

GrapeVine

RIDGE MEADOWS SENIORS SOCIETY – MAPLE RIDGE & PITT MEADOWS

January 2015 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

MESSAGE FROM THE BOARD OF DIRECTORS

Some of us put pen to paper to write down our personal goals for the rest of the year. Some simply pronounce their plans (wishes maybe?) for change at the stroke of midnight at the close of the past year. It is an age old custom and few of us are ever really successful in carrying out these resolutions.

The board of directors for the Ridge Meadows Seniors Society are no different in planning (and wishing) for positive improvement. In looking back over the past year, we saw many improvements to the way our Society operates. Some very obvious to all who cared to look, others not so obvious, but still very important for building a positive future. In our yearly report of September 2014, many of these were noted and like any healthy organization, the one thing that is constant here at RMSS, is change.

At the time of this writing, there are changes yet to be implemented, but they will be obvious when you read this.

The most significant change to our Centre at 224th Street, will be the installation of our security system upgrade. This has been a very long process to complete but I am pleased to say it is finally a reality. We will have new cameras outside in our parking lot, at key entry points both outside and inside, and also more cameras throughout our busiest rooms.

This system is state of the art in technology and will provide much needed security to our members and our property. They will be on at all times and will have the capability to retrieve important visual data at any time if needed. The monitoring of this system will be done only by authorized individuals to protect the privacy of all our participants. There will be signs posted to alert all who enter that they are under surveillance, so it should offer peace of mind to those of us who use our facility! That being said, it is wise to remember to lock your cars and never leave your belongings unattended as thieves and vandals are always looking for easy targets.

As for the other items on our wish list for 2015, the Board will be seeking grants and other means of funding to start the long process of replacing worn equipment, furniture, carpets and signage improvements. Repairs and maintenance will be a top priority for the upcoming year.

In closing, I wish to thank all who have been so supportive of the efforts to improve our Society. It inspires us to do more when we know that we have so many people on our side cheering us on! Thank you one and all!

Kind Regards,

Gaetan Rutherford- President, Ridge Meadows Seniors Society

MESSAGE FROM MARIA

A new year, a fresh start, a new beginning. For me, the marking of the New Year is filled with hope, potential, and anticipatory excitement. It is a time of reflection--honouring what has been, what is currently happening, and what is yet to come. The New Year is also a time to break the monotonous pattern. Sure, it's important to hang with your homey's over coffee once in a while - but my challenge to you is to get inspired and try something new, which you've never done before! The Pitt Meadows and Maple Ridge Senior Activity Centres are packed with all kinds of activities & volunteer opportunities. TAKE A RISK! When we shy away from things, our world becomes smaller. Think of your leisure time as a 'vacation'. Imagine what you're missing if you take the same vacation year after year. A different destination can introduce you to new friendships, experiences and cultures. Going somewhere unfamiliar might make you nervous, but there's a good chance a new adventure will revitalize you in ways you never expected. So when you've taken that big leap to a brand new activity, come by the office and tell me about it! And if you find yourself wanting to try something new but nothing tickles your fancy.... Again come tell me about it!! I look forward to chatting with you.

**Check our website (www.rmssseniors.org)
for photos from the Christmas Luncheon.**

Go to the ABOUT US tab and scroll down to PHOTO ALBUMS.

RIDGE MEADOWS SENIORS SOCIETY BOARD OF DIRECTORS

President.....Gaetan Rutherford

Vice-President.....Jackie Diewold

Treasurer.....Bill Barker

Secretary.....Margaret Kraemer

Director..... Marge Cook (Pitt Meadows Liason)

Director..... Marguerite Marchand

Director..... Noel Rehaume

BUS TRIPS

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

Chinese New Year

February 22nd- \$79

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

BUS TRIPS

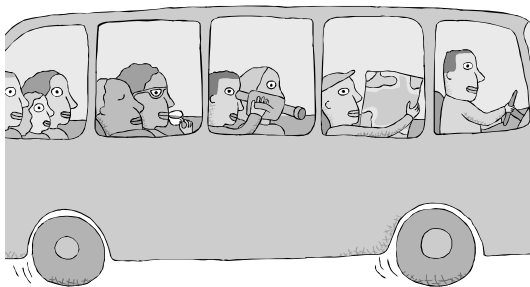
St Patrick's Day Parade & Pub Lunch

March 15 -\$79

More details posted
at the Seniors Centres.

