

# GrapeVine

RIDGE MEADOWS SENIORS SOCIETY- MAPLE RIDGE & PITT MEADOWS

December 2014 Issue



Maple Ridge Seniors Activity Centre  
12150 224th Street  
Maple Ridge, BC V2X 3N8  
604-467-4993

Pitt Meadows Seniors Centre  
19065 119B Ave  
Pitt Meadows, BC V3Y1Xk  
604-457-4771

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

## A MESSAGE FROM THE BOARD OF DIRECTORS

To almost all members of RMSS, the activity centres in Maple Ridge and Pitt Meadows are pleasant places where, for a modest fee, you can come in to participate in a variety of activities – you can sing, dance, exercise, get your blood pressure checked, play ping pong, cards or just socialize over a coffee or have lunch with friends; places that are clean and tidy, cool in the heat of summer and warm in the cold of winter. But to seven of the members who form the volunteer board of directors, RMSS is much more – it is a business. And as we all know, a business does not run by itself!

So, what is expected from the board of directors? The broad role of the board is to provide leadership and oversight and to ensure that the goals of the Society are achieved, however in the absence of a manager, the board has become a “working” board taking on the day to day management of the Society.

The Society must comply with rules and regulations, starting with its own Constitution and Bylaws and including Robert's Rules of Order the Society Act, WorkSafe B.C., the Liquor Control Licensing Board, Food Safety Regulations and the Employment Standards Act. We have to make sure that insurances are up to date, that staff and bills get paid on time, and satisfy the Parks and Leisure Commission that we are meeting our obligations to them under the fee for service and lease agreements.

To make the workload manageable, committees have been struck – Finance, Human Resources, Safety, Policy and Procedure, Fundraising, and P.R. and Communications.

We are fortunate that we have a knowledgeable and supportive staff in the office, but despite this, the amount of work and responsibility is daunting.

We recently had our AGM and it was extremely disappointing to see how few people were willing to come forward to serve the Society. There was one nomination from Maple Ridge and none from Pitt Meadows. I was particularly interested in the member who, at the AGM, criticized the Nominating Committee for not finding more candidates, but when asked if she would like to step forward and serve, her answer was a resounding “no.”

I also had a conversation with a fellow a week or so before the AGM. I asked him if he would be attending and he responded he did not get involved in things like that. But he did have one interesting question. He told me he wanted to know how much the board got paid! He was surprised to learn that we are volunteers and give of our time for free!

Criticizing the decisions of the board is easy, making some decisions is often hard. There are still two spots on the board that can be filled. If you are interested, give me a call!

Margaret Kraemer- Board Secretary.

## A MESSAGE FROM MARIA

It's the most wonderful time of the year!! Christmas is now creeping up so quickly! We have a few festivities organized for the coming month. **Join fellow members and staff for some Christmas cheer and to help trim the tree, in the Dining Room, on the 4th of December at 1:00pm.** Also, be sure to purchase your tickets for the **Christmas luncheon** at reception. **The cost is \$14 and includes lunch, door prizes and music by the Christmas Revellers.** The **kids from Stardom daycare** will be joining us over lunch on **Monday, December 22nd** to sing a few songs and put us in the Christmas Spirit. If you haven't already purchased your tickets for one of the three Variety Plus shows, please do so at the Reception Desk. I hope you can join us for some or all of these festive events.

In January, I will be announcing a special training session for our many valued volunteers at Maple Ridge and Pitt Meadows Seniors Centres. This training session will help streamline the recording of the many volunteer hours that our members fulfill each day. By streamlining the recording of volunteer hours, it will help achieve an accurate count of the number of hours that are necessary to run our centre. This is important to know when we are applying for grants. The first step in doing this is having each volunteer fill out a detailed form. The majority of volunteers have already done so in the last few months. If you have not yet been asked to fill out the Volunteer Information Form, please come by and see me in the office.

One last request.... If you are interested in donating one of your fine china tea cups and a saucer (or two) to RMSS, we would be forever grateful! Please see me for more details.

Merry Christmas everyone! Maria

## BUS TRIPS

### **VanDusen Festival of Lights & Christmas Market - December 11th & 17th - SOLD OUT Waitlist only**

Festival of Lights brings Christmas fantasy to life with 1.4 million bulbs, nightly appearances by Santa and his elves and community choir concerts! Before night fall, visit the Vancouver Christmas Market in the Plaza at Queen Elizabeth Theatre.

#### **PACKAGE INCLUDES:**

Admission to VanDusen Festival of Lights & Christmas Market  
Maple Ridge 2-8:30pm  
Pitt Meadows 1:30-8:45pm

### **Local Christmas Light Tour**

**December 9th**

**Maple Ridge Pick Up 6:30pm &  
Pitt Meadows pick up 6:45pm**

Join us for a guided tour of some of the most fantastic light displays in our nearby neighbourhoods. Seats are limited. Must book by December 1st. Cost is \$20.



