

GrapeVine

RIDGE MEADOWS SENIORS SOCIETY – MAPLE RIDGE & PITT MEADOWS

May & June 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

MESSAGE FROM THE BOARD

Hello,

My name is Colin Burdall. I would like to introduce myself as one of the new Board of Directors at RMSS.

A BIT ABOUT ME: I grew up in South East London and moved to Sault Ste. Marie, Ontario, when I was 18, where I worked for the Dept. of Fisheries and Forestry. In 1969 moved to Vancouver and later moved to Maple Ridge, with my wife, in 2005. I bring with me some good experience as my last 25 years was spent working at maintaining operating order of commercial buildings. Some of the buildings I was responsible for were Langara Gardens, Echelon Centre, Guildford Place & Nordel Crossings. I look forward to meeting some of you soon.



SAVE THE DATE:

ANNUAL GENERAL MEETING IS WEDNESDAY JUNE 24TH, 2015
Look out for more information on the bulletin boards

RIDGE MEADOWS SENIORS SOCIETY BOARD OF DIRECTORS

President.....Gaetan Rutherford

Vice-President.....Jackie Diewold

Secretary.....Margaret Kraemer

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

Director..... Marguerite Marchand

Director..... Noel Rehaume

Director..... Colin Burdall

Director.....Don Mitchell

MESSAGE FROM MARIA

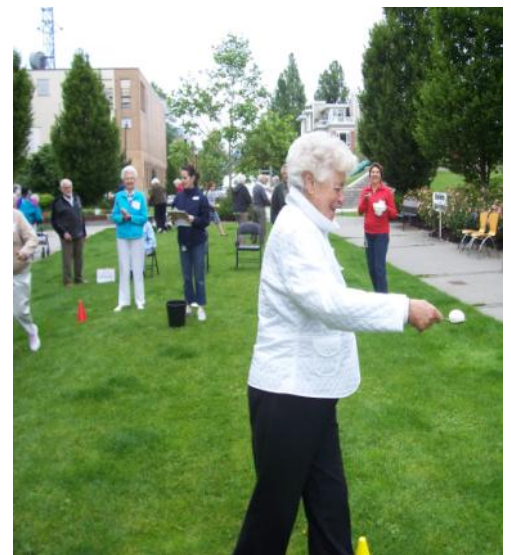
First annual
FIT FOR LIFE SPORTS DAY
Wednesday, June 3rd 2015
10:00-12 noon

have fun through fitness and fellowship... it's all about participation but a little competition can be fun!

Sign up with one of the fitness instructors or with Maria
Carpet Bowling, Table Tennis, Target Game, Egg Spoon Race, Obstacle Course, 4x1 Relay & Walker Race



**Call Maria
for more details
604-477-0425
maria@rmssseniors.org**



BUS TRIPS

Springtime in Victoria with Joy Brown

May 20th, 2015

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

Package includes:

- Visit to Finnerty Gardens & Ogden Point
- Visit Mount Tolmie
- Explore downtown Victoria & Market Square
- Lunch

Maple Ridge 7am-7:45pm

Pitt Meadows 7.15am– 7:30pm

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

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

Mayne Island with Joy Brown

June 17th, 2015

\$129 includes taxes and ferry fares for people 65 and older (please bring an additional \$15 cash if you are over 65 for additional ferry costs)

Package includes:

- lunch overlooking Active Pass in the famous Springwater Inn.
- Visit the lighthouse, Japanese Gardens, local shops & galleries
- an easy walk through a forest of Arbutus Trees.
- Afternoon Tea served in the elegant Mayne Inn with its remarkable views of the sea

Maple Ridge 8am-7:45pm

Pitt Meadows 8.15am-7:30pm

***Please check the Trips board and our website for more trips in June, July & August to places such as :
Galiano Island,
Pender Harbour,
Toronto Blue Jay vs Seattle
Mariners Game***

BUS TRIPS

Food Truck Fun Tour

June 28, \$89 per person

Discover what all the Food Truck buzz is about at the 3rd season of the Vancouver Food Cart Festival! This fun filled day also includes coffee on Commercial Drive, a cruise on False Creek, a chocolate tasting in Yaletown and a visit to Queen Elizabeth Park's Bloedel Conservatory. The Food Cart Festival has something for everyone.

PACKAGE INCLUDES:

- Admission Vancouver Food Cart Fest
- Vancouver Food Cart Fest lunch voucher
- Coffee or Tea - Caffe Calabria
- Admission Bloedel Conservatory
- 30 minute narrated cruise on False Creek
- Chocolate tasting
- All fees and taxes.