Pitt Meadows, 9:15am - 4:15pm.

Maple Ridge: 9:45am - 4:45pm



**Have any ideas for
interesting trips
or tours?**

Let Maria know!

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.



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

If you fit into one of these categories and have not been contacted by Welcome Wagon please call Sue 604-380-0084

OLD TIME PATTERN DANCING

After many years of coordinating the 'Old Time Dancing', I find myself compelled to put an end to it this Christmas. A lot of dancers have been unable to keep up with dancing due to health reasons and it's been tough getting new blood.

I greatly thank RMSS for providing us with ideal facilities. Most of all I thank the faithful dancers (some may have only missed once in more than 15 years) who were the core of this lovely group. We are like family. Well done my friends. I shall miss you.

-John Richoux



Rising Star: Karaoke Saturday's
Maple Ridge Senior's Centre
1-4pm Free Admission
Refreshment's Available
Sorry... no minors

The Mousetrap

written by
Agatha Christie

directed by
Ellie King

ACT Theatre

11944 Haney Place, Maple Ridge

Comedy Mystery
ages 10+

March 17th - 21st 2015

2 for 1 previews Tue 17th & Wed 18th March

Tickets - 604-476-2787

Gen: \$23.50 Under 14 & Over 65: \$18

Family Pack 4 tickets: \$72

Groups 10 or More: \$15: 20 or more \$10

Quote WO1 when booking to receive a 10%

discount off your ticket order!

(telephone reservations only)



The world's longest running play still has you on the edge of your seat after 63 years' continuous run in London, England.

A group of people arrives at an isolated guest house, deep in the English countryside only to be trapped by a snowstorm: and one of them is a killer!

See if you can figure out which one of these oddly assorted guests it is before he - or she - strikes again!

A Royal Canadian Theatre Company production
www.rctheatreco.com



You are invited to attend the
50-PLUS EXPO

*Tuesday January 20, 2015,
 1:00pm - 4:30pm
 Ridge Meadows Seniors
 Society Activity Centre
 12150 224th Street, Maple Ridge
 For the latest seminar topics and times,
 please visit www.randykamp.com.*

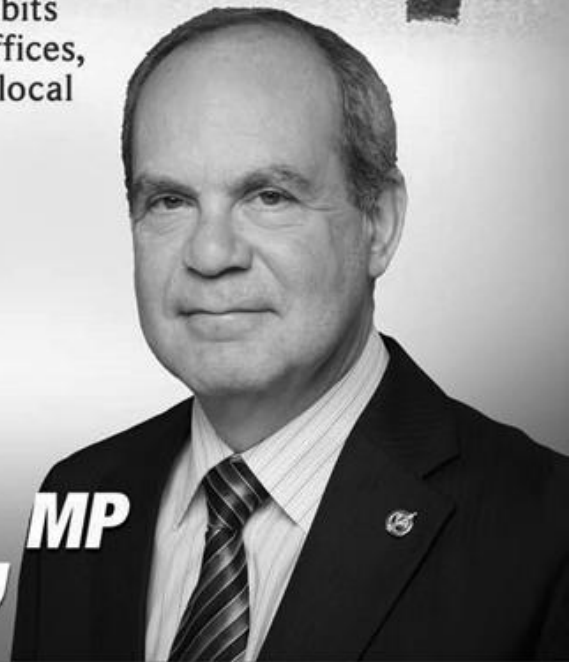


This event will include seminars focused on issues relevant to retirement and aging as well as booths and exhibits featuring a broad sample of federal government offices, non-profit support and community programs, and local businesses. Some of the exhibits include:

