

GrapeVine

RIDGE MEADOWS SENIORS SOCIETY – MAPLE RIDGE & PITT MEADOWS

July & August 2015 Issue



Winners of the First Annual Seniors Week Fit for Life Sports Day
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

MESSAGE FROM THE BOARD

On behalf of the Ridge Meadows Seniors Society and the Board of Directors, I am pleased to give a very warm welcome to our new Operations Manager, Lori Freitas. Lori's qualifications and her passion for the issues that face seniors in today's society make her an obvious choice to complete our team. Lori will be splitting her time between our two centres and will be a positive, visible presence in both our Seniors centres. We welcome all to take the time to stop by and say hello to her.

Kind regards,

Gaetan Rutherford

President

Ridge Meadows Seniors Society



Lori M. Freitas Professional Bio

Lori M. Freitas has over 20 years of experience as a senior manager in not-for-profit organizations. She has been responsible and accountable for the effective administration and management of facility operations within multidisciplinary environments in both British Columbia and Ontario.

With an emphasis on seniors programs and volunteer development, Lori has served as Executive Director at the North York Seniors Centre, as District Manager for the Lower Mainland, Fraser Valley and South Coast at the CNIB, and as Branch Manager for Community Home Support Services in Vancouver. Lori was most recently employed at Maple Ridge/Pitt Meadows Community Services with the Better At Home Program.

For her commitment to seniors, dedication and accomplishments, Lori was the recipient of the Commemorative Medal, issued by the Governor General of Canada, for Leadership and Innovation in community programs for seniors.

Lori brings with her an enthusiasm that conveys the energy and drive to build positive relationships, establish meaningful goals, and meet the needs for the seniors' community she serves.

MESSAGE FROM MARIA

It's been a very busy few months... Volunteer Appreciation Tea in April and a Fashion Show in May. And of course, Seniors Week 2015 which included a Seniors Housing Presentation, Hats On Tea, Fit 4 Life Sports Day and two almost sold out Variety Plus Shows. A big thank you goes out to all those folks who helped make Seniors week a huge success. RMSS Volunteers, our fabulous Fitness Instructors and of course all the members who took part in the many events throughout the week.

Speaking of Volunteers, please check out page 10 'Volunteer Spotlight'. Each issue will focus on a RMSS Volunteer from Maple Ridge or Pitt Meadows. It's an opportunity to get to know that friendly face that you may see around our centres. So don't be surprised if Bonny Klovance comes by to ask you a few questions, she's our volunteer 'reporter'.

Also, please check out page 34 & 35 to read about the joint venture with Ridge Meadows Parks & Leisure and the Artists in Residence. I can't even explain how very excited I am about this and hope many of you can join us to work on these amazing projects for our communities.

If your membership has expired and you haven't already renewed yours, please do so soon. Come September, it will be important to show your current membership card when arriving to your activity.

ACTIVITIES ON HIATUS FOR SUMMER MONTHS

Hawaiian Dance– will return September 10th

Wellness Clinic– no clinics during the month of August

Bingo– no bingo during the month of August

Ballet & Spanish dance will return September 2nd

Tap & Jazz class will resume September 8th & 10th

BUS TRIPS

Pender Harbour

Boat Cruise

Thursday, July 16 \$136

Travel to the Sunshine Coast to enjoy a comfortable one hour narrated boat cruise through the calm waters of Pender Harbour, Garden Bay, Hospital Bay with views of Texada Island. There will be time to explore the scenic town of Gibsons home of the Beachcombers.

A delicious lunch and dessert is served overlooking the sea in Sechelt with time to look around this beautiful area.

Price includes all ferry fares for people 65 and older. If anybody is under 65 the ferry fare is \$8.00 return.

Depart MR 7.30am-7:15pm

Depart PM - 7.45am-7:00pm

Toronto Blue Jays vs Seattle Mariners at Safeco Fields

JULY 26 2015 \$114 per person

. The Seattle Mariners vs The Toronto Blue Jays includes "view box seats" & premium parking close to Stadium escalators. Enjoy a wide variety of great ballpark food including "garlic fries".

Cont'd

First pitch is at 1:10pm. Valid passport, enhanced drivers license, Nexus pass or enhanced BCID required.