### **Yaletown Afternoon Tea & West Coast Express**

January 29th -\$99

Enjoy a special afternoon tea at the celebrated Provence Marinaside on the waterfront in Yaletown and ride the West Coast Express from Vancouver to Mission. Chef's Le Grand Thé features Smoked Salmon and Cucumber, Sundried Tomato and Spinach Quiche, Lemon Tartelette, Deux Scones, Crème Fraiche and Preserves and many more with choice of tea or coffee. The West Coast Express is a scenic commuter train departing from Vancouver's Waterfront Station at 3:50pm, travels along the waterfront on Burrard Inlet to Port Moody and ends in Mission City at 5:05pm. The January 29th sunset is forecasted at 4:56pm. Prior to boarding XOXOLAT hosts our group for a private chocolate tasting with time available to explore Yaletown's historic cobblestone sidewalks and vibrant shops and boutiques. This escorted tour includes Afternoon Tea lunch, train ticket, chocolate tasting and a warm bus waiting in Mission.

Maple Ridge 11:00am-6:00pm

Pitt Meadows 10:30am-6pm

## BUS TRIPS

### Chinese New Year

February 22nd- \$79

**\*NEW\***

The exciting, fun-filled event features lion dances, marching bands, parade floats, martial arts performances, cultural dance troupes, firecrackers, and more. The parade includes over 3,000 people from various cultural and community groups in Vancouver, and also features the largest congregation of lion dance teams in Canada. The colourful and energetic lions are just one of the many highlights of the parade each year attracting more than 50,000 spectators annually. Experience authentic Chinese multi course lunch at the very popular restaurant Peaceful Restaurant recently featured on the Food Network's Diners, Drive-Ins and Dives. Finish the day at Dr. Sun Yat-Sen Classical Chinese Garden for an afternoon filled with traditional activities, delightful performances and cultural exchanges.

Maple Ridge 9:45-5:15pm

Pitt Meadows 9:15-4:45pm

### RMSS TRIP ADVICE

1. Please be at RMSS 15 minutes prior to departure.
2. Please meet at the Centre and travel by the arranged transportation. We ask you not use your own transportation as this creates a number of problems for us at the Centre.
3. Return times are approximate. Situations arise which may make us late or even early. Please make your travel arrangements with this in mind.
4. Please dress appropriately for all trips such as good walking shoes, wind/rain coat or hat.

**REFUND POLICY:** no refunds will be issued after the **DEADLINE DATE** unless the trip is cancelled by RMSS or the Tour Company. Prior to **DEADLINE DATE** a \$5.00 service charge will apply for cancellations. If you have cancellation insurance through your own insurance or the Tour Company their refund policy would apply. If a trip is cancelled by the Tour Company or RMSS, a full refund will be given.

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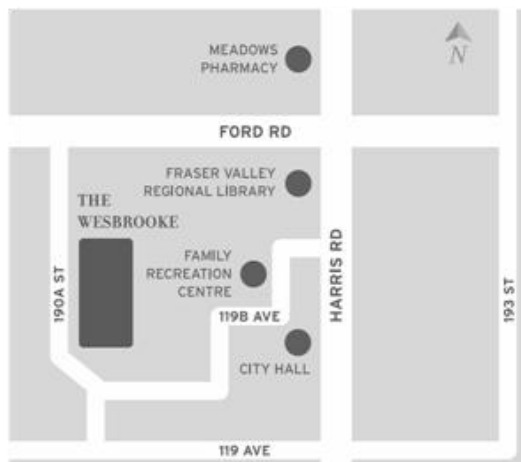
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## MAPLE RIDGE COMMUNITY GROUP MEETINGS

### **Alouette Field Naturalists Group**

Meets 2nd Thursday each month

Time: 7:30-10:30 pm

### **Alzheimer Society Support Group**

Meets 2nd Tuesday each month

Time: 7:00-9:00 pm

### **Begin Again Support Group**

a grief support group that supports widows, divorced women.

Meets last Friday of every month

Time: 2:00-4:00 pm

Contact: Lil 463-4703 or Rose 467-8319

### **Cameo Group**

Meets: Thursday each week

Time: 1:00-3:00 pm

### **Parkinson's Support Group**

Meets 2nd Wednesday each month

Time: 2:00-4:00 pm Contact: Edith 463-6018

### **Ridge Meadows Visually Impaired Group**

Meets 1st & 3rd Wednesday each month

Time: 1:00-3:00 pm

Contact: Kristi 467-6103

### **Senior Citizens Association Branch #149**

Meets: 1st Friday each month

Time: 1:30-4:00 pm

**Seniors Helping Seniors:** meets the 1st Thursday each month.

Time: 9:30 am Contact: Bob 467-4993

### **Stroke Recovery Program**

Meets: Friday each week

Time: 10:15 am-1:15pm

Contact: Terri 462-0324

### **T.O.P.S. Chapter #1368**

Meets: Thursday every week

Time: 6:00 pm

Contact: Barbara Rich 467-0075

### **T.O.P.S. Chapter #2304**

Meets Monday each week

Time: 6:00 pm

Contact: Linda 467-2558

### **Town 'N Country Square Dancers**

Meets: Mondays

Time: 7:00-10:00 pm

### **ALSO**

Beginners Square Dancing

Meets: Wednesday

Time: 7:00-10:00 pm

## DROP IN PROGRAMS AT MAPLE RIDGE– Drop in Fee applies

### MONDAY

Snooker	8:00-4:30pm
Stay Fit	8:30-9:30 am
Table Tennis	8:30-11:30 am
Seniors Workout	10:00-11:00 am
Bridge (Intermediate)	1:00-3:00 pm
Carpet Bowling	1:00-3:00 pm
Caregivers Support Gr.	1:00-3:00 pm
Gentle Joint & Yoga Fit	4:00-5:00 pm
Duplicate Bridge	6:30-9:30pm

