

# GrapeVine

RIDGE MEADOWS SENIORS SOCIETY – MAPLE RIDGE & PITT MEADOWS

April 2015 Issue



**Bob Foster – Seniors Helping Seniors Seniors Chairperson**  
**Photo Credit – Herb Croft**



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

## A MESSAGE FROM THE BOARD

Hello there. A short note to introduce myself as one of the new members on the Board of Directors. The Board has been looking for people to fill the positions for some time and as a full board makes the job easier for everyone, I have volunteered for the position.



My wife, Marilyn, and I have been residents of Maple Ridge for 40 years, raising 3 children here. We have both been active in the minor Baseball and Soccer clubs, and are active boaters and gardeners.

My working career was spent in the food industry as sales rep, sales manager and regional manager for national food companies and brokers. My last 20 years in the confectionary side of the business. I believe I have some marketing and promotional skills that could help to raise the profile of RMSS and benefit all of our members.

I will be available in both locations, particularly for lunch, so please come and say hello. If you have any questions by all means ask, and if I don't have the answer, I will get it for you. If you have suggestions, let's talk, and I can take them to the board for further consideration.

I look forward to meeting you all.

### **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

Director..... Colin Burdall

Director.....Don Mitchell

## MESSAGE FROM MARIA

So, you're 55, or maybe 60, 70, or even 80. You already know all the benefits of exercise, and you've tried...you have really tried to get more active. You enjoy a daily walk once a week when it's not raining, or take a dip in the pool when you're feeling up to it. Your doctor, friends and family all encourage you to get moving.

What's stopping you? Your physical limitations make you feel self-conscious? Are you are intimidated? Maybe the class times don't fit your schedule? This sounds like a daunting list and are all valid concerns but I can assure you- once you have found the right class with one of our amazing, highly trained instructors you will overcome these concerns. All I ask is you give it a try. I'm going to make it really easy for you. If you are new to the **Pitt Meadows Fitness Classes**, you may try any Fitness class for two weeks-COMPLIMENTARY. That's right no charge during the month of April & May. **We've even changed the class times to help you get your exercise out of the way earlier in the day so you can carry on with everything else you enjoy doing.** How's that? Are you interested yet? No? Okay check out a few more reasons you should get into the Pitt Meadows Seniors Centre and get your move on!

1. It will extend years on your active, independent lifestyle.
2. It doesn't have to be hard or fast to reap the benefits.
3. It may prevent a bad fall.
4. It may improve your mood.

**PLEASE BE SURE TO CHECK OUT THE NEW FITNESS SCHEDULE FOR PITT MEADOWS SENIOR CENTRE ON PAGE 12.**

*PLEASE NOTE: FITNESS CLASSES ARE VERY LOW COST. A MEMBERSHIP IS ONLY \$25 PER YEAR AND DROP IN FEES FOR CLASSES RANGE FROM \$1.00-\$2.25 PER CLASS.*

## 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**

### **Springtime in Victoria with Joy Brown**

**May 20th, 2015**

**\$129.00 includes taxes and ferry fares for people 65 and older.**

Springtime is a wonderful time to visit Victoria and experience a variety of interesting things.

We will see one of the largest collections of Rhododendrons in Canada located at Finnerty gardens.

We will also visit Mount Tolmie with its sweeping views of ocean and mountains.

There will be time to explore downtown Victoria and Market Square a unique shopping area.

A delicious lunch and dessert are served in a lovely restaurant.

After lunch we can enjoy an easy walk on the huge pier at Ogden Point in the historic James Bay area where there is a lighthouse and wonderful views overlooking the Strait of Juan de Fuca and Washington State.

Maple Ridge 7am-7:45pm

Pitt Meadows 7.15am– 7:30pm

## BUS TRIPS

### Mayne Island with Joy Brown

June 17th, 2015

**\$129 includes taxes and ferry fares for people 65 and older**

Travel to historic and picturesque Mayne Island one of the most interesting of the Gulf Islands with it's endless views and unique island life style.

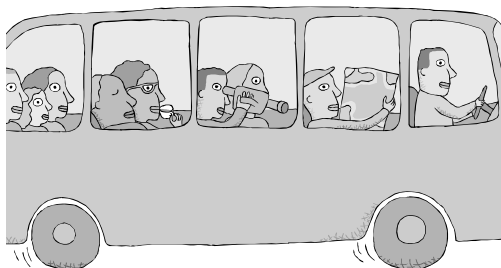
We will enjoy lunch overlooking Active Pass in the famous Springwater Inn.