PACKAGE INCLUDES:

View Box game ticket

- Escorted entry
- Escorted seating
- Premium parking
- Morning coffee stop
- All fees and taxes

Pitt Meadows 7:30am – 8:15pm

Maple Ridge 8:00am – 8:30pm

Galiano Island

Wednesday, August 19 \$136.00

Enjoy this jewel of the Southern Gulf Islands to see a variety of wonderful places.

We will visit Stone World located at a private home, one of the most unique places on the Island with magnificent views.

Enjoy an easy walk through Bluff Park overlooking Active Pass.

Visit a beautiful glass studio and an Island garden. We will visit the Elegant Galiano Inn to see a huge mural painted by a 100 local artists.

Lunch is served at the Hummingbird Inn surrounded by huge trees.

BUS TRIPS

Cont'd

End the day with a delicious Afternoon Tea overlooking the water's edge at Montaque Harbour.

The price includes all ferry fares for people 65 and older.

If anybody is UNDER 65 the ferry fare return is \$15 paid in cash on the day of the tour.

Ridge Meadows 8.15am-7:45pm

Pitt Meadows 8.30am-7:30pm

Fairburn Heritage Farm & Chemainus Murals

August 26, 2015 \$125 per person

The Cowichan Valley is full of surprises! Visit the Fairburn Farm and Guest House, learn about water buffalo and taste the wonderful cheese produced on the farm. Learn about the murals of Chemainus during a narrated bus tour. Enjoy free time at the Farmers' Market, home to Farmers and Artisans.

Pitt Meadows 6:30am – 8:15pm

Maple ridge 6:45am - 8:00pm

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, August 29th

Cost is \$20.00 per person

9:30am Coffee

10:00am Tournament Begins

*Schedule is 5 rounds,
lunch & 5 more rounds*

Register by August 20th
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
 July 25th & August 29th

TRAVEL SERIES

Calling all travel & photographer buffs!

Now is your chance to show off the photos you've taken from around the world. If you are interested in presenting a travel slideshow to members of RMSS

(Pitt Meadows & Maple Ridge)

please contact Maria at 604-477-0425.



Dawn till Dusk

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TUESDAYS AND WEDNESDAYS

APPOINTMENTS

9:00 am -1:00 pm

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

Call Dawn at 604-992-0542

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. THIS SOUP SERVICE WILL BE RETURNING IN SEPTEMBER. SOUP KITCHEN IS CLOSED FOR THE SUMMER.

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

The Royal Canadian
Theatre Company
presents
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2015/2016

at

THE ACT

11944 Haney Place, Maple Ridge

SEE ALL THREE SHOWS
WITH A **BIG** 'EARLY BIRD'
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*(special offer only available until
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General Admission...\$74 Over 65/under 14...\$44

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

Group 10+\$40 per ticket

(Includes all three shows, taxes and fees)

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Panto Dec 31 - Jan 3
2016



Ellie King's
Puss In Boots

*Fantastic family fun full of music and
merriment*



March 9 - 12 2016

*Hysterically funny farce, just in time
for tax season!*

MAPLE RIDGE COMMUNITY GROUP MEETINGS

Alouette Field Naturalists Group

Meets: 2nd Thursday each month

Alzheimer Society Support Group

Meets: 2nd Tuesday each month

Time: 7:00-9:00 pm

Contact Dorothy Leclair to RSVP

Phone 604 298-0711 dleclair@alzheimercbc.org

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: Donna 466-1173 or Sheila 467-7183

Cameo Group

a social group for people to meet new friends.

Meets: Thursday each week

Time: 1:00-3:00 pm Contact: Gail 463-0539

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: Most Friday's each week

Time: 10:00 am-1:00pm

Contact: Logan 778-888-4255

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

VOLUNTEER SPOTLIGHT: Alex Danko

Alex has been giving his time to the lunch programme on Tuesdays at RMSS Maple Ridge for the last year. He also helps at other functions when needed. Actually, he is a died in the wool volunteer starting with coaching hockey and baseball in Montreal in the '70's. The Westmount Recreational Centre recognized his skill in coaching baseball and he received a plaque and certificate of distinction from the City of Westmount for his superior performance. While in Montreal, he was Vice President and later President of the New Hope Seniors Centre. He also served as their kitchen manager. If that wasn't enough he also volunteered his time at Chez Mes Amis, a centre that served meals to the homeless.

Now that he is a Maple Ridge resident he assists with the Men's Breakfast Club at St. Patrick's Catholic Church and has been President of the Pioneer Village where he lives. He helps out at the Presbyterian Church and even played Santa last year! So as you can see he is a man of many talents!