### TUESDAY

Snooker	8:00-4:30pm
Easy Fit	8:30-9:30 am
Health & Wellness	9:00-noon
Chair Yoga	9:30-10:30 am
Crafts & Needlework	9:30-11:30 am
Tap/Jazz Dance Lessons	9:00-2:00 pm
Line Dancing Intermediate	10:30-11:30 am
Old Time Dancing	1:00-3:00 pm
Scrabble	1:00-3:00 pm
ECRC Bingo	1:00-3:30 pm
Cribbage	1:00-4:00 pm
Duplicate Bridge	6:30-9:30 pm
Table Tennis	7:00-8:30 pm
Mexican Train	7:00-9:00 pm

### WEDNESDAY

Snooker
Stay Fit
Table Tennis
Ballet/Musical Theatre
Seniors Workout
Spanish Dance
Golden Ears Bridge Club
Social Bridge
Tai Chi/QiGong

### THURSDAY

Snooker
Easy Fit
Tap/Stage Dance
Seniors Keep Fit
Silvertones Senior Choir
Spanish Language Conversati
Hawaiian Dance Lessons
Mah Jong
Carpet Bowling
Duplicate Bridge
Gentle Joint and Yoga Fit
Crib
Table Tennis

## DROP IN PROGRAMS AT MAPLE RIDGE– Drop in Fee applies

8:00-4:30pm  
 8:30-9:30 am  
 8:30-11:30 am  
 10:00-11:00 am  
 10:00-11:00 am  
 11:00am-noon  
 12:30-4:30 pm  
 1:00-4:00 pm  
 2:00-3:00 pm

8:00-4:30pm  
 8:30-9:30 am  
 9:00am-noon  
 10:00-11:00 am  
 10:30-11:30 am  
 11:00-noon  
 1:00-2:00 pm  
 1:00-3:00 pm  
 1:00-3:00 pm  
 1:00-4:30 pm  
 7:00-8:00 pm  
 7:00-10:00 pm  
 7:00-10:00 pm

**FRIDAY**

Snooker  
 Stay Fit  
 Table Tennis  
 Seniors Workout  
 Line Dancing (beginner)  
 Poker  
 Partnership Bridge  
 Line Dancing Intermediate  
 Whist

8:00-4:30pm  
 8:30-9:30 am  
 8:30-11:30 am  
 10:00-11:00 am  
 1:00-2:00 pm  
 1:00-4:00 pm  
 1:00-4:30 pm  
 2:00-3:00 pm  
 7:00-9:00 pm

**SATURDAY**

Snooker  
 Karaoke

8:00-4:30pm  
 1:00-4:00 pm

**SUNDAY**

Snooker

9:00-12:30



## MAPLE RIDGE FITNESS PROGRAMS

Drop in Fee Range of \$1.00– \$2.25 per class

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
8:30 Stay Fit	8:30 Easy Fit	8:30 Stay Fit	8:30 Easy Fit	8:30 Stay Fit
4:00 Gentle Joint & Yoga	9:30 Chair Yoga	2:00 Tai Chi/ QiGong	10:00 Seniors Keep Fit	
	7:30 Tai Chi– No Instruction (advanced)		7:00 Gentle Joint & Yoga	

**Stay Fit**– is a challenging 60 minute workout that incorporates cardio, balance & strength work.

**Easy Fit**- A moderate intensity class focusing more on balance using T'ai Chi & Yoga exercises in addition to seated strength work and stretching.

**Seniors Keep Fit**– 60 minutes of low impact cardio, balance, posture strength training & relaxation.

**Zumba Gold**– is a one hour modified high energy cardio dance class incorporating balance and strength with an underlying dance flavour for adults 55+. Dance styles include cha-cha, rhumba, flamenco, salsa, mambo, swing, bollywood, disco, tango and much more. \$25 for 5 classes. **Please register for this class at Pitt Meadows or Maple Ridge.**

**Tai Chi/QiGong**– gentle, slow movements that focus on breathing, balance and core strength.

(Tuesday Class– No instruction)

**Gentle Joint & Yoga** - This is a 75 minute Hatha Yoga class with minimal floor work. Please bring your own mat.

**Chair Yoga**– a 60 minute gentle movement class that incorporates breathing exercise and basic stretching

## PITT MEADOWS FITNESS PROGRAMS

Drop in Fee of \$2.00 per class

Mon	Tue	Wed	Thu	Fri
	8:30 Walking Club	10:00 Balance & Agility	8:30 Walking Club	11:20 Chair Fit
	12:30 Low Impact	11:20 Chair Fit Plus	10:15 Zumba Gold	10:15 Tai Chi
	1:35 Chair Yoga			

**Chair Yoga**– a 60 minute gentle movement class that incorporates breath and basic stretching.

**Chair Fit**– Designed to give you a gentle cardio, strength and stretch workout in a seated position. Some standing balance work with the chair for support is included.