Pitt Meadows 8:30am – 4:45pm

Maple Ridge 9:00am – 4:30pm

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

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

RMSS BRIDGE FUNDRAISER Maple Ridge Seniors Activity Centre

Saturday, June 27th

Cost is \$20.00 per person

9:30am Coffee

10:00am Tournament Begins

Schedule is 5 rounds, lunch & 5 more rounds

Register by June 24th by contacting

Sue Thiessen

suetee2001@yahoo.ca

Win up to \$150.00!



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

Please note: there will not be Karaoke on June 6th & 27th



This is how Retirement Living should be!

We all value our independence and that's what makes Greystone Manor the perfect choice for active seniors living in Maple Ridge. Thoughtful suite design and attention to details such as in suite Washer and Dryers, Air Conditioning, Red Seal chefs for dining service and an engaging weekly social calendar are just a few of the services and amenities offered for a worry free lifestyle.

Join us for a complimentary lunch & tour and experience the Greystone Manor difference in seniors living.

Call Cheryl to ask about our all inclusive rate. 604-467-2808

greystoneresidence.ca

11657 Ritchie Ave. Maple Ridge Behind McDonalds on 228th St.

MAPLE RIDGE PUBLIC LIBRARY PRESENTS

Drop-in Tech Help Mondays, May 4 - August 31, 2 - 3 pm

Summer Film Nights Tuesdays, May 5, 12, 19, 6 - 8:30 pm

Wildlife Aware Wednesday, May 6, 7 - 8:30 pm

West of Hope: Local Scenery Thursday May 14, 7 - 8:30 pm

Budgeting 101 Wednesday, May 27, 7:00 pm - 8:30 pm



Look what we're bringing to the ACT 2015/2016

SAVE WITH SEASON'S TICKETS!

See all 3 shows with an Early-Bird

Discount of \$10

General Admission...\$74 Over 65/under 14...\$44

Family Pack 4 Tickets....\$245 per pack

Group 10+\$40 per ticket

on sale MAY 2015

604-476-2787

www.theactmapleridge.org/buytickets

Thrill to the original 1927 play that made Bela Lugosi a star!



Fantastic family fun full of music and merriment

Panto January 1 - 3 2016



Ellie King's Puss In Boots

Hysterically funny farce, just in time for tax season!



March 9 - 12 2016

THANK YOU MAPLE RIDGE!

OUR MOUSETRAP

WAS A HUGE HIT!!



www.rctheatreco.com

MAPLE RIDGE COMMUNITY GROUP MEETINGS

Alouette Field Naturalists Group

Meets: 2nd Thursday each month

Contact Dorothy Leclair to RSVP

Phone 604 298-0711 dleclair@alzheimercbc.org

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

Alpha with Burnett Fellowship

Meets: Monday's at 10:00am

Contact: Barry 778-868-4517

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

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 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	
WHITE= MAPLE RIDGE	GRAY = PITT MEADOWS		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 May 26 at Maple Ridge. May 28th at Pitt Meadows.

Community Shredding Event at Ridge Meadows Seniors Society

Thank you to everyone who
dropped off your items
for shredding.

**We raised a total
of \$1000 for RMSS.**



Making sure it's secure.™

DROP IN PROGRAMS AT PITT MEADOWS– Drop in fee applies

MONDAY

Stay Fit 2	9:15-10:15 am
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

WEDNESDAY

Snooker	9:00-4:00 pm
Crafts	9:30-11:30 am
Chair Fit 1 & 2	10:30-11:30 am
Ladies Snooker	1:00-3:00pm
Whist	1:00-3:30 pm
Table Tennis	1:00-3:00pm

THURSDAY

Walking Club	8:30-9:30 am
Snooker	9:00-4:00 pm
Chair Yoga	9:45-10:45 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
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
book an appointment



**June is Wedding Month
at Pitt Meadows
Seniors Centre!**
**Be sure to bring your
photos to the office. We
would like
to post them and have
people guess who the
bride and groom are.**

A MESSAGE FROM KATHIE

Happy Spring! So nice to see so many of you enjoying the nice weather, the walking club is having a great time out walking on Tuesday and Thursday mornings, we welcome them at the Centre for coffee and a chat afterwards.

We are celebrating Youth Week once again with a special dinner, last year the youth put on a musical performance for us, 75 youth and Seniors had a great time, tickets are free, pick one up at the reception desk.