- MP Services including Passports and Disability Tax Credit Applications
- Personal wellness
- Financial planning

Hosted by:

RANDY KAMP, MP
 Pitt Meadows–Maple Ridge–Mission



22720 LOUGHEED HWY
 MAPLE RIDGE, BC V2X 2V6

RANDY.KAMP@PARL.GC.CA
 WWW.RANDYKAMP.COM

PH: 604-466-2761
 TOLL FREE: 1-888-255-8140

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: 1:30-4:00 pm

Contact: Lil 463-4703 or Rose 467-8319

Cameo Group

Meets: Thursday each week

Time: 1:00-3:00 pm

Happy Gang Support Group

Meets last Thursday each month

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
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

TUESDAY CONT'D

Table Tennis
Mexican Train

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 Conversation
Hawaiian Dance Lessons
Mah Jong

DROP IN PROGRAMS AT MAPLE RIDGE– Drop in Fee applies

THURSDAY CONT'D

7:00-8:30 pm	Carpet Bowling	1:00-3:00 pm
7:00-9:00 pm	Duplicate Bridge	1:00-4:30 pm
	Gentle Joint and Yoga Fit	7:00-8:00 pm
	Crib	7:00-10:00 pm
	Table Tennis	7:00-10:00 pm

FRIDAY

8:00-4:30pm	Snooker	8:00-4:30pm
8:30-9:30 am	Stay Fit	8:30-9:30 am
8:30-11:30 am	Table Tennis	8:30-11:30 am
10:00-11:00 am	Seniors Workout	10:00-11:00 am
10:00-11:00 am	Line Dancing (beginner)	1:00-2:00 pm
11:00am-noon	Poker	1:00-4:00 pm
12:30-4:30 pm	Partnership Bridge	1:00-4:30 pm
1:00-4:00 pm	Line Dancing Intermediate	2:00-3:00 pm
2:00-3:00 pm	Whist	7:00-9:00 pm

SATURDAY

8:00-4:30pm	Snooker	8:00-4:30pm
8:30-9:30 am	Karaoke	1:00-4:00 pm

SUNDAY

9:00am-noon	Snooker	9:00-12:30
1:00-2:00 pm		
1:00-3:00 pm		

MAPLE RIDGE FITNESS PROGRAMS

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

Mon	Tue	Wed	Thu	Fri
8:30 Stay Fit	8:30 Easy Fit	8:30 Stay Fit	8:30 Easy Fit	8:30 Stay Fit
10:00 Seniors Fit	9:30 Chair Yoga	10:00 Seniors Fit	10:00 Seniors Keep Fit	10:00 Seniors Fit
4:00 Gentle Joint & Yoga	7:30 Tai Chi– No Instruction (advanced)	2:00 Tai Chi/ QiGong	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 Stretch & Fit	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– For those of you looking to increase the intensity of the Chair Fit workout, this class includes easy to follow low impact cardio

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.

Stretch & Fit- 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.

A MESSAGE FROM KATHIE

Hope you all had a relaxing holiday, Happy New Year and welcome back.

Most classes and activities will be starting again the second week of January, check the notice board for the start-up dates.

To start the New Year we are looking for a new member to join the Advisory Committee, please call Marge Cook to find out how you can join. The Advisory Committee works very hard all year to plan and organize events such as the Lasagne Lunch, Strawberry Tea, Spring fling and many other events each month. We now have over 100 people attending our events monthly so we need volunteers to join an Events Committee to help plan, set up, help serve, help with clean-up of events, it is a lot of fun and you get to help plan the events, bring your suggestions too. Shifts can be 1 hour or the entire event. Ask Kathie, John or Marge for more information. We need you.

The Spanish classes, very popular last year were full, they will start again in March so if you want to learn Spanish, OLA, sign up now, the classes fill up quickly.

The Carpet Bowlers are looking for some new players every Thursday if you have always wanted to play, come to a class and see how it is played.

How about Table Tennis on Thursday at 1:00 pm they are also looking for new players, our 2 new tables are available.

Come play bingo on Thursday 1:00, the more members the more you will win.