**Chair Fit Plus**- This class format starts with an active warm up, a low impact cardio, balance, agility, standing and seated strength and stretch exercises designed to improve quality of life.

**Walking Club**– Meet other members for morning walk, at your own pace, in the Pitt Meadows area.

**Tai Chi**– gentle flowing movements to reduce stress, increase flexibility and improve health.

**Low Impact** - Enjoy a fun and energetic low impact class designed to improve your cardio, strength, flexibility and balance. Most strength and stretch work is done in a seated position.

**Balance & Agility**- This class is designed for all ability levels, seated or standing. A focus on balance exercises, fun agility games & strength exercises, using bands and hand held weights, with a longer stretch & relaxation component.

**PITT MEADOWS ACTIVITY CENTRE NEWS****Christmas Events at Pitt Meadows Seniors Centre****Variety Club Concert December 3, 7-9 pm****Tickets \$10:00 \$12.00 at the door****Christmas Celebration Wind Up - "A Pitt Meadows Christmas"**

Come to the Spirit Square on Friday, December 5, beginning at 6pm sharp. This year's event will be extra special, as it is also a celebration for the community's 100th Anniversary year! It is an evening for free family fun including music, entertainment, crafts, activities, the countdown to light the City's Christmas Tree for the holiday season and lots of holiday cheer.

*The Seniors Centre will be open from 6-8 for you to come and warm up by the fire. Refreshments and goodies will be available for purchase.*

**Christmas Lunch****December 11th- 12:30 - 2:30****Tickets \$18.00**

Christmas Celebrations with the Youth Group, fun, music and snacks

Dec 16, 6-8pm

**Food Bank Box for donations to Grace Church will be located in the Lobby**

**Donation Box for Seniors Helping Seniors in the Lobby until Dec. 5th**

The Centre will be Closed Dec 25, 26 and Jan 1

## PITT MEADOWS ACTIVITY CENTRE NEWS

December will be a busy month for all of us as we prepare for the holiday season. Check out the many activities we have planned for you, Concerts, Get Together, Bus Trips, Lunches, Craft Sale, Donation Boxes and more.

I want to take this time to thank all of the Volunteers who help us at Reception, Silver Top Café, Soups On café, and for the many programs we have at the Centre. We could not do it without you!!

Thank you too for the Instructors who keep you moving and healthy.

Thank you to John who is a pleasure to work with, I love your ideas and how dedicated you are to the Centre.

Thanks to the Steering Committee who have worked diligently this year to provide services, events and support to John and myself. We are looking for new members and also an event committee to assist the committee to help plan and work with our events.

We all look forward to the New Year and all of the events we have planned for you.

Happy Holidays to You and Yours and all the Best for 2015!

*Kathie*

*§*

*John*

## DROP IN PROGRAMS AT PITT MEADOWS– Drop in fee applies

### MONDAY

Snooker	9:00-4:00 pm
Line Dancing	10:30-12:00 pm
Bridge	1:00-3:30 pm
Table Tennis	1:00-3:00 pm
Memory Class	10:00-12:00 pm

### TUESDAY

Snooker	9:00-4:00 pm
Walking Club	8:30-9:30 am
Computer Club	10:00-12:00 pm
Low Impact	12:30-1:30 pm
Camera Club	1:00-3:00pm
Mah Jong	1:00-3:00 pm
Table Tennis	1:00-3:00pm
Chair Yoga	1:35-2:35 pm

### WEDNESDAY

Snooker	9:00-4:00 pm
Crafts	9:30-11:30 am
Stretch & Fit	10:00-11:00 am
Ladies Snooker	1:00-3:00 pm
Chair Fit Plus	11:20-12:20 pm
Whist	1:00-3:30 pm
Table Tennis	1:00-3:00pm

\*Please note: Spanish Classes with resume in March

### THURSDAY

Snooker	9:00-4:00 pm
Walking Club	8:30-9:30 am
Computer Club	10:00-12:00 pm
Bingo	1:00-3:00 pm
Carpet Bowling	1:00-3:30 pm
Table Tennis	1:00-3:00pm

### FRIDAY

Snooker	9:00-4:00 pm
Tai Chi	10:15-11:15 am
Chair Fit	11:20-12:20 pm
Crib	1:00-3:30 pm
Table Tennis	1:00-3:00pm

### Foot Clinic

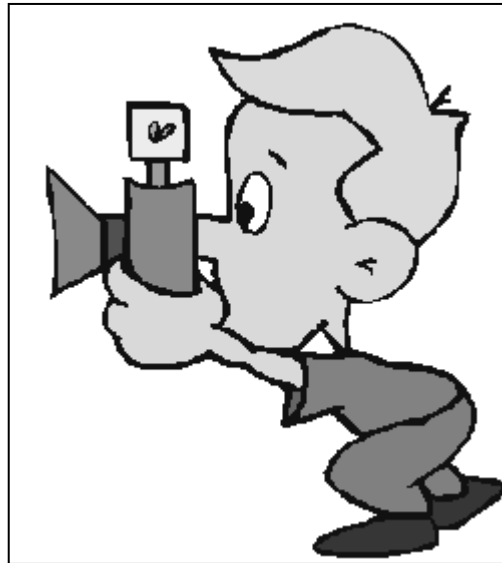
Last Friday of the Month  
Please call 604-457-4771  
to book an appointment