Visit the picturesque lighthouse, the beautiful Japanese Gardens, local shops and galleries and enjoy an easy walk through a forest of Arbutus Trees.

We will end our day with Afternoon Tea served in the elegant Mayne Inn with its remarkable views of the sea with time to explore this great location.

Maple Ridge 8am-7:45pm

Pitt Meadows 8.15am-7:30pm



### 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](http://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

## FOOT CARE SERVICES

Enjoy a foot soak, toe nail trim

&

Available By Appointment

At Maple Ridge

& Pitt Meadows

Seniors Activity Centre

Please book appointments at the

Reception Desk

or by telephone



### Rising Star: Karaoke Saturday's

Maple Ridge Senior's Centre

1-4pm Free Admission

Refreshment's Available

Sorry... no minors



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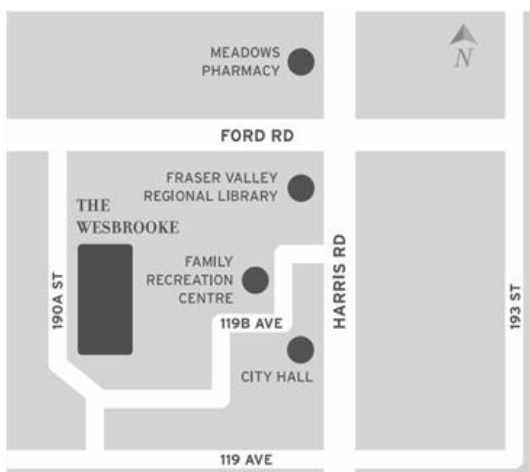
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## MAPLE RIDGE COMMUNITY GROUP MEETINGS

### **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**

a social group for people to meet new friends.

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

8:00-4:30pm	Snooker	8:00-4:30pm
8:30-9:30 am	Stay Fit 3	8:30-9:30 am
8:30-11:30 am	Table Tennis	8:30-11:30 am
10:00-11:00 am	Chair Fit 1	10:00-11:00 am
10:00-11:00 am	Line Dancing (Novice)	12:00-12:55 pm
11:00am-noon	Line Dancing (beginner)	1:00-2:00 pm
12:30-4:30 pm	Poker	1:00-4:00 pm
1:00-4:00 pm	Partnership Bridge	1:00-4:30 pm
2:00-3:00 pm	Line Dancing Intermediate	2:00-3:00 pm
8:00-4:30pm	Whist	7:00-9:00 pm
8:30-9:30 am		
9:00am-noon		

### SATURDAY

10:00-11:00 am	Snooker	8:00-4:30pm
10:30-11:30 am	Karaoke	1:00-4:00 pm
11:00-noon		

### SUNDAY

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

**FITNESS PROGRAMS– Drop in fee ranges from \$2 - 2.25 per class**
**GRAY BACKGROUNDS– PITT MEADOWS FITNESS PROGRAM**
**WHITE BACKGROUNDS– MAPLE RIDGE FITNESS PROGRAM**
**NOTE: New Class Times–  
Pitt Meadows**

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
9:15 Stay Fit 2	8:30 Stay Fit 1	10:00 Chair Fit 1	8:30 Stay Fit 1	10:00 Chair Fit 1
10:00 Chair Fit 1	9:30 Chair Yoga	10:30 Chair Fit 1 & 2	9:45 Chair Yoga	10:15 Tai Chi
4:00 Gentle Joint & Yoga	10:00 Zumba Gold	2:00 Tai Chi	10:00 Fit & Fun after 55	
	7:30 Tai Chi		10:15 Zumba Gold	
<b>WHITE= MAPLE RIDGE</b>	<b>GRAY = PITT MEADOWS</b>		7:00 Gentle Joint & Yoga	

## 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 NOTE NEW CLASS TIMES  
FOR MOST PITT MEADOWS  
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 April 14th at Maple Ridge. April 16th at Pitt Meadows.**



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

### MONDAY

Snooker	9:00-4:00 pm
Beginner Line Dancing	10:30– noon
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 to book

# Spring

**Thurs., April 16, 2015**

**12:30 pm**

**in the Main Hall at the PM Senior Centre**

**Welcome picnic weather with a  
Cold Plate Lunch  
coffee, goodies**

**Tickets \$12.00**

**Tickets available at the reception desk up to April 13, 2015**

**Everyone Welcome!**

# Fling!

## A MESSAGE FROM KATHIE

Be sure to come to the Health Fair April 14, 9:00am to 11:30 am, talk to a Pharmacist, have your hearing tested, talk to our experts, enter to win some door prizes and have some fun.

