

GrapeVine

RIDGE MEADOWS SENIORS SOCIETY – MAPLE RIDGE & PITT MEADOWS

March 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 V3Y 0E6
604-457-4771

www.rmssseniors.org

MEMBERSHIP FEES– WHEN ARE THEY DUE

We are fast approaching April 1st and for many years this was our magic date for renewing all RMSS memberships.

However, in 2014 the renewal process changed to a full calendar year system. This means that if you purchased your membership on January 15th 2015 your renewal date is January 15th 2016. This system benefits both volunteers and members alike. Reception volunteers do not have the strain from the extra work load of bulk membership renewals and our members get to enjoy a full year of membership irrespective of what month they join.

With this past year being the first year of implementing the new system we realize there will still be a lot of members who are still due to renew by April 1st 2015. In order to make this process as smooth as possible for you we have several volunteers who will be happy to assist you with your renewal on any of the following days:

- Dates: March 27 and 30 and April 1 and 2 at 9am –1pm
- At the Maple Ridge Seniors Activity Centre

On a side note. If you are a new member or a renewing member the process works somewhat like this: The completed application is submitted to the office where it will take approximately 2 weeks for it to be processed and the membership card printed. You should then receive a call from reception advising you that your card is ready for pick up. The reason for this time frame is that I am only in the office once or twice a week for processing and cards must be printed in bulk, we are unable to print up one card at a time.

Thank you to all our wonderful members for being so conscientious regarding your memberships. Your loyalty to RMSS helps us achieve our goal of offering great activities, education and social opportunities for all seniors that enter our doors.

Thank you!

Janine

MESSAGE FROM MARIA

Did you know that recent studies have shown that older adults who participate in regular physical activity have lower healthcare costs, utilize preventative care more often and are admitted to hospital less frequently. Some further benefits include better physical and mental health, stronger muscles and bones, reduced stress and increased joint function. The ball park figure of the number of members attending fitness programs, at both centres, is well over 375.... And this will probably increase as the Baby Boomers age. In order to start creating a clear understanding of which fitness program is geared to which level of fitness, it was important to make a change to the names of the classes. On page 12 & 13 you will notice the name changes, but the actual class formats & times have not been changed. This will hopefully help new members, at both our centres, have a better sense of which fitness program level is best suited for them.

Ridge Meadows Seniors Society would like to recognize **Dr. Bill McDowell of the Dewdney Animal Hospital**. Dr. McDowell generously donated several passes to the Scotties Tournament of Hearts held on January 21-25th at the Golden Ears Winter Club. A great big thank from all the recipients who were fortunate enough to take advantage of your generosity, it was very much appreciated.

SHRED-IT FUNDRAISER

SHRED-IT HAS KINDLY DONATED THEIR SERVICES
FOR A RMSS FUNDRAISER!

Bring your documents for shredding

on Saturday, March 21st from 10am-2pm. This is a great way to prevent identity theft & give to the Society. **Minimum of \$5 donation. Spread the word, invite your friends and family!**

BUS TRIPS

Hell's Gate + Bridal Falls + Othello Tunnels - May 29 - \$109

The Fraser Canyon is filled with natural scenic beauty highlighted by Hells Gate, Bridal Falls and Othello Tunnels. Begin at Bridal Veil Falls Provincial Park with a short 25 minute walk to a waterfall that cascades down the rocks from 60 meters above. Next visit Hell's Gate, an abrupt narrowing of British Columbia's Fraser River, located immediately downstream of Boston Bar in the southern Fraser Canyon. Take your breath away on the Hell's Gate Tram Ride, walk the short suspension bridge and visit the village for lunch and museum to enjoy the natural environment and history. Finish at Coquihalla Canyon Provincial Park for a leisure walk through Othello Tunnels displaying great history, scenery and offering some of British Columbia's most beautiful landscapes.

PACKAGE INCLUDES:

- Hell's Gate Tram Ride
- Lunch Hell's Gate
- Guided walk Othello Tunnels
- Picnic table dessert / refreshments
- Guided walk Bridal Falls

Pitt Meadows 8:45am - 5:30pm

Maple Ridge 9:15am - 5:15pm

St Patrick's Day Parade & Pub Lunch March 15 -\$79

The 11th Anniversary St. Patrick's Day Parade draws people from all cultures, backgrounds,

ages and all walks of life to this colourful (very green) display of fabulous sight and sounds.