If you have any suggestions for activities, topics for our speaker series, etc.
come talk to me, my door is always open.

Kathie

DROP IN PROGRAMS AT PITT MEADOWS– Drop in fee applies

MONDAY

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

TUESDAY

Snooker	9:00-4:00 pm
Walking Club	8:30-9:30 am
Wellness Program	10:00-11:00 am
Computer Club	10:00-12:00 pm
Low Impact	12:30-1:30 pm
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
Chair Fit Plus	11:20-12:20 pm
Whist	1:00-3:30 pm
Table Tennis	1:00-3:00pm

THURSDAY

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

FRIDAY

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

Most activities will be
starting again the second
week of January, after
the holidays.

Please check
the notice board
for the start up dates.

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.



How it works:

The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

TRY A FREE DEMO: January 13 at 10am- Maple Ridge Seniors Activity Centre or January 15 at 10:15am at the Pitt Meadows Seniors Centre

5 Classes for \$25 : First of 5 sessions starts January 20th at Maple Ridge & January 22nd at Pitt Meadows

Personal Touch Hair Care



We welcome clients from age 2 to 102!

New clients can enjoy 10% off your initial service.

FOR AN APPOINTMENT

Call 604-467-8284

Located at

RIDGE MEADOWS SENIORS

ACTIVITY CENTRE

12150 224TH STREET

W **THE WESBROOKE**
SENIORS LIVING COMMUNITY



Imagine...

*The Freedom & Security You Deserve
Independent Living...*

ALL INCLUSIVE RENTAL ACCOMMODATIONS:
JUNIOR STUDIO, STUDIO, 1 & 2 BEDROOM SUITES

- Nutritious meals by certified chef
- A Life Enhancement Program of activities
- Home of Pitt Meadows Senior Rec. Centre
- Spacious comfortable suites with full kitchens & appliances

*Assisted Living...
The Care & Comfort You Deserve*

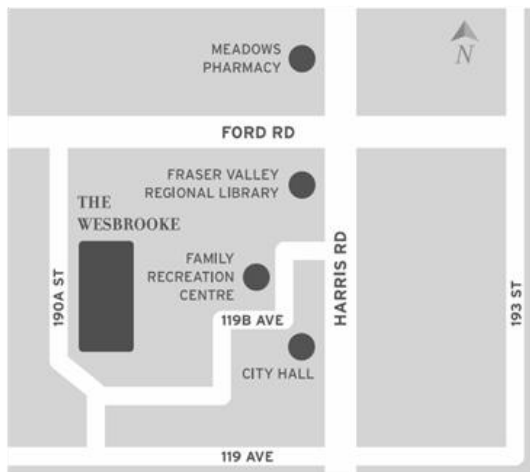
Our Manor experience has...

- A registered 33 suite assisted living residence
- Certified nurse on staff
- 24 hr. staffing for security & comfort
- Private Manor dining room & lounges
- Specialized wellness programs
- Services available for your individual needs
- Jr. studio, studios & 1 bedroom suite
- Respite care available



Open and in full operation

CALL TODAY OR REGISTER ONLINE FOR YOUR PRIVATE SHOWING



THE WESBROOKE
12000 190A Street,
Pitt Meadows BC

Open 9 am - 4 pm Daily

www.thewesbrooke.com

604.460.7006

Developed by
ALLEGRO PROPERTIES INC.

Managed & Operated by
CASA GROUP

JANUARY 2014 CA

Sun	Mon	Tue	Wed
	MR= Maple Ridge Activity Centre PM= Pitt Meadows Activity Centre		
4	5	6 9:00 Wellness Clinic-MR 9:00 Optometrist Visit-MR 3:30-4:30 It Won't Byte (see page 32)	7
11	12	13 9:00 Wellness Clinic-MR 9:00 Safeway Pharmacist Visit-MR 10:00 Free Zumba Gold Demo-MR	14
18	19	20 9:00 Wellness Clinic-MR 9:00 Alzheimer Society Visit- MR 1-4:30 50 PLUS Expo-MR	21
25	26	27 9:00 Wellness Clinic-MR	28