June 1-5 is Seniors Week and the Month of Love. To celebrate we will be having events in the community and at our centres. We need your help with a Wedding memory display in the lobby. Bring your wedding photos, we will have a contest to see who can guess who is in the picture and some of you might even have your wedding dress, dried flowers, how about a cake topper? The winner will be announced at the Strawberry Tea, June 4.

The Soups on Café is open Monday, Wednesday and Friday between 11:30-12:45 for you to purchase a bowl of soup and a bun all for \$3.50 no pre ordering.

Welcome to our new Host; Julia who will be working Monday and Tuesday afternoons.

We are so fortunate to have wonderful volunteers who do so much for us. Reception, Soups on Café, Silver Top Café, Card Games, Line Dancing, Memory Class, Computer Classes, Carpet Bowling, Crafts, Volunteers for special events and of course the Advisory Committee who work so hard to plan and organize events and work with the Board to provide services for you. A big thank you to all of you, we couldn't do it without you.

*Kathie*

# *March to Better* **HEALTH FAIR**

MARCH 25<sup>TH</sup>, 2014  
9:00 – 11:00 AM

**Free  
Admission!**

**Draws  
and  
Prizes!!**

**Interactive  
activities!**

**Blood Pressure  
Testing...and  
More!**



**R.M.S.S.**

**LOCATION: Pitt Meadows Seniors Centre  
19065 119B Ave Pitt Meadows, B.C.**

**Sponsored by BCIT Student Nurses, The Pitt Meadows Seniors  
Centre and The Wesbrooke Seniors Living Community**

# APRIL 2015 CALENDAR

Sun	Mon	Tue	Wed
		9:00 Wellness Clinic-MR	1 9am-1pm Membershi
5 Easter Sunday	6 Easter Monday  CLOSED	7 3:30-4:30 It Won't Byte Technology Help (see page 32)-MR  9:00 Wellness Clinic-MR	8
12	13	14 9:00 Wellness Clinic-MR	15 12 noon Volunteer A Tea- MR
19	20	21 9:00 Wellness Clinic- MR	22
26	27 2:30 Intergenerational Garden Meeting- MR	28	29

# CALENDAR OF EVENTS

	Thu	Fri	Sat
Membership Renewal	2 9am-1pm Membership Renewal 9:30am Seniors Helping Seniors Meeting-MR	3 Good Friday  CLOSED	4 1-4 Karaoke-MR
	9	10 1:30pm Vitality Now! Wellness Seminar- MR	11 1-4 Karaoke-MR 1:00 Maple Ridge Historical Tea \$10 at the door-MR
Appreciation	16 12:30 Spring Fling Luncheon- PM	17	18 6:30 Dance- MR 604-836-7295  1-4 Karaoke-MR
	23	24	25  1-4 Karaoke-MR
	30 Aging Brilliantly 4 week workshop begins- MR 604-477-0425	MR= Maple Ridge Activity Centre PM= Pitt Meadows Activity Centre	

- Archery
- Badminton
- Bocce
- Bridge, Duplicate
- Bridge, Social
- Carpet Bowling
- Cribbage
- Cricket
- Cycling
- Darts
- Dragon Boat Racing
- Equestrian
- Five Pin Bowling
- Floor Curling
- Golf
- Horseshoes
- Ice Curling
- Ice Hockey
- Lawn Bowling
- Pickleball
- Slo Pitch
- Soccer
- Swimming
- Table Tennis
- Tennis
- Track & Field
- Whist



**The 2015 North Vancouver Games  
will be August 25 to 29**

Be sure to check out the Games website at  
[www.55plusbcgames.org](http://www.55plusbcgames.org)  
for information on how, where, and when to  
register

To find out more about the Games call:

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**TUESDAYS AND WEDNESDAYS**  
**APPOINTMENTS**  
 9:00 am -1:00 pm

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## NEWS FROM THE INTERGENERATIONAL GARDEN

It's April already! We have been busy. With this early spring or lack of winter, we are planting earlier and watching fall-planted vegetables like garlic grow bigger than usual, at this time. Our berry plants like Blueberries and Haskaps have flowered and we are looking forward to sweet treats.



