Township of Langley

Est. 1873

SENIORS ADVISORY COMMITTEE

Wednesday, March 18, 2026 at 4:00pm
Salmon River Committee Room
4th Floor, 20338-65 Avenue, Langley, BC

M I N U T E S

Present:
K. Zhu, Community Co-Chair
Councillor T. Baillie, Council Co-Chair
Councillor S. Ferguson, Council Co-Chair

C. Archer, S. Bennett, L. Dysart, L. Fuller, S. Rai, P. Sutherland, and S. Tingley

Guests:
S. Woykin, Langley Meals on Wheels
P. Krump, Langley Seniors in Action

Staff:
M. Gunn, Planner, Community and Policy Planning
V. Burnett, Council and Committee Clerk

ACKNOWLEDGEMENT OF THE TRADITIONAL TERRITORIES OF THE COAST SALISH PEOPLES

K. Zhu acknowledged the Traditional Territories of the Coast Salish Peoples.

A. APPROVAL AND RECEIPT OF AGENDA ITEMS

1. Seniors Advisory Committee – March 18, 2026

Moved by P. Sutherland,
Seconded by L. Fuller,
That the Seniors Advisory Committee approve the agenda and receive the agenda items of the March 18, 2026 meeting.

AMENDMENT
Moved by L. Fuller,
Seconded by P. Sutherland,
That a presentation from Langley Seniors in Action be added to the agenda.
CARRIED

MAIN MOTION, AS AMENDED
The question was called on the Main Motion, as amended, and it was
CARRIED

Clerk's Note: Item C.2 was added to the agenda.

B. ADOPTION OF MINUTES

1. Seniors Advisory Committee – February 18, 2026

Moved by L. Fuller,
Seconded by P. Sutherland,
That the Seniors Advisory Committee adopt the Minutes of the February 18, 2026 meeting.
CARRIED

C. DELEGATIONS AND PRESENTATIONS

1. Langley Meals on Wheels

S. Woykin provided information about Langley Meals on Wheels. She gave an overview of what they provide including hot and cold meal delivery, social programs, a community café, volunteer wellness check-ins, and hospital transition support. These deliveries of food and programs help to connect the community.

There has been an increase in the demand of their programs, and many seniors are facing isolation. Transportation is one of the biggest barriers to their clients, especially in Langley. Rising fuel costs also impact volunteers and program sustainability.

Food is a powerful way to create connections and reduce isolation. One of their programs to support this is Food and Friends in Murrayville and Aldergrove. The community café is another social opportunity, as well as the connections made by volunteers visiting homes.

She noted that the core of what they do is to make everyone feel valued and included, as there is no distinction between paying and subsidised clients. They also provide working opportunities and grants. These opportunities help keep seniors active, with many of their volunteers being seniors. Volunteers help care for vulnerable and isolated seniors by providing referrals to resources that can help them remain in their homes longer. They can recognize the need for care earlier by being alert to signs of distress. There have been 306 referrals to date with ongoing partnerships from local organizations.

Home from the Hospital is a lifeline for those coming out of the hospital with no connections or services in place. Service includes 14 days of meals being provided after hospital discharge. A total of 350 patients have been supported, and 4,830 meals delivered.

Many community supports and health services are available, including:

- Home from the Hospital Program
- LMOW Firehouse Café
- Food & Friends
- Community Classes

C. DELEGATIONS AND PRESENTATIONS

- Community Garden Beds
- Meal Café Gift Card Program
- Healthy Living Bags
- Space for programs and services
- Starfish Summer Program

The Community Outreach Meal Program provided 13,000 meals last year, helping to reach members of the community that are isolated.

They provide space for community groups and local entrepreneurs, they currently partner with Stepping Stone, New Directions, Langley Environmental Partners Society, Girl Guides, Langley Division of Family Practice, and local artisans. There is also a community garden that provides fresh produce. Renovations are beginning on the upstairs area to include cooking and nutrition programs, social and wellness activities, senior and youth engagement, a volunteer program, and a community gathering space.

The following questions and comments were provided:

- A brief history of their collaboration with the Township was provided, S. Woykin noted that the Township has been vital to keeping the program running.
- Are volunteers trained in recognition of neglect and poor health?
  On a basic level they are, but they are looking to expand training levels for their volunteers. They currently do wellness checks.
- Do you have a goal for expansion?
  Referrals to join the program with no fee attached. The fee is a common barrier despite funding currently available.
- PreviewED was suggested, which is a one-page assessment to detect early changes and health decline in seniors.