Seniors week is June 1-7 look for many activities in the community that are free for Seniors. We will be having open houses all day Monday to Friday to invite the community to come and see what we have to offer. Of course our annual Strawberry Tea will be June 4 2-4 and Wesbrooke will be having another dinner theatre that week. Look for the posters and be sure to get your tickets early they will sell out fast for both events.

June is also Wedding Month be sure to bring your wedding photos and memorabilia for our display, it will be fun to guess who the bride and groom is in the pictures.

Congratulations to the Pitt Meadows Snooker Club A&B teams for both coming in second. It was a close tournament I know you practiced every day!!! Good for you.

Kathie

PITT MEADOWS SNOOKER CLUB

Pitt Meadows Snooker Club teams finished another successful season in the Senior Snooker League. The B League team won their league and finished second in the play-offs behind a tough Dogwood team. The A League team finished second in league play and lost a squeaker in the play-offs, losing to league champs Kennedy on the black ball in extra play.

Check out the photo on the back page of the GrapeVine!

UPCOMING EVENTS AT PITT MEADOWS**Come help us Celebrate Youth Week With the Teens
from the Pitt Meadows Recreation Centre****Wednesday May 6, 6-8pm**

at Pitt Meadows Seniors Centre

Main Hall 19065—119B Avenue Phone 604-457-4771

Free Dinner * Entertainment* Music

Tickets available at the Pitt Meadows Reception Desk

Cut off Date To RSVP is May 1**SENIORS WEEK STRAWBERRY TEA**

at Pitt Meadows Seniors Centre

THURSDAY, June 4th from 2-4pmTickets are \$5 and can be purchased at
the Pitt Meadows Seniors Centre
Reception Desk.

Cut off date is May 28th

MONDAY, JUNE 1	TUESDAY, JUNE 2	WEDNESDAY, JUNE 3
<p>Aging In Place Fantasy or Reality ? There is a variety of ways individuals can meet their housing and health care needs as they age. Kate Mancer, one of Canada's leading authorities of seniors housing will present this interactive session.</p> <p>10:30am at Maple Ridge Seniors Activity Centre 604-477-0425 for more details & RSVP</p>	<p>WELLNESS CLINIC OPEN HOUSE at Maple Ridge Activity Centre</p> <p>Check your blood pressure; talk with a nurse about concerns. Visit with Polly the Therapy Dog. A Pharmacist and an Ophthalmologist will also be on hand to answer your questions.</p> <p>9:00am-noon NO DROP IN FEE- FREE</p>	<p>FIT FOR LIFE SPORTS DAY have fun through fitness and fellowship... it's all about participation but a little competition can be fun!</p> <p>9:30am- 12noon Call for more details 604-477-0425</p>

Hats On Afternoon Tea & presentation by hat expert Liz Hancock

2:00pm at Maple Ridge Seniors Activity Centre
Tickets \$5 at Reception



SENIORS WEEK



THURSDAY, JUNE 4	FRIDAY, JUNE 5	SATURDAY, JUNE 6
<p>STRAWBERRY TEA Join the folks from Pitt Meadows Seniors Centre for their famous, annual Strawberry Tea from 2:00 to 4:00pm.</p> <p>Tickets can be purchased for \$5 at Pitt Meadows Seniors Centre cut off date for tickets is May 28</p>	<p>VARIETY PLUS presents: AROUND THE WORLD This outstanding group of senior entertainers take you on an imaginary trip around the world through music, song, dance and funny skits.</p> <p>7:00pm at Maple Ridge Seniors Centre</p> <p>Tickets are \$8 in advance at Reception Desk or \$10 at the door.</p>	<p>VARIETY PLUS presents: AROUND THE WORLD This outstanding group of senior entertainers take you on an imaginary trip around the world through music, song, dance and funny skits.</p> <p>2:00pm at Maple Ridge Seniors Centre</p> <p>Tickets are \$8 in advance at the Reception Desk or \$10 at the door.</p>

BOOK AT RMSS June 1st-6th 2015



Come to the show! Join us as we use music, skits and comedy to go . . .

AROUND THE WORLD

Variety Plus Spring Show 2015

FRIDAY, JUNE 5th at 7:00 pm
SATURDAY, JUNE 6th at 2:00 pm

Ridge Meadows Senior Centre
12150 - 224th Street, Maple Ridge

Prepaid Tickets: \$8
OR
At The Door: \$10



Follow Us On Facebook:  /VarietyPlus.RMSS
Email: varietyplus@telus.net | Phone: (604) 467-4993

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.