A big thank you to Grow and Gather and GE FEAST for donating seeds to the Garden. The students have lots of choices for their beds. We planning to try some Kiwis.

Volunteers can help the classes or work in the garden. Some write articles or put up posters, sit at our table at the Farmers Market or help make soup in the schools. There is likely something that you would enjoy being a part of. Although most are over 55, we welcome anyone to grow with us.

Our **next volunteer meeting** will be on **Monday, April 27 from 2:30-4:00 pm** at the Maple Ridge Seniors Centre on 224<sup>th</sup> Street.

You can talk to other volunteers and find out more about the project.

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

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



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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**  
**April 9th & 30th**

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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Honour your loved ones  
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### IN MEMORIAM PLAQUE

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

for a minimum \$100.00 donation

### IN MEMORIAM

**Kevin Gormley**

**Thomas Steel**

## GOLDEN SENIORS WELLNESS CLINICS 55+

Hello Seniors,

Don't forget Tuesday May 5<sup>th</sup> 9am for the Cholesterol Screening. Only the first 25 people will be screened.

I would like to take this opportunity to introduce you to Karen Wakita. Karen is a Registered Nurse currently employed on a casual basis at the Ridge Meadows Hospital Emergency Dept. She has shown a keen interest in our "Wellness" clinic and has already been giving talks to various groups of people. I will be semi retiring and Karen will be looking after the "Wellness clinic. I will just hover in the background and will take care of the finances and banking etc. and the nursing rotations. Karen will run the clinic as this is what she would like to do. I will be around to relieve her for holidays or if she is ill etc. Please make Karen very welcome. Many of you already know her and know she is a real go getter. You will be in good hands. I will occasionally pop in from time to time but will keep a low profile. I am looking forward to more time with my family and grandchildren. I would like to thank all of you for your support over the years. It has been a good run and we have had a lot of fun. We all weathered the ups and downs together but we made it. I will miss the clinic but I think the writing is on the wall and it's time for me to let go and hand things over. Karen and I will occasionally write articles for the Grapevine so we can keep in touch. Love to all of you. Take care.

*PLEASE NOTE: Elaine from the Safeway Pharmacy will not be attending the Wellness Clinic in April or May.*

**Peggy Lambert RN Ret'd**

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

**WELLNESS SPEAKER SERIES**

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.



**Are You 55 or older?  
Register for the**

## **Aging Brilliantly Workshop**

**4 week program on Thursdays,  
starting April 30th. \$49 per person**

**At Maple Ridge Seniors Activity Centre  
12150 224th Street**

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 and to Register call:

**604-477-0425**

## YOUR HEALTH IN MIND– SAFEWAY PHARMACY

### DRY EYES

Dry eye is a disease of the tears and eye surface that results in symptoms of discomfort. Dry eye may infrequently cause visual disturbances and the change in tear film may potentially cause damage to the eye surface. Women are twice as likely to develop dry eye disease and the incidence increases with age, most especially in postmenopausal women. Other Risk factors for dry eye include a diet low in omega-3 essential fatty acids(diet source fatty fish such as tuna, salmon, herring) or a high ratio of omega-6 to omega-3 fatty acids, vitamin A deficiency, extensive computer use, air travel, air pollution, smoking, wearing contact lenses and certain medications. Medications suspected of being a risk factor for dry eye include selective serotonin reuptake inhibitors, diuretics, beta-blocks, tricyclic antidepressants and botox injections.

Our tears are composed of 3 different layers, each having separate functions, that work together to hydrate, lubricate and protect the eyes. Changes to the composition of tears leads to dry eye disease. Symptoms associated with dry eye include blurred vision, discharge, eye discomfort and irritation, itching, a burning sensation, increased awareness of the eye, visual disturbances, redness, pain, eye fatigue, sensitivity to light, and the feeling of grit or sand in the eye. The intensity of these symptoms is affected by environmental factors such as humidity, prolonged use of computer terminals, air conditioning and certain medications.