**Join us at Pitt Meadows**

**Soups On Café**

Mondays, Wednesdays &  
Fridays from  
11:30am-1:45pm

**A bowl of soup and a bun  
for \$3.50**

**PITT MEADOWS ACTIVITY CENTRE NEWS***The Pitt Meadows Camera Club***A fun photography concept**

**This is a gathering of those wanting to fix the “oh-ohs”  
in their photography!**

**A fun time for those wanting to learn to print picture's at home!**

**It will be a time for a picture show and tell!**

**But most of all it's a time to learn, share and express photography.**

**Time: 1:00 to 3:00 pm Tuesday afternoons**

**Where: Pitt Meadows Seniors Center**

**Come out - Have fun**

# DECEMBER 2014 CA

	Mon	Tue	Wed
	1	2 9:00 Wellness Clinic –MR 9:00 Optometrist Visit-MR	3 7:00pm Variety 'Tis the Season
7	8	9 9:00 Wellness Clinic-MR	10
14	15	16 9:00 Wellness Clinic-MR 9:00 Safeway Pharmacist Visit-MR  6-8pm Christmas Celebration with Youth Group-PM	17
21	22 12:15 Christmas Carols by the Stardom Daycare kids	23 9:00 Wellness Clinic-MR 9:00 Alzheimer Society Visit-MR	24 MR centre is cl 2pm
28	29	30 9:00 Wellness Clinic-MR	31

# CALENDAR OF EVENTS

	Thu	Fri	Sat
Variety Plus: Show-PM	4 9:30 Seniors Helping Seniors Meeting- MR  1:00 Tree Trimming in the Dining Room	5 7:00pm Variety Plus: 'Tis the Season Show-MR  <b>Final collection day for donations for Seniors Helping Santa sack stuffing</b>	6 2:00pm Variety Plus: 'Tis the Season Show-MR
	11 12:30pm Christmas Luncheon-PM Tickets are \$18	12 12:00 noon Christmas Luncheon-MR Tickets are \$14 and must be purchased in advance	13 1:00 Karaoke- MR
	18	19	20 1:00 Karaoke- MR
Closed at	25 <b>Closed- MR &amp; PM</b>	26 <b>Closed- MR &amp; PM</b>	27 1:00 Karaoke- MR
	<b>Please note both centers will be closed on January 1st, 2015</b>		<b>MR= Maple Ridge Activity Centre PM= Pitt Meadows Activity Centre</b>



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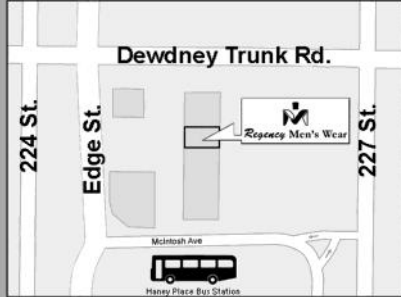
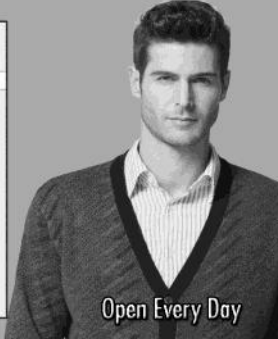
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**RISING STAR  
KARAOKE**

Every Saturday  
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from 1-4pm  
Free Admission  
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**Sorry... no minors**

**Dawn till Dusk Esthetics  
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**Ask about gift certificates**

Variety Plus Presents

# *Tis the Season*

Come and Enjoy some fun festive songs,  
dancing and great comedy fun!

## *Showtimes:*

December 3rd at 7pm  
at Pitt Meadows Seniors Centre  
19065 119B Ave. Pitt Meadows

December 5th at 7pm  
at Maple Ridge Seniors Centre  
12150 224th St. Maple Ridge

December 6th at 2pm  
at Maple Ridge Seniors Centre  
12150 224th St. Maple Ridge

Tickets will be available for purchase starting  
on November 17th at Reception— MR & PM.  
They are \$10 in advance or \$12 at the door

## GOLDEN SENIORS WELLNESS CLINICS 55+

Hello Seniors,

We had another successful Cholesterol Screening morning on November 4<sup>th</sup> so much so that we are hoping to extend our Cholesterol Screening hours to some extra time provided they are held the same time and day as the Wellness Clinic. We will be working on this for the New Year.

I am sorry to tell you that our foot nurse Helen Laity will no longer be attending our foot clinic after December this year. At present, Helen is still working full time elsewhere and is finding it difficult to help with our volunteer foot clinic. She hopes to return at a later date when she retires. Please hold off making any appointments with Helen until further notice. We are working on replacing Helen for the New Year.

On a sad note, I would like to inform you that Ramona Sosath passed away on Nov. 4<sup>th</sup>. Ramona was involved with the Addiction Services in Maple Ridge and provided counseling where necessary for those needing help. She attended RMSS every Friday to help the Seniors if needed, and was also part of our Networking Family. From our Wellness Clinic and Seniors who knew Ramona, and to her family, we wish to send our deepest sympathies.