Enjoy a traditional pub lunch at

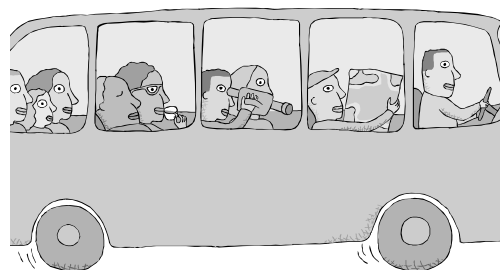
Steamworks Brew Pub in Gastown and visit the Celtic Village and Street Market in Robson

Square for a dizzying array of Celtic treasures and the works of gifted artisans. Friends and

families can gather and wander, soaking in that special Celtic feeling with music, fun and frolic, food -- and shopping!

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

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



BUS TRIPS

April 2015 - \$50.00 (space is limited)

Wine Tour and Light Lunch

Backyard Vineyards made the list of BC's Best this year with medals for their Syrah and Riesling. Have a light lunch & dessert here of charcuterie, cheeses, nuts, berries and chocolate while you taste the wines. After lunch see where the vintners do their work and enjoy a tour of the winery.

An ultimate agritourism experience, Vista D'oro Farms & Winery grows heritage orchard fruits, heirloom tomatoes and grapes all of which can be found in the Farmgate Shop & Tasting Room in some delicious form. Start with the wines (do not miss the port!) and then indulge in the jams and salsas; this is the real farm to table experience and what happens when a Vintner and a Chef marry! If time permits a visit to Fire Fly Winery as well.

**PICK UP: PITT MEADOWS AT 10AM
& MAPLE RIDGE AT 10:30
BACK BETWEEN 3-4PM**

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



St. Patricks Day Tea

With the Shannon Irish Dancers

Tuesday, March 17th at 2:15pm

Tickets are \$5 and can be purchased at the Reception Desk starting February 25th

Tickets are limited!



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



MAPLE RIDGE HISTORICAL SOCIETY

On the afternoon of Saturday, April 11th, people will be gathering in the hall of the Maple Ridge Seniors Activity Centre for the annual Heritage Tea. This popular event has been sponsored by the Maple Ridge Historical Society each April for the last 23 years.

You don't have to be a long time resident of Maple Ridge to attend the tea, just have an interest in learning more about our history. All ages are welcome. There will be a slide show running from 1:00 to 4:00 pm, with images from our past. Main Street is this year's heritage BC theme, so you will see store fronts on Lougheed Highway, Dewdney Trunk Road and 224th Street. Some of you will remember the old name, 8th Avenue.

Another photo display will be in place so you can see older homes, families, schools and public events from the past. A number of local publications will be on sale, including the recently published "Looking Back", featuring short items about our history, with photos from the Maple Ridge Museum collection. You can learn more about Historical Society events throughout the year, such as Music on the Wharf concerts in July and August.

The main focal point for the Historical Society is the Maple Ridge Museum, open for visitors on Wednesday and Sunday afternoons. We also operate Haney House, the heritage home built in 1878 for Thomas and Anne Haney. It too is open on Sundays. The 1888 St. Andrew's Presbyterian Church in Port Haney is available for rental for meetings, weddings and special events.

At the Heritage Tea on April 11th the doors will open at 1:00 pm. Admission is \$10, for a generous afternoon tea, socializing and finding out more about our community life.

Sheila Nickols
Maple Ridge Historical
Society



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

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 3	8:30-9:30 am
Table Tennis	8:30-11:30 am
Chair Fit 1	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
Stay Fit 1	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 3
Table Tennis
Ballet/Musical Theatre
Chair Fit 1
Spanish Dance
Golden Ears Bridge Club
Social Bridge
Tai Chi/QiGong

THURSDAY

Snooker
Stay Fit 1
Tap/Stage Dance
Fit & Fun after 55
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

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

SATURDAY

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

SUNDAY

Snooker	9:00-12:30
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FITNESS PROGRAMS– Drop in fee ranges from \$2 - 2.25 per class