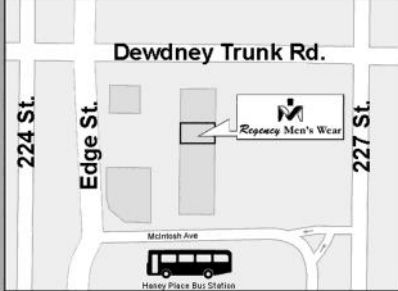
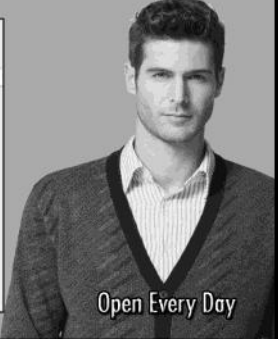
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Located at

RIDGE MEADOWS SENIORS

ACTIVITY CENTRE

12150 224TH STREET

NEWS FROM THE INTERGENERATIONAL GARDEN

....Where young and old grow together –
We're a short walk from RMSS!



We've been busy! This spring, we have twelve classes from Eric Langton and five from St. Patrick schools growing a range of good things in their garden beds. We also have some great new volunteers. However, we are always looking for more. "Many hands make light work". If you are a gardener of any kind, or want to help in some way, we would love to have you join us. There are many different roles for volunteers and you do not need to have a lot of gardening experience. We all learn together and have some fun!

Thank you to those who have ordered annual hanging baskets or planters from our **Plant Sale**. Reminder that pick up is at Eric Langton School on May 4th, between 11:00am-3:00 pm.

You are welcome to come learn about what we do at our **next Volunteer Meeting on Monday, May 25 from 2:30-4:00 pm**

at the Maple Ridge Seniors Centre on 224th Street.

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

Please drop in and say "Hi" at the **Farmers Market on Sat. May 16th**!

"Like us" on Facebook:
Intergenerational Garden on Edge Street



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

May 14th & 25th

June 26th

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
by having their names
engraved on the

IN MEMORIAM PLAQUE

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

for a minimum \$100.00 donation

IN MEMORIAM

Muriel Osborn
Nancy Bredbury
James Williams

GOLDEN SENIORS WELLNESS CLINICS 55+

Hello Seniors,

Just a reminder about the Cholesterol Screening clinic on Tuesday May 5th at 9am. No appointment is necessary but it will be a first come first serve policy for the first 25 people for screening only.

A couple of other dates for you to remember, our last “Wellness” clinic for the Summer will be Tuesday July 28th. We will be closed for the month of August and will re-open again on Tuesday September 1st 9am. Don’t forget Seniors Week. Our clinic will be open on Tuesday June 2nd at 9:00am and will be free (no drop in fee). The “Home Medical Supply” people from Haney Mall will be present with “POLLY” the therapy dog. They will be moving to a new location in Maple Ridge and as soon as I have an address etc. I will let you know. Our Pharmacist Elaine Cooke will also be present and Dr. Hurlbert our Optometrist so let us have a good showing.

I would like to make it clear that our foot nurse is certified to look after feet and nails. She is also a Registered Nurse and was the Director of Nurses at the Ridge Meadows Hospital. Contrary to what I have heard, all our medical volunteers are qualified Registered Nurses or Practical Nurses and are allowed to do the volunteer work that they do so well. I hope this answers any doubts you may have had.

Stay safe and healthy

Peggy Lambert RN Ret’d

Director/Coordinator Golden Seniors Wellness Clinic 55+

WELLNESS SPEAKER SERIES

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.

LOCATION: Pitt Meadows Seniors Activity Centre

DATE: Tuesday, May 12th

TIME: 9:30 - 10:30 am

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

Presented by:



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

**Friday, May 8th at 1:30pm
in the Social Activity Room
At Maple Ridge Activity Centre**

LIFELINE: Help at the push of a button

A representative from Fraser Health will speak to us about the benefits of the Personal Emergency Response Service that ensures assistance to you 24 hours a day, 7 days a week. If you already have a Lifeline Button, you can hear a refresher on what's included and things you may not know about your button. Also hear about the upgrade called AutoAlert that detects a fall.

YOUR HEALTH IN MIND– SAFEWAY PHARMACY

The Importance of Fibre and Water in Your Diet

Including fibre in your diet keeps your bowels regular, helps with weight control, and decreases your risk of heart disease, high blood pressure, high cholesterol and diabetes.