LENDAR OF EVENTS

Thu	Fri	Sat
1 CLOSED-MR & PM	2	3 1-4 Karaoke-MR
8 9:30am Seniors Helping Seniors Meeting-MR	9 1:30 Understanding Arthritis- MR	10 1-4 Karaoke-MR
15 10:15 Free Zumba Gold Demo-PM	16	17 1-4 Karaoke-MR
22	23	24 1-4 Karaoke-MR
29	30	31 10am- 12noon Chronic Pain Self Management Program Starts- MR 1-4 Karaoke-MR



Understanding ARTHRITIS

Do You Want To Learn:

- How to better understand and manage your arthritis?
- About strategies and techniques to improve your lifestyle?
- About the resources and programs in your community?

MAPLE RIDGE

Friday, January 9, 2015

1:30 pm – 3:00 pm

Ridge Meadows Seniors Society
12150 – 224th Street

Space is limited; to register please phone 604.477.0425

Admission is free. Donations gratefully accepted.



The Arthritis Society is a proud member of Imagine Canada.

**WE HAVE ARTHRITIS
IT DOESN'T HAVE US**

www.arthritis.ca | 1.800.321.1433 | info@bc.arthritis.ca



Dawn till Dusk
Esthetics
Certified Master Pedicurist


TUESDAYS AND WEDNESDAYS

APPOINTMENTS

9:00 am -1:00 pm

Toe Nail & Finger Nail Trimming
Facial Hair Removal and other
services available.


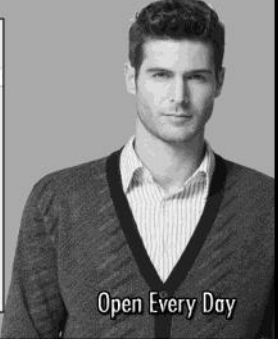
Call Dawn at 604-992-0542

Regency Men's Wear 

Personalized service is our business


Quality Casual, Dress, Western Formal Wear, & More

In store alteration available

Open Every Day

We are Agents for:



#102 2250 Dewdney Trunk Rd.
www.regencymenswear.com 604-467-1533

Carewell Seniors Home Inc.

One on One Service at Private Care Home 24/7

Carewell is a cozy care home in the heart of Maple Ridge. It provides residential care services for elderly singles and couples, which is not a care home, but your own home.

Our mission is to give you a place where you can always depend on someone being there to fulfill your needs. While making sure you feel right at home at all times.



Our caregivers are committed to enrich the quality of your life and help you live it carefree.

Services included are:

- Escort to Appointments & desired outings
- Free Transportation
- Bathing (Walk-In Tub)
- Dressing
- Medication
- Meal Preparation
- Laundry
- Companionship

Contact Shalini or Dal:
 604-765-8355
 604-721-4959



Chair Massager

Specializing in Massages for Seniors

We provide professionals that guarantee the best service possible for your satisfaction.

Our goal is to make you feel healthier, happier, and more motivated to live your life to the fullest.



First Time is Free!

For more information, contact Dal, a Chair Massager, certified by Natural Health Practitioners of Canada.
 604-721-4959

NEWS FROM THE SENIORS NETWORK

Seniors Helped Santa make the season brighter!

Happy New Year everyone! I hope you enjoyed the holidays with friends and family and are looking forward to new adventures in the year ahead.

On behalf of the Seniors Network, thank you to everyone who contributed to the Seniors Helping Santa, Christmas Cheer project. We will provide a full report in the February Grapevine but we could not let the opportunity pass to say thank you for your generous donations and volunteer time.

The project was a tremendous success due in no small part to our tenacious and dynamic leaders Carole Goegan and Bob Foster. Their vision and caring pulled the entire community together to create something very special. The support of the members of RMSS is very much appreciated.

We are pleased to note the 150 Christmas Cheer Packages loaded with warm socks and scarves, little bags of candies, mincemeat pies and cookies, a special Christmas card and more were delivered on December 17 and 18 and were graciously received with much thanks.