The Fitness Programs with a Grey Background are classes held at Pitt Meadows Seniors Centre. White backgrounds are held at Maple Ridge Activity Centre.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Stay Fit 3	8:30 Walking Club	8:30 Stay Fit 3	8:30 Walking Club	8:30 Stay Fit 3
10:00 Chair Fit 1	8:30 Stay Fit 1 9:30 Chair Yoga	10:00 Chair Fit 1	8:30 Stay Fit 1	10:00 Chair Fit 1
4:00 Gentle Joint & Yoga	10:00 Zumba Gold	11:20 Chair Fit 2	10:00 Fit & Fun after 55	10:15 Tai Chi
	12:30 Stay Fit 2	2:00 Tai Chi	10:15 Zumba Gold	11:20 Chair Fit 1
	1:35 Chair Yoga		7:00 Gentle Joint & Yoga	
	7:30 Tai Chi			

FITNESS PROGRAMS– Maple Ridge & Pitt Meadows

Chair Fit 1

(previously known as Chair Fit & Seniors Workout)

This class is designed for the participant who prefers to exercise seated, with the option to stand. Class format includes cardio, walking, balance and agility followed by strength & stretch exercises. It is designed to improve quality of life with functional exercises for daily living.

Chair Fit 2

(previously known as Chair Fit plus)

This class format includes an active warm up, low impact cardio, balance, agility, standing and seated strength & stretch exercises.

Stay Fit 1 (previously known as Easy Fit)

This class format includes a low impact standing stationary warm up followed by challenging walking patterns. It focuses on T'ai Chi & Yoga exercises in addition to seated strength work and stretching.

Stay Fit 2 (previously as Low Impact)

This is a fun and energetic low impact class designed to improve your cardio, strength, flexibility & balance. Most strength and stretch work is done in a seated position.

Stay Fit 3 (previously known as Stay Fit)

This challenging workout is designed to elevate your heart rate and challenge your muscles. It incorporates stationary balance work and stretches on floor with mats. Equipment is not provided.

Fit & Fun after 55

(previously known as Seniors Keep Fit)
Our most challenging Cardio workout that includes 30 minutes of easy to follow low impact choreography, balance, posture, strength training and relaxation.

Zumba Gold

This is a one hour modified high energy cardio dance class which incorporates balance and strength with an underlying dance flavour for adults 55+. Dance styles include cha-cha, rumba, flamenco, salsa, mambo, swing, Bollywood, disco, tango and much more. \$25 for 5 classes. Please register at the Front Desk.

Tai Chi/QiGong

Gentle, slow movements that focus on breathing, balance and core strength. It helps to reduce stress and increase flexibility. (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 while seated in a chair.

**Please call 604-477-0425 for
questions regarding
Fitness Classes**

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.

5 Classes for \$25 : Next session starts March 3rd at Maple Ridge. March 5th at Pitt Meadows.



LINE DANCING-NOVICE LEVEL

New Program

Each Friday 12-12:55pm

**for new line dancers
without experience**

This class will give you the basics of line dancing at a slow pace and will eventually allow you to move up to the beginner level

\$1.00 drop in fee for members

Line dancing will keep the body fit, the mind sharp
and will increase your quality of life.

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
Bridge	1:00-3:30 pm
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
Computer Drop In	10:00-12:00 pm
Stay Fit 2	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
Chair Fit 2	11:20-12:20 pm
Ladies Snooker	1:00-3:00pm
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 Drop In	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 1	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

Mark your calendars....

Pitt Meadows Seniors Centre
Health Fair

will be taking place

Tuesday April 14th

Look out for

details coming soon.

A MESSAGE FROM KATHIE

The Steering Committee and Staff are working hard to put on events and seminars for you in the coming months.

The BCIT Nursing Students will be returning with free Health Topic Seminars on March 3, Dementia, March 24, Kidney Health and April 7, Fall Prevention, check the bulletin board for more information. They will be hosting the second annual Health Fair April 14, 9:00am -11:30am.

Looking for new treasures? Garage Sale anyone? We are teaming up with Wesbrooke to have a garage sale March 21, tables are \$10.00 each, contact John or Kathie for an application.

The dinner theatre, Hot Flashes Feb 20 was such a great success that we are looking to have more in the coming year. Check the bulletin board for dates.