I personally, would like to wish all our Seniors and Volunteers a Very Merry Christmas and a Happy, Healthy and Safe New Year. See you all in 2015

**Peggy Lambert RN Ret'd**

**Director/Coordinator Golden Seniors Wellness Clinic 55+**



## WELLNESS SPEAKER SERIES

Each month a new speaker will be presented. We will alternate from the Pitt Meadows Seniors Centre to the Maple Ridge Seniors Centre each month. The location is specified in brackets next to the Speaker topic. These are free to the public.

December

**No Speaker**

Friday, January 9<sup>th</sup> at 1:30pm

**Understanding Arthritis** (Maple Ridge)

More details to come

Friday, February 20<sup>th</sup> at 9:30am

**Stress & Arthritis** (Pitt Meadows)

More details to come

Friday, March 13<sup>th</sup> at 1:30pm

**Live a New Reality** (Maple Ridge)

Deanna LoTerzo, Life Coach, IRT therapist and Spiritual Healer, will be leading us in an interactive session focusing on how to take control of your own health & wellbeing. She will explain how our experiences, emotions and thoughts form our belief systems and how the physical & emotional body will respond to change in mindset.

If you have any topics you would like to learn more about, please see Maria in the Office.

## HOLIDAY PARTY SURVIVOR GUIDE– HOW NOT TO OVERINDULGE

**DO NOT GO HUNGRY:** Plan ahead, eat breakfast and a light lunch and if possible go for a brisk walk during the day. If you go hungry you will tend to eat more.

**BE WELL HYDRATED BEFORE THE PARTY:** Drink plenty of water during the day to keep your body well hydrated. Hunger and thirst are often confused.

**DO NOT STAND NEAR THE SNACKS OR THE BUFFET TABLE:** Mingle and talk with other guests, keep a glass of water or low calorie beverage in your hand. Occupied hands will not be reaching for the snacks.

**LOOK FOR THE HEALTHIER CHOICES :** Stay away from anything deep-fried, battered or in pastry cases. Choose plenty of veggies and salad, avoiding high calorie dressings and dips, choose lower fat choices, fat free sour cream, yogurt, salsa or flavored vinegar.

**MODERATION IS KEY:** Plan to eat 3 or 4 snacks not one of everything. Sit down and eat slowly. Enjoy and savor your choices. For dessert have fresh fruit or ½ of a serving of a sugary treat.

**TIPS TO REDUCE YOUR ALCOHOL and REMEMBER: DO NOT DRINK AND DRIVE**  
Alternate an alcoholic beverage with water or a diet drink in the same type of glass

Mix your alcoholic beverage with water or a diet soda, instead of juice or regular soda. For example have one-half of a beer mixed with diet ginger ale or make a wine spritzer by adding diet soda.

When drinking wine choose dry wine for fewer calories.

Avoid liqueurs which are heavy on alcohol and sugar.

Drink water before and with your meals instead of alcohol. Alcohol often makes you hungrier.

**AVOID THE THOUGHT: “I’VE BLOWN IT SO WHAT DOES IT MATTER NOW”**

If you have already eaten or drank more than you planned it does not mean you can not stop now. Stop, put your plate away, and then grab a glass of water or a diet soda in a wine glass to hold in your hand.

**Season’s Greetings!**

**Elaine Cooke, Pharmacist and Certified Diabetes Educator,  
Safeway Pharmacy, 604-468-1208 [elaine.cooke@safeway.com](mailto:elaine.cooke@safeway.com)**



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Carol Lange  
Care Designer



## Did you know you don't have to move into Assisted Living to have assisted living?

It's true. You can have the freedom of living safely and securely, all in your own familiar home.

If you want help with nutritious meals, housekeeping, driving to appointments, getting groceries, and getting out to activities you enjoy, you don't have to move into an assisted living apartment.



For about the same cost as renting a suite in an assisted living building, you can have assisted living - in your own home.

We'll set up your own unique wellness program that provides safety, security, healthy meals, transportation, grocery shopping, housekeeping and fun outings and community experiences. We will help fall-proof your home and keep your mobility up.

And when needed, extra care can come home too. Similar to doctors that make 'house calls', when you need help with medication, mobility, or personal care, our Certified Care Aides and Licensed Nurses come to assist – in the comfort of your own home.

**If you love where you live, call 604-468-2273 to book your FREE Caring Consult. We can't wait to meet you.**

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Starts at  
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## Do you fit into one of these Categories?

√ Did you move  
into the area  
recently?

√ Are you getting  
married?

√ Are you a new  
mom or a  
Mother-to-be?

√ Are you a  
Business  
interested in  
Welcome Wagon  
Programs?

√ Are you a new  
Business or  
Manager?



[www.welcomewagon.ca](http://www.welcomewagon.ca)

If you fit into one of these  
categories and have not been  
contacted by Welcome Wagon please call  
Kay 604-463-9376

## REFLEXOLOGY WITH URSULA

Reflexology is pressure applied to the feet with specific finger and hand techniques. Benefits of reflexology are improved sleep, better circulation, pain relief and increased mobility.

**By Appointment  
December 4 & 18**

At Maple Ridge Activity Centre

9:30 a.m. to 1:00 p.m.