Recommended daily Fibre consumption			
Ages 19 - 50		Age over 51	
Women	Men	Women	Men
25	38	21	30

There are two kinds of fibre. Insoluble fibre draws water in as it passes through the lower bowel keeping our bowels regular and helping to eliminate wastes. Foods high in insoluble fibre include wheat bran, whole grains, fruits (those eaten with the peel on or with edible seeds) and vegetables (asparagus, beans, broccoli, cauliflower, cabbage, spinach, squash and potato skins). Soluble fibre helps remove cholesterol, slows the absorption of carbohydrate (slowing the rise in blood sugar), and gives a feeling of fullness satisfying appetite. Good sources of soluble fibre includes: beans, peas, lentils, oats, oatmeal, barley, bulgur, quinoa, wheat berries, psyllium, apples, oranges, some green vegetables and eggplant.

Tips for increasing your fibre intake: Choose high fibre or whole grain breads, muffins and crackers, Choose fruits and vegetables for snacks, eating the peel when possible. Berries and dried fruit are higher fibre choices. Add some bran or ground flax to your regular cereal. Add canned beans into soups and salads. Add fibre gradually to your diet to prevent gas, cramps and discomfort.

Our bodies are 60% fluid so staying well hydrated is important for good health. Water cools the body through sweat, transports nutrients to their destination, carries wastes out through the kidneys, lubricates and cushions the body. Drink fluids throughout the day, by the time you feel thirsty you are already dehydrated. An easy way to increase fluids is to carry water with you at all times and sip it throughout the day. Have water with every meal or snack. Don't drink a lot calories. Eat fruit rather than drinking juice. Unsweetened or no sugar added juices may contain large amounts of natural sugars, unsweetened cranberry juice contains over 8 teaspoonful's of sugar per cup, regular pop 11-12 tsp of sugar per can. Popular hot drinks are often high in calories and sugar, choose skim milk avoid whipping cream, have sugar free or half the added syrups. Water is the best way to hydrate your body. Dilute fruit juice with an equal amount of water. Look at product labels. Recommendations for daily fluid intake range from 8 to 13 cups daily (2-3&1/4 litres).

Elaine Cooke, Pharmacist and Certified Diabetes Educator,

Safeway Pharmacy, 604-468-1208, elaine.cooke@sobeys.com

LUNCH PROGRAMS

RMSS offers a wonderful lunch at the Maple Ridge Seniors Activity Centre Monday to Friday from 11:30am to 1:00pm. Fresh sandwiches, hot home cooked meals and delicious soups & desserts. A different menu is offered each week. Prices vary... you won't be disappointed.

The Pitt Meadows Seniors Centres offers soup and a bun every Monday, Wednesday and Friday from 11:30-1:45. A bowl of soup and a bun is \$3.50.

No need to make reservations.... Just drop in. Also, ask about our take home frozen meals .

VOLUNTEER OPPORTUNITIES

why is RMSS a great place
to volunteer?

- ◆ Friendly people
- ◆ Build new friendships
- ◆ Team-oriented
- ◆ We provide training & learning experiences
- ◆ Opportunity to share your skills and passion
- ◆ Talk, laugh, and share with local seniors

**CURRENTLY LOOKING FOR
COFFEE SHOP VOLUNTEERS!**

**Come by either center and fill out
an application form or simply
complete one online at
www.rmsssenior.org**



Nurse Next Door™
home care services



Carol Lange
Local Owner/Care Designer

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

It's true. We can set up your own wellness program that provides safety, security, help with meals, housekeeping, driving, groceries, or getting out to activities you enjoy. We can help fall-proof your home and keep your mobility up. And if you need help with medication or personal hygiene, we can assist – in the comfort of your own home.

**Call 604-468-2273
today to book a FREE Caring Consult.**

Nurse Next Door is a local, award-winning, homecare company delivering responsive, caring and high quality home support and medical care.

nursenextdoor.com

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MAPLE RIDGE AFTERNOON TEA EVENTS

Fashion Show & Tea



Ridge Meadows Seniors Society

Is bringing you an afternoon of fashionable Men's & Women's thrift store finds modeled by our very own RMSS models, delectable goodies and fabulous company.

Please join us

Wednesday, May 6th at 2:00pm
Maple Ridge Seniors Activity Centre
12150 224th Street

Tickets are \$5 and can be purchased at the Reception Desk at the Maple Ridge Seniors Activity Centre.