Planned Events for 2015

Feb 13	2:00pm - 4:00pm	Valentine`s Day Tea
March 18	12:30 - 3:00pm	Chinese Lunch
April 14	9:00am - 11:00am	Health Fair
April 16	12:30 - 3:00pm	Spring Fling Cold Plate Lunch
May	Youth Week BBQ	TBD
June 4	2:00pm - 4:00pm	Seniors Week Strawberry Tea
Jun 1-5	Seniors Week Events	TBD
Sept 10	12:30 - 3:00pm	Pie and Coffee Get together
Oct 17	10:00 - 2:00pm	Country Fair
Oct 30	12:30pm - 3:00pm	Italian Lunch, Halloween Costume Party
Nov 28	9:00am - 11:00am	Breakfast with Santa
Dec	12:30- 3:00pm	Christmas Dinner date TBD
Dec 2	2:00pm - 4:00pm	Variety Plus Show

Plan to attend all of these events, join the fun!!

Kathie

THE WESBROOKE

SENIORS LIVING COMMUNITY



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*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*

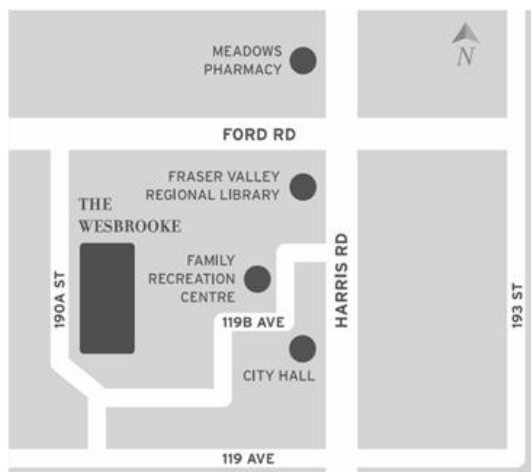
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Managed & Operated by
CASA GROUP

MARCH 2015 CAL


Sun	Mon	Tue	Wed
1	2	3 9:00 Wellness Clinic-MR 9:00 Optometrist Visit-MR TBA- Health Seminar- PM	4
8	9	10 9:00 Wellness Clinic-MR	11
15	16	17 9:00 Wellness Clinic-MR 9:00 Safeway Pharmacist Visit-MR 2:15 St. Patrick's Day Tea- MR Purchase tickets at the Desk	18 12:30 Chinese Purchase tickets at the Desk 16th
22	23	24 9:00 Wellness Clinic- MR 10:00 Fortis BC Info Session-MR TBA- Health Seminar- PM	25
29	30 9am-1pm Membership Renewal	31 Falls Prevention- MR	

CALENDAR OF EVENTS

	Thu	Fri	Sat
	5 9:30am Seniors Helping Seniors Meeting-MR 3:30-4:30 It Won't Byte (see page 32)	6	7 1-4 Karaoke-MR
	12	13 1:30 Live a New Reality- Wellness Seminar-MR	14 1-4 Karaoke-MR
se Lunch- PM k before the	19	20	21 1-4 Karaoke-MR 10-2 Shred It Document Shredding Fund-raising Event-MR
	26	27 9am-1pm Membership Renewal	28 1-4pm Vision & Hearing Open House-MR 1-4 Karaoke-MR
		MR= Maple Ridge Activity Centre PM= Pitt Meadows Activity Centre	

Come and enjoy with us

a



**Chinese
Lunch**

*Wed., **March 18, 2015***

12:30 p.m.

Tickets \$12.00

available at Pitt Meadows Senior Centre Reception Desk.


Cut off date for ticket sales Fri., March 16, 2015

Dawn till Dusk
 Esthetics
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TUESDAYS AND WEDNESDAYS
APPOINTMENTS
 9:00 am -1:00 pm

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ACTIVITY CENTRE

12150 224TH STREET

NEWS FROM THE INTERGENERATIONAL GARDEN

Where Young and Old Grow Together

Like us on Facebook: “Intergenerational Garden on Edge Street”

Spring is in the air! Hopefully the green thumbs among us are starting to get back outside and into the garden!

Over the winter, we purchased a couple sets of **grow lights** and have been starting some seeds in the classrooms with the students. They are enjoying watching the plants grow and learning about the **importance of sunlight**. A big thank you to West Coast Seeds for donating seeds to the Garden. Between these and the seeds the volunteers saved, we will be able to have a garden full of different fruits and vegetables again. We’ll also try Shiso, Anise and a new Arugula! We’re hoping that our Haskaps produce lots of berries this year.

