuse and Information Line (SAIL)	604-437-1940
▶ Toll-free	1-866-437-1940
▶ TTY	604-428-3359
▶ Also Legal Advocate (8am - 8pm daily, excluding holidays)	www.bcceas.ca

Meal Delivery

Better Meals	604-299-1877
Casalinga Meals	604-435-1994
Gold Card Catering	604-594-5520
Gourmet Takeaway	604-533-0700
Meals On Wheels	604-533-1679

Meal (affordable meals and groceries)

Aldergrove Legion (Wednesday - Sunday)	604-856-8814
Langley Food Bank	604-498-1798
Langley Legion- Friday Night Meal @ 5:30	604-534-3615
Langley Senior Resource Society Cafeteria	604-530-3020
▶ Lunch 11-1 / Coffee/Muffin 9-2 (Mon-Sat)	
▶ Take Out Meal \$6	
MOW Food & Friends Socials – please prebook Soups & Sandwiches \$5 (11:30-1:00)	
▶ Aldergrove – Bob's Bar n' Grill (1st & 3rd Mondays)	604-857-7725
▶ Aldergrove – Otter Co Op (2nd & 4th Mondays)	604-607-6923
▶ Brookswood – Seniors Centre (1st & 3rd Thursdays)	604-590-3888
▶ Fort Langley – St. George's Church (2nd & 4th Wednesdays)	604-888-7782
▶ Langley City – Flourishing Seafood (2nd & 4th Wednesdays)	604-514-2940
▶ Langley City – Grand Tandoori Flame (2nd & 4th Wednesdays)	604-888-7782

▶ Walnut Grove Community Centre (2nd & 4th Thursdays)	604-533-1679
▶ Willoughby Langley Seniors Village (1st & 3rd Wednesdays)	604-533-1679
OAP Hall #71 – Aldergrove	604-856-5624
▶ Lunch (Wednesday, Friday, Saturday)	
▶ Dinner (Friday, Saturday)	
Seniors Healthy Living Bag – prepaid (1st Tuesday of the month)	604-530-3020

Medical

Crisis Line	604-255-6344
Crisis Line (Fraser Health 24hrs)	1-877-820-7444
Health Insurance BC Fair Pharmacare (MSP)	604-683-7151
Health Link BC (BC Nurse Line)	8-1-1
TTY: Text Telephone for deaf, hard of hearing or speech impaired	7-1-1
Health Link BC (Dietician Services)	604-732-9191
Medical Alert (St. John's)	604-321-2651
MedicAlert (www.medicalert.ca)	1-800-668-1507

Moving/Downsizing/Organizing/Handyman

50s Handyman (free estimates)	778-552-5048
Act Together Moving (assists seniors moving)	604-655-3909
Angels There For You	604-427-2839
Everything Organized (hourly fee)	604-314-3604
Handyman (Andy)	604-341-4313
Just Let Me (relocation services)	604-809-7883
Next Chapter Senior Services	604-427-4806 778-888-0506
Solutions	604-538-3240
T&K Haul Away (free appliance removal)	778-233-4949
Time Off!	778-549-0165

Nanny Agencies

Care Solutions	604-983-8407
Nanny Services	1-888-369-8819
Reliable Nanny	604-435-3161 or 778-388-2751

Optical

Canadian National Institute for the Blind	604-431-2121
Langley Eyecare Center	604-534-6033
Langley Optometry Clinic	604-534-4312
Lens R Us Optical	604-530-9600
Mozel Optical Ltd.	604-532-1158
Optimeyes Mobile Optician Ltd.	778-878-4858
Vision Care Center	604-514-0070

Pharmacies that deliver medication

Glover Pharmacy	604-534-8686
IDA Pharmacy	604-539-9799
Medicine Center	604-532-1996
Murrayville Pharmacy	604-534-6600
Pharmasave (Murrayville)	604-510-5522
Safeway (Langley City)	604-534-4245
Safeway (Willowbrook)	604-530-6161
Save On Foods (Langley City)	604-533-0400
Save On Foods (Walnut Grove)	604-882-0883
Save On Foods (Willoughby)	604-532-5833
Shoppers Drug Mart (Murrayville)	604-532-0515
Valley Evergreen Pharmacy	604-534-1332