Thank you to everyone who had a part, big or small in the Christmas Cheer Project. You helped make the holiday season a little brighter for our seniors.

“We have all known the long loneliness and we have learned that the only solution is love and that love comes with community.”

— Dorothy Day, *The Long Loneliness: The Autobiography of the Legendary Catholic Social Activist*

The photo on the next page reflects just a few of the many helpful hands that put so much time & effort into making this project so successful.


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
At Maple Ridge Activity Centre
January 8th & 22nd**

45 Minutes—\$35.00

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



My motto says it all
"Your trust, I earn it!"



**ANIL
Bharwani**
Personal Real Estate Corporation

RE/MAX
LifeStyles Realty
Each office independently owned and operated

604 476 1111
www.anil.realtor



GOLDEN SENIORS WELLNESS CLINICS 55+

HAPPY NEW YEAR TO ALL. Hope Santa was good to you and you had a good time.

Well we are still looking for another nurse for our foot clinic. We will not be taking any new appointments until things are more settled and we'll be sure to let you know when and if we are up and running again. Remember you can always utilize the Foot Clinic service through RMSS programs. Just call reception to book your appointment.

Lots of coughs and colds making the rounds again so try out this recipe to get some relief. Ginger is very good for you, especially for the Digestive system. You can drink this hot or cold and anytime day or night. If you are coughing a lot, I recommend you have it hot at bedtime. This will also help in keeping the cough nice and loose making it less stressful for you.

GINGER RECIPE FOR COUGHS AND COLDS.

½ inch piece of fresh Ginger (does not need peeling) Chop the ginger up into pea size piece or slices..

1 lemon cut into four (Don't forget to wash the lemon skin before cooking)

¼ to ½ cup of brown sugar to taste depending on how sweet you like the drink.

1 stick of Cinnamon

4 cups of water.

Place all of the above in a pan containing the 4 cups of water. Bring to a boil and simmer for 20 minutes.

Strain the liquid and squeeze the juice from the lemon.

Drink this hot or cold and especially at bedtime or if cough is persistent.

If Diabetic, do check with your doctor re the sugar content of this drink.

Take care,

Peggy Lambert RN Ret'd

Director/Coordinator Golden Seniors Wellness Clinic 55+

WELLNESS SPEAKER SERIES

Friday, January 9th at 1:30pm

Understanding Arthritis (Maple Ridge)

Learn how to better understand & manage your arthritis. Find out about strategies & techniques to improve your lifestyles.

Saturday, January 31st– March 7th

Chronic Pain Management Program (Maple Ridge)

Learn to understand and manage symptoms, deal with stress and difficult emotions, safely maintain physical activity and flexibility.

6 week Saturday Sessions Starts January 31st

Register by calling 604-940-1273

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

Friday, February 20th at 9:30am

Stress & Arthritis (Pitt Meadows)

Arthritis can be a debilitating disease. Add the stresses of everyday life and it may be overwhelming! Please join a representative from The Arthritis Society to learn about the relationship between the two. By uncovering the many facets of stress and how it affects us, you will learn how to better manage your stress AND your arthritis!

Friday, March 13th 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 & well-being. 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.

CHECKING BLOOD SUGARS WITHIN NEW BC PHARMACARE LIMITS

January 1st new annual provincial coverage limits of blood glucose test strips came into effect. Provincial coverage includes the cost going towards your deductible and being covered once your deductible is met.

The limit is 200 strips annually if you manage your diabetes by lifestyle alone or you use diabetes medications that have a low risk of causing a low blood sugar (hypoglycemia) . Drugs considered a low risk for hypoglycemia are metformin, acarbose (Glucobay), linagliptin (Trajenta), saxagliptin (Onglyza), sitagliptin (Januvia), liraglutide (Victoza), exenatide (Byetta) and canagliflozin (Invokana) and others in the same class such as Glumetza or combinations of any of these such as Jentaduetto, Komboglyze and Janumet.