If you are a gardener of any kind, or just enjoy being outside, we would love to have you volunteer with us. There are many different roles for volunteers and you do not need to have a lot of gardening experience. We are all learning together!

Our **first volunteer meeting of the season** will be on **Monday, March 23** at the Maple Ridge Seniors Centre on 224th Street. You can talk to other volunteers, find out more about the project and see if there is a role for you to grow with us.

For more information, you can also contact Sue Fleming, Garden Coordinator at (604) 837-8915 or email: gardencoord@gmail.com



TD Friends of the
Environment
Foundation



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

March 5th & 19th

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!"



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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

Dolores Doran

GOLDEN SENIORS WELLNESS CLINICS 55+

Our Cholesterol Screening will take place on Tuesday, May 5th at 9am at the Wellness Clinic in the Social Activity Room. No Appt is necessary but only the first 25 people will be screened.

Crystal Vision and Hearing will no longer be attending our clinic the 2nd Tuesday of each month. They are so busy and cannot give us that time for now, but maybe they will be back down the road. Darcey Smith, Senior consultant to Mary Kay Cosmetics, will be joining us starting March 10th to replace Crystal Vision. As we grow older, we undergo many changes in our bodies. We lose collagen and our skin becomes much thinner and loses its elasticity and gravity does not help us much either. We develop low self esteem and if you do not feel good inside it may show on the outside. This is why we thought Darcey could help us with some of our skin problems and just basic makeup sessions. Please come in and ask her any questions you may have or anything else that may interest you. The second reason for this is many of our seniors are Cancer survivors, some are still undergoing Chemotherapy and Radiation treatments and as you know this can play havoc with the body so I thought these sessions might make people feel better about themselves. With a little skin care or basic makeup self esteem can be improved.

Peggy Lambert RN Ret'd

Director/Coordinator Golden Seniors Wellness Clinic 55+

DO YOU HAVE VISION OR HEARING LOSS?

Do you know someone who has?

Come to the annual Vision & Hearing Resources Open House

Saturday, March 28th, 2015 from 1-4pm

Free Admission, No Registration

Discover what's here for you:

Services, Equipment, Recreation, Education

Sponsored by The Maple Ridge Lions Club

for more details contact mapleridgelionsclub.org or Brian at 467-2696

WELLNESS SPEAKER SERIES

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 & 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. Call 604-477-0425 to register

Friday, April 10th at 1:30pm **Vitality Now!** (Maple Ridge)

Do you wish to have more zest in life? Science reveals the best thing we can do to add spark is take action! Join lively conversations to learn essential 'steps' for increasing energy, enthusiasm and engagement in life. Take a proactive approach to aging well and discover the 'dance' of living well today! Enhanced quality of life, enjoyment and fulfillment awaits.

Call 604-477-0425 to register.

Register for the
AGING BRILLIANTLY
4 week Workshop \$49
starting April 30th

at Maple Ridge Seniors Activity Centre

Discover the keys to maintaining a sharp mind with advancing age and learn important habits to age with confidence, clarity & enhanced vitality for years to come.

For more details or for registration information
call 604-477-0425

YOUR HEALTH IN MIND– SAFEWAY PHARMACY

Some people think they are constipated if they do not have a bowel movement every day. However, normal frequency of bowel movements may be three times daily or three times a week depending on the person. Constipation can be defined as having one or more of the following symptoms: hard stool that is difficult to pass, having less than 3 bowel movements per week, excessive straining or a sensation of an incomplete bowel movement.

Common causes of constipation include not enough fiber or liquids in the diet, a lack of physical activity, medications, changes in your routine, such as a vacation and ignoring the urge to have a bowel movement. In most cases making diet and lifestyle changes will help relieve symptoms and help to prevent further constipation. A diet with 20 to 35 gm of fibre daily helps form soft bulky stool. High fiber foods include beans, whole grains, bran cereals, fresh fruits and vegetables. Drinking enough water and avoiding excess caffeine drinks and alcohol will help prevent dehydration that contributes to constipation. Making exercise a part of your daily routine also helps prevent constipation.

Over the counter medications may be used for an occasional bout of constipation not relieved by lifestyle measures.