Pharmacies That Administer Medication

Medicine Shoppe	778-552-1334 or 604-510-3140
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Naz's Pharmacy	604-596-3241
Pharmasave (Murrayville)	604-510-5522
Tux Pharmacy	604-530-5300

Physical Activity

Aldergrove Community Arena	604-530-1323
Aldergrove Kinsmen Community Centre	604-533-6144
Brookwood Senior Centre	604-530-4532
Douglas Park Recreation Centre	604-514-2865
Get Up 'n Go exercise classes	604-587-7866
Fraser Valley Aquatic Therapy	604-856-3595
George Preston Recreation Centre	604-530-1323
Langley Centennial Museum http://www.cityoflangley.ca/parks-recreation/recreation/active-aging	
Langley Community Services	604-534-7921
Langley Event Centre Walking Track (no fee) http://www.langleyeventscentre.com/facility/walking-track/closures	
Leisure Guide (Township of Langley) http://www.tol.ca/Parks-Recreation/Leisure-Guide	
SOAR Stroke Recovery marilynpicco@gmail.com	604-882-4672
Timms Community Centre Walking Track (\$10/yr)	604-514-2940
Walnut Grove Recreation Centre	604-882-0408
WC Blair Recreation Centre	604-533-6170
Willowbrook Recreation Centre	604-532-3500
Willoughby Community Centre	

Podiatry

Advanced Foot Care Nurses	604-533-3829
Beez Foot Care Services	778-998-2013
Dr. Howard Green	604-560-5588

Dr. Joseph Stern	604-574-4342
Dr. Urton	604-530-1561
Dr Yatcak (does house calls)	604-321-3015
Fraser Valley Foot Care (home visits, clinics and education days)	604-626-5939
Happy Feet	604-535-7788
Heavenly Foot Care	778-322-6109
Karen About Your Foot Care	604-888-1563
Melody's House Calls	604-510-5155
Tender Toes- Regina Naing RN	604-802-5121
Walk Well Foot Care	604-309-8971

Repair Services

Senior Citizen's Repair Service	604-529-1100
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Safety

Ambulance/Medical Transport (non-emergency)	604-660-6897
BC Centre for Elder Advocacy and Support	1-866-437-1940
Fire – City of Langley (non-emergency)	604-514-2880
Fire – Township of Langley (non-emergency)	604-532-7500
Information & Referral	211
▶ TTY	604-875-0885
▶ Email	help@bc211
Information & Referral, Langley Seniors Centre	604-530-3020
Lifeline Langley	604-514-6041
Lifeline Repairs/Issues	1-800-387-1215
RCMP (non-emergency)	604-532-3220
RCMP (victim services)	604-532-3214
Senior's ComeShare Society	604-531-9400
Senior's Line	211
VictimLinkBC	1-800-563-0808
Wandering Registry	1-800-667-3742

Tax Preparation

Canada Revenue	1-800-959-8281
Gateway of Hope (by appointment only)	604-514-7375
Langley Senior's Resource Centre Outreach	604-530-3020

Transportation

Better at Home Transportation	604-530-3020 Extension 302
Bus Pass Program	1-866-866-0800
Cancer Society	604-215-5462
Driving Miss Daisy	604-626-7128
Handydart (taxi service)	778-452-2860
▶ Bookings	604-575-6600
Helen's Shuttle Service	604-538-8687
Parking Permit Program	604-718-7744
Pets to Vets (non-emergency pet transport)	778-938-7387
Seniors On The Go	604-803-7359
SPARC Parking	604-718-7744
SN Transport Ltd (medical, social, lifestyle transportation)	1-800-768-0044
Translink Trip Planner (bus)	604-953-3333

Other

Fraser Valley Regional Library Outreach	1-888-668-4141
Girl Friday Errands	604-240-3602
Langley Bathing Program (\$10 fee)	778-328-2302

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