45 Minutes—\$35.00

Please book appointments at the  
Reception Desk or by telephone  
at 604-467-4993

Honour your loved ones  
by having their names  
engraved on the

**IN MEMORIAM PLAQUE**

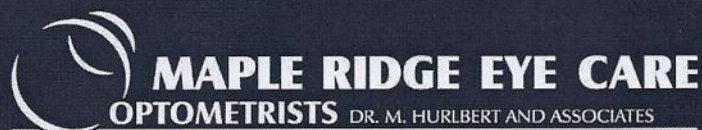
located in the main lobby  
of the Maple Ridge  
Seniors Activity Centre

for a minimum \$100.00 donation

## IN MEMORIAM

**Eileen Smith**

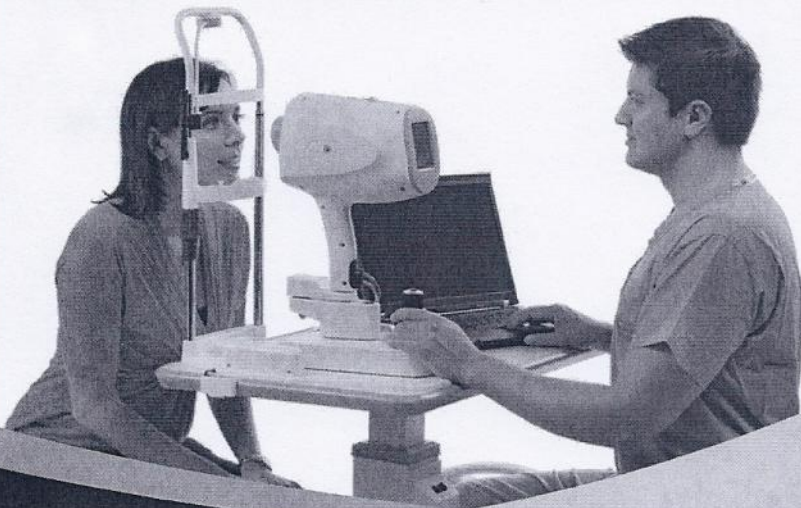
**Ramona Sosath**



Vision is one of our most precious gifts  
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We are pleased to now offer retinal laser scanning, or OCT testing, to our patients. This state of the art technology allows for even earlier detection of AMD (age-related macular degeneration) and glaucoma. Our eye doctors will recommend this test if it is appropriate for your eye health.

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## SENIORS HELPING SENIORS

Seniors Helping Santa, would like to thank everyone who has contributed time and/or gifts to the annual Christmas Sack Project. If you have not already donated an item you have until December 5, 2014 to do so. Help bring Christmas Cheer into our neighbourhood.

Items needed are: small puzzles or puzzle books, notepads, hygiene products, tea bags, small instant coffee/hot chocolate packs & baseball caps.

Merry Christmas!

Seniors Helping Seniors is seeking new members to assist in servicing some of the needs of RMSS members. The committees main activities are as follows:



**Transportation**– Provides rides for visit to medical/dental clinics, banks, shopping, RMSS Centres etc. at a very nominal cost, in the Maple Ridge, Pitt Meadows communities.



**Home & Hospital Visits**– Members provide friendly visits to hospital patients and those that are home bound



**Telephone Buddies**- Communicate by telephone, usually daily to verify all is well with their telephone buddy. A valuable service for those living alone.



**Special Projects**– Annual Christmas cheer ‘sack stuffing’: This popular program now involves almost 20 local schools, volunteer groups and businesses. Earth day: Displays and conversations promoting Seniors Helping Seniors. Seniors Week: involved in various events.

Additionally, the committee and it’s members take a keen interest in the Society’s wellbeing and researches and submits queries and suggestions to RMSS board of directors for consideration.

## RMSS 'SENIORS HELPING SENIORS' DRIVING SERVICE

This is a service provided to members, of RMSS Maple Ridge & Pitt Meadows, in need of rides to appointments, activities & shopping. It's Simple: Check the drivers schedule below & call a driver to schedule your ride. Please call at least one day ahead when booking your rides. For rides within Maple Ridge & Pitt Meadows a fee of \$3.00 minimum applies for a one way trip, returns \$6.00 to offset costs. Higher amounts apply as appropriate, depending on time and distance. For rides outside of Maple Ridge & Pitt Meadows, please call Community Services at 604-467-6911.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wilma Fraser 604-463-0482	Brad Lensen 604-512-3709	Brad Lensen 604-512-3709	Brad Lensen 604-512-3709	Sheila Pratt 604-463-8929
Debbie Lourens 604-463-7038	Jane Gilbert 604-466-8810	Claudia Finamore 604-467-8385	Jane Gilbert 604-466-8810	Claudia Finamore 604-467-8385
Marilyn McIntosh 604-463-9501		Catherine Jewell 604-465-1502		Joys Sooley 604-726-8868
Jane Gilbert 604-466-8810		Pitt Meadows & West Maple Ridge		Jane Gilbert 604-466-8810
Please call 604-467-4993 For an up to date list		Jane Gilbert 604-466-8810	Please call 604-467-4993 For an up to date list	

### PHONE BUDDIES

Are you new to the area, lonely, living alone or simply need to talk to someone? Call a 'phone buddy' to get you through the tough times.