Bulk forming laxatives, such as Metamucil are generally considered the safest although they may interfere with the absorption of some medications. They work by absorbing water forming bulk and softening the stool. Take bulk laxatives with a full glass of water to prevent further constipation and these may take several days to restore normal bowel movements.

Stimulant laxatives contain sennosides or bisacodyl these cause muscle contractions in the intestines pushing stool towards the rectum and generally work overnight.

A stool softener such as docusate draws moisture into the bowel to soften stool and make it easier to have a bowel movement without straining. Docusate may take up to three days to have an effect and prolonged use may result in an electrolyte imbalance.

Frequent constipation lasting longer than 3 months, or constipation accompanied with pain, cramps or blood in the stool should be discussed with your doctor.

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



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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
Making lives better™

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Attn: RMSS VOLUNTEERS

Maple Ridge & Pitt Meadows

Please Save the Date for the

Volunteer Appreciation Tea

Wednesday, April 15th

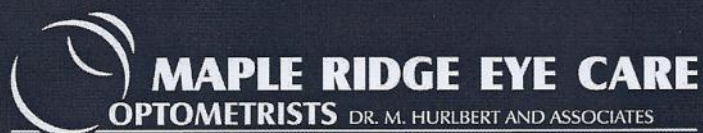
at Maple Ridge Seniors Centre

Please note: If you have not completed an updated Volunteer Application form in the last year, you may not receive your invitation.

Please see Maria to update your forms.

A WEE BIT O' HUMOUR

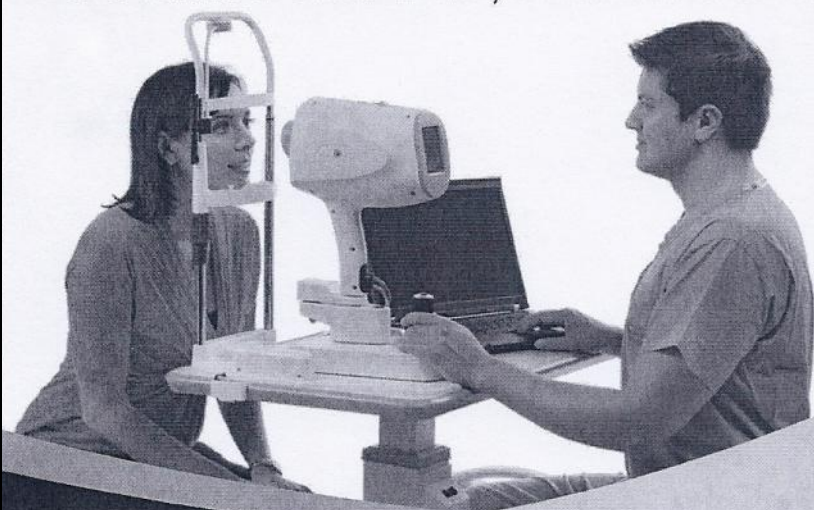




Vision is one of our most precious gifts
and it is our mission at
Maple Ridge Eye Care Optometrists
to maintain, restore and enhance
your eye health.

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

COMPUTER LAB

Greetings from the **Pitt Meadows Computer Drop-in Folks!**

Just an update to keep you up to date on what is going on with us.
We are still doing the drop in sessions but seem to be lacking in clients.

We were expecting some people to drop in with their new Christmas devices (geek talk for computers, laptops, Macs, tablets, iPads etc) but no one has showed up so far. So either everyone knows everything or we have done our job too well.

Anyway.....just so everyone knows, we can offer help with just about anything that comes through the door. We have a couple of guys that are Windows specialists, a couple that are MacIntosh specialists, why, we even have one guy that is an Ubuntu specialist which is an open source operating system. Now, if you have no idea what that means you should drop in and find out what it is.

We have another guy that is a photography specialist and is running a Photography Club on Tuesday afternoons from 1pm to 3pm.

We are at the Pitt Meadows Centre every Tuesday and Thursday morning 10am till Noon.

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.

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>

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- Dina Kerr.....	467-2145
Tap/Jazz And Stage Dance Lessons- Bev Porter.....	476-9160
Tri Hard Walkers- Beverley Hernandez.....	467-9407
Whist– Rick Gullickson.....	614-7210



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



Pitt Meadows Seniors Activity Centre

19065 119B Ave
Pitt Meadows, BC V3Y 0E6
604-457-4771

Hours of Operation

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