Diagnosis is based on symptoms. Usually eye discomfort, such as burning or feeling of grit, gets worse as the day progresses. Symptoms start slowly over weeks to months and the eyes are sensitive to changes in the environment. Most people find closing the eyes gives some symptom relief. Your doctor will want to know how often do symptoms occur and do they interfere with reading, driving at night or watching television? Do certain environments increase eye discomfort such as wind, low humidity or air conditioning? Are you on medications that might contribute to dry eye? Also eye drops that contain preservatives, Lasik surgery and some medical conditions such as vitamin A deficiency may cause dry eye. There are many over the counter products for dry eye and they should not be used for more than 72 hours without consulting your doctor or eye specialist for diagnosis and advice.

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



# Nurse Next Door™

home care services

Carol Lange  
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## 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*

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*A little something... Especially for Seniors*

# Bernie and Red

Saturday, May 2 1:30 pm Maple Ridge Fairgrounds

Four ways to get down to see Bernie & Red and all the great events at this year's home show:

1. Come on your own steam.
2. Get family or friends to bring you down.
3. Check with your residence to see if your shuttle bus will be making the trip
4. Drop by the MR Senior's Activity Centre to sign up for free transportation (limited seating)  
12150 224th Street, Maple Ridge

ridge meadows  
**HOME SHOW**

May 1,2,3 PLANET ICE Fri 4-9 Sat 10-8 Sun 10-4

COMPLIMENTARY tea, coffee & cookies,  
courtesy of McDonald's Restaurants

Presenting  
Sponsors:



**SUNWOOD**  
Retirement Community



## Bridge Tournament Winners– February 28th, 2015



1st– Jack Corstanje & Rick Gullickson

2nd– Nita Spittel & Rosemary Sontowski

3rd– Walter & Connie Schmid

4th– Ron Badgry & Fred Kitamura

5th– Bill & Dudley

6th– Robert Bonkowski & Lou Huberman

7th– Wally Hutruik & John Nielsen

# Aging and the Eyes

SPEAKER:

Dr. Murray Hurlbert, Optometrist

It is important to know the facts about your eyes as you age and what you can do to maintain healthy vision.

Please join us for an informative presentation as Dr. Murray Hurlbert speaks about **Glaucoma, Cataracts and Age-Related Macular Degeneration**, the most common causes of vision loss in older people.

You will learn about early detection of eye disease and prevention strategies, as well as the treatment options that will best help to preserve vision and/or prevent further vision loss.

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**LOCATION:** Pitt Meadows Seniors Activity Centre

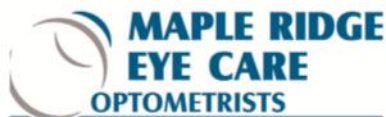
**DATE:** Tuesday, May 12th

**TIME:** 9:30 - 10:30 am

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RSVP to the front desk at the Pitt Meadows Seniors Activity Centre or call (604) 457-4771

Presented by:



## 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

NEED A RIDE? It's simple

1. Become an RMSS member- \$25 a year or free for those 90+
2. Call a driver from the schedule below. If selected driver is unavailable select other drivers in the schedule.
3. Tell the driver your address, the time you need to be picked up and the address or location of your destination. Please call at least one day ahead.
4. Reimbursement for drivers is \$3 one way \$6 round trip. Higher amounts may apply due to added time and distance.
5. Rides outside of Maple Ridge/Pitt Meadows: call Community Services 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
		Catherine Jewell 604-465-1502		Jane Gilbert 604-466-8810
		Pitt Meadows & West Maple Ridge Only		
		Jane Gilbert 604-466-8810		

**If none of the above available please contact GILLIAN HODGE 604-476-2109**

### VOLUNTEER DRIVERS NEEDED

**Have you considered becoming a volunteer driver?**

New drivers needed to serve a very appreciative clientele.

A rewarding experience, adapted to your schedule  
requiring a small time commitment.

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

## COMPUTER LAB

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>	<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>

## 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



St. Patricks Day Parade with Enjoy Tours

## 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 Good Friday & Easter Monday

### 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  
 Closed Good Friday & Easter Monday