Darlene    604-467-2751

### VOLUNTEER DRIVERS NEEDED

To assist with the transportation of RMSS Members  
Timing tailored to suit your convenience.

**Please telephone Joseph J.  
at 604-463-4041**

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## COMPUTER LABS



Our labs are available throughout the day for tutorials, or open use. The cost of instruction is a \$1 drop in fee. Please note if you plan on attending a session at **Maple Ridge**, please call in advance to confirm your attendance.

**Walter 1-604-820-2885**

**Ivan 604-854-0375**

**Ray 604-454-4574**

Monday	Tuesday	Wednesday	Thursday
10:00 Basics: Email, Internet, Camera <i>Walter-Maple Ridge</i>	<b>10-12 Drop In Lab- Pitt Meadows Documents &amp; Filing</b>		10:00 Basics: Email, Internet, Camera <i>Walter-Maple Ridge</i>
1:00 <i>Ivan-Maple Ridge</i>	1:00 <i>Ivan-Maple Ridge</i>	1:00 Basics: Email, Internet, Photos, Macs <i>Ray-Maple Ridge</i>	<b>10-12 Drop In Lab- Pitt Meadows Browser &amp; Internet</b>  1:00 <i>Ivan-Maple Ridge</i>

**IT WON'T BYTE**

**Stay tuned for some good news! The Teen Advisory Committee from Maple Ridge Library may be here once a month, starting in January, to help members with all their technology devices & questions. More details to come!**

## MAPLE RIDGE ACTIVITY CONTACT LIST

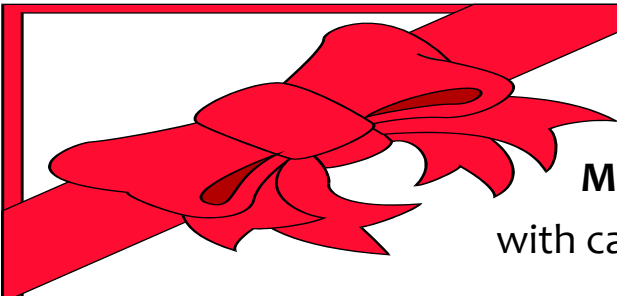
**The individuals listed below will be happy to answer  
any questions you may have regarding their activities.**

Activity & Volunteer Coordinator- Maria Perretta . . . . .	477-0425
Facility Coordinator Pitt Meadows– Kathie Rodway.....	457-4772
GrapeVine Editor.....	477-0425
Kitchen- Elaine.....	467-0072
Reception.....	467-4993
BC Seniors Game- Beryl Cunningham.....	463-5785
Ballet/Musical Theatre/Spanish Dance Aida Hughesman.....	467-3648
Bridge (Beginner/Intermediate/Duplicate) Walter Schmid..	1-604-820-2885
Bridge (Partnership and Social)- Art Hollar.....	467-9237
Cameo Group- Gail Radke.....	463-0539
Carpet BowlinG- Helena & Nick Samsonoff.....	466-1981
Craft Group- Gerda Hinz.....	467-8226
Elderly Citizens Recreation Commission (Bingo)-Margaret Norman...	462-7591
Esthetic Services- Dawn.....	992-0542
Fitness Classes- Maria Perretta.....	477-0425
Golden Ears Bridge Club (ACBL Sanctioned)- Garry Skoropada.....	462-7320
Golden Seniors Wellness Clinics 55+ - Peggy Lambert.....	467-4993

## MAPLE RIDGE ACTIVITY CONTACT LIST

### CONT'D

Hawaiian Dance Lessons- Bev Wills.....	466-1074
Line Dancing (Beginner/Intermediate)- Jim Inglis.....	465-9642
Mah Jong- Susan White.....	463-6407
Old Time Dancing- John Richoux.....	463-2533
Personal Touch Hair Care- Shelly.....	467-8284
Poker- Keith Christiansen.....	466-8855
Ridge Meadows Variety Plus- Gwen Browne.....	476-9306
Scrabble-Renee Spakowsky.....	463-8086
Seniors Choir, Director- Al Smith.....	462-7270
Seniors Helping Seniors Comm. Chair- Bob Foster.....	467-4993
Snooker- Joe Williams.....	463-1540
Spanish Language Classes- Joanna Montenegro .....	465-0989
Square Dancing- Phyllis Mitchell.....	467-7277
Table Tennis- Mike Buckingham.....	467-4901
Tai Chi/Qi Gong- Dina Kerr.....	467-2145
Tap/Jazz And Stage Dance Lessons- Bev Porter.....	476-9160
Tri Hard Walkers- Beverley Hernandez.....	467-9407
Whist- Rita.....	463-9789



**Ridge Meadows Seniors Society**

**Maple Ridge Christmas Luncheon**

with carol music by the Christmas Revellers

**Friday, December 12th**

Doors open at 12 noon- Lunch will be served at 12:30pm

Tickets are \$14



**Pitt Meadows Christmas Luncheon**

12:30-2:30pm

Tickets are \$18



**Purchase your tickets at the Reception Desk**



**October Country Fair At Pitt Meadows**