The limit is 400 strips annually if you manage your diabetes taking drugs with a higher risk of hypoglycemia such as glyburide (Diabeta) glicazide (Diamicron), glimepiride (Amaryl), repaglinide (Gluconorm) or nateglinide (Starlix). 3000 strips annually apply if you manage with insulin.

Rather than checking your blood sugar just to get a number you, check to do something with the result. The food you have eaten, the exercise you have done, the stress you feel, the medications you have taken all affect a blood sugar result. Use the numbers to make changes to your diet, exercise and how you deal with stress by testing around these events. For example with 200 strips per year you could check your blood sugar before and 2 hours after a different meal once a week for 2 weeks per month to make changes to your diet. Or you could focus on a particular meal and test before and 2 hours after that meal daily for 1 week a month. Using one of these suggestions would utilize 144 to 168 strips in a year letting you make diet changes improving your diabetes and still have some left over for other checks.

There are many checking patterns that can help you, depending on what you want to change. There is a tool on the Canadian Diabetes Association website that suggests appropriate checking of blood sugar based on how you manage diabetes. Go to www.diabetes.ca click on Diabetes & You then Taking Charge of My Diabetes then Self-Monitoring of Blood Glucose Tools. Talk to your healthcare provider (doctor, nurse, pharmacist) to find a pattern that will work for you within the new limits.

Elaine Cooke, Pharmacist and Certified Diabetes Educator, Authorized to give injections Safeway Pharmacy. 604-468-1208 elaine.cooke@sobeys.com



Nurse Next Door™

home care services

Carol Lange
Care Designer



Did you know you don't have to move to 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.

*Winner 2010, 2011 & 2013 Business Excellence Awards
Maple Ridge/Pitt Meadows Chamber of Commerce*

www.nursenextdoor.com

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MAJONG– WHAT IS IT AND HOW IS IT PLAYED?

Mah Jong is an old Chinese game played with a variety of colourful tiles. It's similar to the popular game of Rummy, where you are trying to get 'sets' of three (5,5,5) or a run of three (5,6,7). However, instead of 4 suits you are using 'bamboo', circles & characters. Because of the Chinese background of the game, there are also 'Winds' & 'Dragons'. Each player is dealt 13 tiles and forms four sets of 3 tiles, either hidden in the hand or exposed on the table. He is left with one tile and must form a pair to g 'Mah Jong' with his 14 tiles.

There are many variations of how the game is played. We play 'Hong Kong Mah Jong' which is the most popular type and the easiest to learn. We have found that most beginners learn the game in the first few hands and become more proficient with practise. If you would like to learn this popular game, Les McMillan is teaching it at the Pitt Meadows Senior Centre every Tuesday at 1:00pm. For more info, contact Les 604-476-6660 or drop in!