Join us for a special
Hats on Tea & Presentation
about Hats by Liz Hancock
 during Seniors Week

Monday, June 1st at 2:00pm

Tickets can be purchased at
 the Maple Ridge Seniors
 Centre Reception Desk.

MYSTERY TEA

The Mystery Tea is back!

Join us August 19th at 2:00pm in the Dining Room
Maple Ridge Seniors Centre
12150 224th Street Maple Ridge

Tickets will be available for purchase for \$5
 at the Maple Ridge Reception Desk
 starting August 1st.

If you have anything to donate to the table that is clean and in good working condition we would greatly appreciate it.

We will be accepting this donations starting June 25th.



Save the date.....

Join us for an
Oktoberfest party

On October 15th

More detail to come



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.

Cataracts are the result of aging changes in your eyes that cause the lenses to cloud. Causes include aging, genetics, ocular trauma and steroid medications and they will occur earlier from excess UV and smoking. Our eye doctors carefully examine for cataracts as well as for glaucoma and macular degeneration during every eye health examination.



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 committee's 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 its 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
- Usually 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.

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>

What do you think?

Is our Community Age-friendly?



DATE: Wed., June 10

TIME: 9:30 am – 2:30 pm

PLACE: Ridge Meadows
Seniors Centre
12150 224th Street, Maple Ridge

FREE: Please call to register at:
(604) 467-6911, ext. 200 or email:
jmaki@comservice.bc.ca

Lunch is included!



The Age-friendly Advisory Committee invites you to take part in an exciting new initiative in Maple Ridge and Pitt Meadows.

In an age-friendly community older persons can live in security, enjoy good health and continue to participate fully in society.

Join us for “Conversations on Age-Friendly Communities” and tell us about how you experience your community. Are there barriers you face to aging actively? What is working well? This is an important opportunity to have your voice heard as we begin to create a more age-friendly community.

We will talk about:

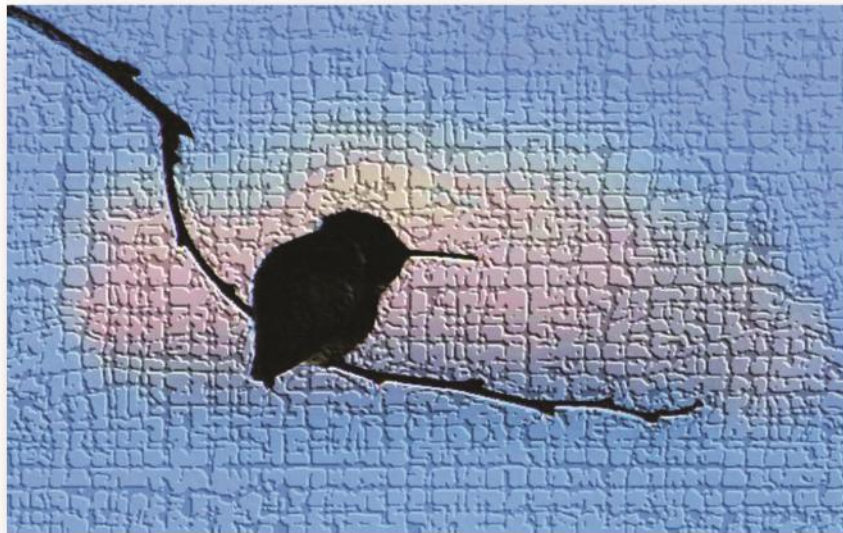
1. Outdoor Spaces & Buildings
2. Transportation
3. Housing
4. Respect & Social Inclusion
5. Social Participation
6. Communication and Information
7. Civic Participation & Employment
8. Community Support & Health Services



SPECC-TACULAR PRODUCTIONS
presents

A Walk Down Memory Lane

Music from the 1940's



Saturday June 13th 2015 at 2:00pm
Afternoon Tea

\$20.00 (Cash Only)

**For information and pre-booking of tickets please call:
604-467-4225 or 604-463-5391 (Evenings)**

**Maple Ridge Seniors Activity Centre
12150 - 224th Street
Maple Ridge, BC V2X 3N8**



Pitt Meadows Snooker Club- A Team - left to right Kevin Robitaille, John Starcevic, Rick Soroka, Gary Spence, Jim Masterman, Paul Scanlon, Garry Watts Missing Brian Johnson, Wayne Young

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 May 18th, 2015

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 May 18th, 2015