2. P. Krump, Langley Seniors in Action

P. Krump provided information about the Langley Seniors in Action. He noted that they are working on the Senior Shuttle Bus Project. A survey was done to get input into proposed shuttle services in Langley. He received information regarding demographics throughout the Township. The age group was 60+ for the survey.

Some of the demographic information included the following:

- 16% of the votes were men, 84% were women.
- 24% were located in the City of Langley and 80% in the Township.

Factors including estimated income, gender, age, and location were recorded. The survey was extended, and there are about 200-350 surveys out with about 50-60 having been returned so far. He visited the Brookswood Seniors Society to do a presentation, and this added about 40 surveys. They will be revisiting their business plan to account for increased bus pricing.

C. DELEGATIONS AND PRESENTATIONS

April 15, 2026 is the cut off for participation in the survey.

The following questions and comments were provided:

- What geographic areas did the survey cover?
  Specifically, Brookswood, Aldergrove, Walnut Grove, and Willoughby. Some areas outside of the Township were included as well.
- What are next steps?
  To complete the survey results within the next few weeks and determine what the survey looks like. Results can be forwarded to all levels of government when completed.
- Once the survey is completed will the results be shared?
  Yes, through their website.

D. REPORTS

1. Co-Chair Report

Councillor Baillie reported that they are nearing the end of the budget discussion. Yellow left hand turn slot markers have been added to 16 Avenue. New culverts have been added to 40 Avenue, which are functioning well.

Councillor Ferguson gave an update on liquid waste and sewage. The sewage systems are all currently working well. He reported that a new Langley recycling and waste depot is being considered by Metro Vancouver, similar to the Central Surrey Recycling and Waste Centre. He also attended a tour of a liquid waste plant. He noted that budget deliberation is ongoing, and that the proposed budget will be providing seniors and youth programs, including activities.

E. CORRESPONDENCE

F. WORK PROGRAM

1. Survey Discussion and Framework

M. Gunn reported that they have been seeking insight into the formulation of a survey. To gain ideas for this survey she provided the example of the “My Health My Community” survey and shared it with the committee. This survey has demographic information including gender, age, birthplace, education, employment, ethnicity, and income. Other factors were recorded including health metrics, commuting methods and times, community resiliency, health status, and more. A community health status was provided for the Township based on these findings.

F. WORK PROGRAM

The Township's Social Sustainability Strategy priorities and progress indicators were shared with the Committee as background information for the survey. The survey should have a theme and an idea of how the survey information will be utilized.

Discussion ensued and the following comments were provided:

- The survey should avoid overly complex questions and ideally be 10 questions or less.
- Yes or no questions can be beneficial in moderation.
- Intention is important and keeping in mind survey fatigue.
- Looking at what age group to target, if an age limit is to be set.

M. Gunn will send out the example survey for committee review and discussion at a future meeting.

G. COUNCIL REFERRALS

H. OTHER BUSINESS AND ITEMS FOR INFORMATION

1. SAC Photo

A photo of the committee was taken for the Township website.

2. Programs for Seniors

P. Sutherland commented that there are not many options in the Township for cultural classes. She noted that it would be beneficial to have more classes in areas including art, cooking, nutrition, how to avoid scams, etc. These programs would help to provide mental stimulation to seniors.

3. Seniors Resources St. George's Anglican Church

S. Tingley reported that senior's resources are being offered in Fort Langley at St. George's Anglican Church. They are offering exercise classes and pharmacare for Langley residents with an existing family doctor. There is also a hearing clinic being offered.

4. Fraser Health Long Term Care

C. Archer provided information regarding Fraser Health care transitions into long term care. Some patients are unfamiliar with long-term care inclusions, so educating patients about what is offered early into their care is beneficial. There is a long waitlist for care, and many could benefit from other services while waiting.

I. NEXT MEETING

Date: Wednesday, April 15, 2026
Location: Salmon River Committee Room
4th Floor, 20338-65 Avenue, Langley, BC
Time: 4:00pm

J. TERMINATE

Moved by S. Tingley,
Seconded by C. Archer,
That the meeting terminate at 5:32pm
CARRIED

CERTIFIED CORRECT:

Community Representative Co-Chair

Council Representative Co-Chair