

Detach and drop off at
reception for Bev- Seniors
Outreach Services or mail to:
RMSS 12150 224th Street
Maple Ridge, v2x 3n8

Name _____

Address _____

Phone _____

I would like information
about:

I would like a tour

I would like a phone call

**Ridge Meadows Seniors Society
Maple Ridge & Pitt Meadows**

12150 224th Street
Maple Ridge, BC V2X 3N8
Phone Bev: (604) 961.5964
info@rmssseniors.org
www.rmssseniors.org



Seniors Outreach Services

Connecting you
to your community

Maple Ridge Seniors Activity Centre
& Pitt Meadows Seniors Centre



What is Seniors Outreach?

The Seniors Outreach Services Program provides support services to seniors in Maple Ridge & Pitt Meadows.

Helping you stay connected to your community and maintain your independence is the goal.

Improving accessibility of services to seniors will assist in an improved quality of life.

DID YOU KNOW?

The Canadian Council on Social Development states that given the choice, most of us would prefer to 'age in place' in our own homes.

Being aware of what help is available to you, can enhance your wellbeing.

THE GOOD NEWS!

Seniors in our community can access services that will meet your needs.

Support is available to assist you to reconnect and find new friends, exciting activities and information that supports your choices.

WE CAN PROVIDE THE FOLLOWING SERVICES TO ADULTS 55+:

Answer questions on Community Resources

Programs & Services to promote active living

Wellness Clinic to enhance a healthy lifestyle

Security and friendship through Seniors Helping Seniors Program

Coffee and Connecting Support

Affordable Weekday Meals

Educational Opportunities

Connect with The RMSS Seniors Outreach Services

Ridge Meadows Senior Society is here to help.

www.rmssseniors.org

