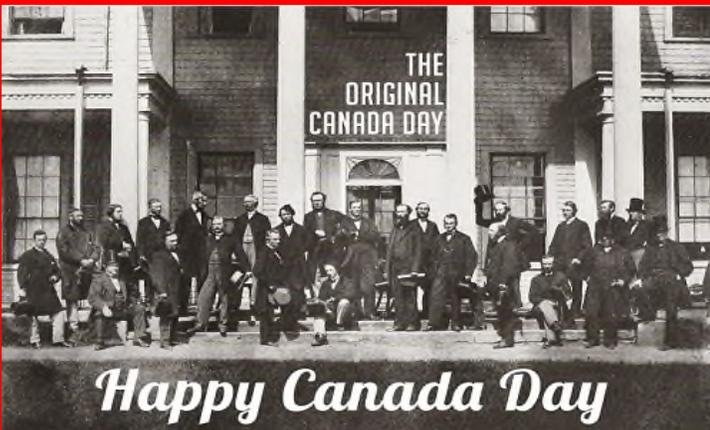


# THE LANGLEY LODGE REVIEW

Langley Lodge, 5451 204 Street, Langley, BC V3A 5M9

Phone number: 604 530 2305

[www.langleylodge.org](http://www.langleylodge.org)



## Happy Canada Day

Canadians enjoy July 1<sup>st</sup> in many different ways; but Canada Day is, first and foremost, a day to celebrate the country we know and love.

Canada's Confederation came into existence when Queen Victoria gave Royal Assent to the British North American Act (BNA Act) in March 1867.

On June 20, 1868, the Governor General, Lord Monck, signed a proclamation calling everyone in Canada to join in the celebration of the first anniversary of the formation of the union on July 1. In 1879, the July 1 holiday was established under the name of Dominion Day. As new provinces and territories joined Canada, Dominion Day became increasingly celebrated across the country. On October 27, 1982, "Dominion Day" officially became known as "Canada Day".

Happy 153<sup>rd</sup> Birthday Canada!



## PARAMOUNT DUO: DARLA KIMBERLY & ROY DUQUETTE

This year's Langley Lodge Canada Day Concert may have looked a little different compared to our usual annual Canada Day Concert. We were still fortunate enough and delighted to have "Paramount" a local musical duo, come out and celebrate the day with us. Paramount came out and serenaded residents and staff from the courtyard with some of our all time favorite songs. Residents and staff enjoyed this unique concert safely from home area balconies and windows facing the courtyard. The concert was thoroughly enjoyed by all!





## July Birthdays

Tom B.  
Koap H.  
Mina M.  
Frances N.  
Patricia S.



★HAPPY★  
BIRTHDAY!

Vern B.  
Marilyn L.  
Eva M.  
Frances S.  
Vince Z.

## THANK YOU FRASER HEALTH!

A big shout out goes to the Fraser Health Authority for all of their help and support through these difficult times. They have been a huge assistance with staffing & infection prevention and control!



fraserhealth

Better health.  
Best in health care.

## Coping With Change

Change is a natural part of life. Most of us are continually making adjustments that reflect our changing needs, interests, and the world itself. Some changes are sudden & unexpected, which can be difficult to accept. Finding the best strategy to cope with change-- whether planned, unexpected, difficult or even positive. Learn to focus on what you can control & letting go of what you can't.

### Understanding the benefits of change;

*Change can be rewarding because it...*

**Provides a chance to learn & grow:** new experiences can bring greater knowledge and awareness if you allow them to.

**Gives you a new perspective:** Sometimes when you are forced to make choices and decisions, you realize what it is you really value.

**Brings new opportunities:** Change may be difficult but it may also bring about unexpected, new opportunities such as meeting new friends or developing new healthy habits.

**Helps you stay flexible:** It's easy to fall into a rut or become "set in your ways". A change in one area of life can help you stay flexible and may help you make other changes in your life.

**Builds self-confidence:** Staying in a comfortable situation can be fine for a while. But over time, it can become tedious or cause you to lose confidence in your ability to do well at different tasks or in new settings.

**Makes you grow & become stronger:** When you accept and successfully cope with a tough change, it will help you become stronger for the next change.

## Langley Lodge Heroes Response Fund



**Family and friends are being safely cared for by the heroes of Langley Lodge.**

**One way you can thank them for their courage is to support their commitment to enhancing quality of life for residents.**

**By making a donation, you can help us adapt to the increased risks of COVID-19 for seniors and the elderly. Please visit [www.langleylodge.org](http://www.langleylodge.org) and press the "Donate Now" button at the top of the webpage OR contact the Langley Care Foundation at **604-532-4207**.**

**We need you to be a hero too.**



*As we slowly start to phase things back to a more "normal" routine, our hairdresser will be gradually returning to commence services again. Over the next few weeks we will announce our re-opening. Some of the pricing has changed, please see the updated pricing schedule for SmartSet Mobile Hairdressers LTD. effective June 2020.*



SMARTSET MOBILE HAIRDRESSERS LTD.  
Professional Attentive Haircare Service

**Schedule of Pricing**

<b><u>SERVICE</u></b>	<b><u>COST</u></b> <b><u>(before taxes)</u></b>
SET & STYLE	19.00
CUT & SET & STYLE	37.00
BLOW DRY & CURLING IRON	19.00
HAIRCUT (ladies & mens)	18.00
CUT & BLOWDRY (no curl)	25.00
PERMANENT (inc. cut & set)	63.00
COLOUR (inc. cut & set)	67.00
BEARD TRIM	5.00
CUT & BEARD TRIM	23.00
SHAMPOO & DRY (under dryer)	7.00