Bridge Tournament Winners– November 8th, 2014



1st– Jackie & Al Carson

2nd-Joan Olson & Arleen Browning

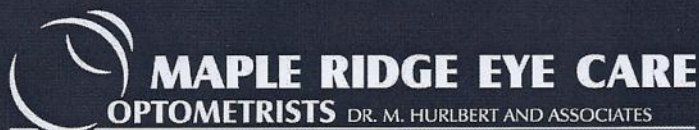
3rd-Ron Ridler & Ann

4th-Walter & Connie Schmid

5th– Marylou Varga & Bette Bakrud

6th Garry Skoropada & Flora Tereposky

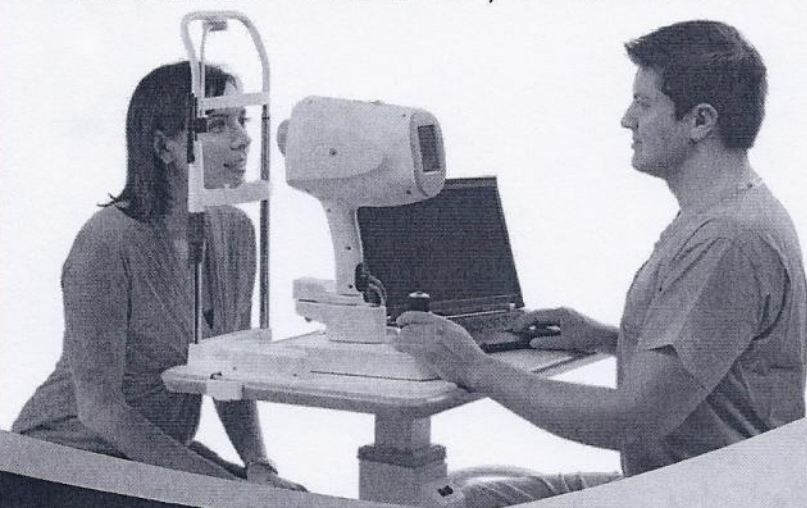
7th– Vivian Bates 7 Helen Mosdell



Vision is one of our most precious gifts
and it is our mission at
Maple Ridge Eye Care Optometrists
to maintain, restore and enhance
your eye health.

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.

Please mention this ad and we will be happy to reimburse you for the cost of a volunteer driver when you visit our clinic for an exam.



Please call
us today
for your full
eye health exam.

101-23015 Dewdney Trunk Rd.
Maple Ridge, BC V2X 3K9

Tel. 604-463-4469
www.mapleridgeeyecare.ca

SENIORS HELPING SENIORS

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.

Meetings are:

- A Monthly Meeting is usually the first Thursday of the month
at Maple Ridge Seniors Centre
Library Room at 9:30
- Light refreshments & Guest
Speakers

For more information contact
Bob Foster at 604-463-3034
Or drop in for a meeting.
We welcome new visitors
& volunteers.

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
Jane Gilbert 604-466-8810	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
		Pitt Meadows & West Maple Ridge Only		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**

MAPLE RIDGE PUBLIC LIBRARY PRESENTS



It won't Byte @ The Ridge Meadows Senior Centre

Tuesday, January 6, 3:30-4:30pm
 Tuesday, February 3, 3:30-4:30pm
 Thursday, March 5, 3:30-5:00pm
 Tuesday, April 7, 3:30-4:30pm
 Tuesday, May 5, 3:30-4:30pm

Do all the new hand-held tech toys confuse you? Bring those gadgets to the Senior Centre (cell phones, cameras, eReaders, laptops, etc.) and let the technically gifted members of the library's Teen Advisory Group explain how they work.

Maple Ridge Public Library | 130-22470 Dewdney Trunk Road | 604-467-7417
 Monday-Friday 10 - 9 Saturday 10 - 5 Sunday 1 - 5
 Read. Learn. Play. | www.fvrl.ca



COMPUTER LAB



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>	10-12 Drop In Lab- Pitt Meadows Documents & Filing		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>	10-12 Drop In Lab- Pitt Meadows Browser & Internet 1:00 <i>Ivan-Maple Ridge</i>

IT WON'T BYTE

**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.**

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
Personal Touch Hair Care- Shelly.....	467-8284
Poker- Keith Christiansen.....	466-8855
Ridge Meadows Variety Plus- Gwen Browne.....	476-9306
Scrabble-Renée 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- Deena Kerr.....	467-2145
Tap/Jazz And Stage Dance Lessons- Bev Porter.....	476-9160
Tri Hard Walkers- Beverley Hernandez.....	467-9407
Whist- Rita.....	463-9789



Photo By Colleen Flanigan of the Maple Ridge- Pitt Meadows News.

FACILITY HOURS

Maple Ridge Seniors Activity Centre

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



Hours of Operation

Monday-Friday 8:00am-10:00pm
 Saturdays 8:00 am-4:00 pm
 Sunday 9:00 am-12:00 pm
Closed January 1st

Pitt Meadows Seniors Activity Centre

19065 119B Ave
 Pitt Meadows, BC V3Y 1Xk
 604-457-4771



Hours of Operation

Monday-Friday 9:00 am-4:00 pm
 Saturdays Closed
 Sunday Closed
Closed January 1st