Alex was born in Montreal and was schooled in a Catholic High School. He trained as an accountant and practised that profession for 13 years. He met his wife while working for Kerr Steamships and they were married in Montreal in 1969. They have two children and a granddaughter.

In 1975 He retired from Clarke Transport but he didn't stop working. He opened a franchised "Second Cup" in Toronto. When that opportunity closed he became independent, opening Cuppa Café at the same location. After closing shop, Alex moved to Maple Ridge to be close to his daughter.

Alex is a very committed volunteer with a cheery smile. He enjoys the comradery of volunteering and the opportunity to give back to the community. If Alex could have anything he wanted it would be good health and his family close by.

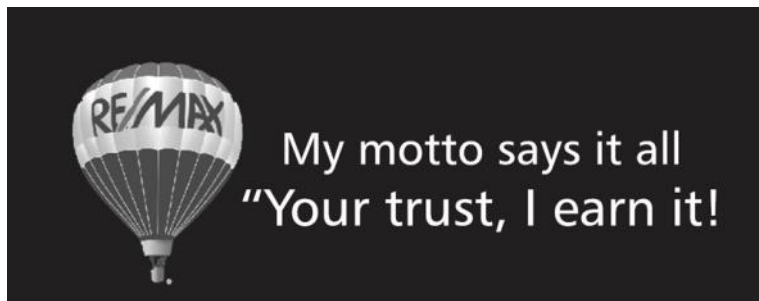
REFLEXOLOGY WITH URSULA

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**

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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IN MEMORIAM PLAQUE

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

for a minimum \$100.00 donation

IN MEMORIAM

Gary Dickey

Al Tompkins

Mildred (Millie) Campbell

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
Crafts & Needlework	9:00-11:30 am
Chair Yoga	9:30-10:30 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	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

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
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	9:20-10:15 am
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

SOUPS ON

IS TAKING A BREAK FOR
THE SUMMER. SEE YOU
BACK AT THE PITT
MEADOWS SENIORS
CENTRE FOR A BOWL OF
SOUP AND A BUN
IN SEPTEMBER



THE WESBROOKE

SENIORS LIVING COMMUNITY



Imagine...

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

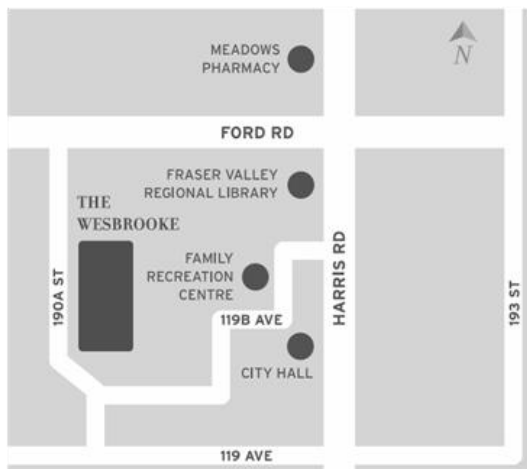
- ALL INCLUSIVE RENTAL ACCOMMODATIONS:
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 - Nutritious meals by certified chef
 - A Life Enhancement Program of activities
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CASA GROUP

A MESSAGE FROM PITT MEADOWS

We are still open for you to come and enjoy your activities during the summer and meet your friends. Check the bulletin board for an update of the activities that may be taking a break for the summer.

Thank you all for bringing in your wedding pictures for our June is Bride month display, we had over 25 ladies and gents bring in their pictures, 2 wedding dresses, wedding gift cards, a tux and memorabilia.

The Staff and the Advisory Committee are busy planning events for you for the next 5 months.

September 16th
Open House

September 27th
Crib Tournament

October 15th
A Taste of Italy

October 17th
Country Fair

November 28th
Breakfast with Santa

December 2nd
Variety Plus Show

Flu clinic Oct or Nov date yet to be determined

Stay tuned for details on the Country Fair in October.
Be sure to get a head start and grow those Zucchini for
The Everything Zucchini Contest at the Country Fair.

UPCOMING EVENTS AT PITT MEADOWS

In July, I will be announcing a special training session for our many valued volunteers at Pitt Meadows Seniors Centres. This training session will help streamline the recording of the many volunteer hours that our members fulfill each day. By streamlining the recording of volunteer hours using a computerized system, it will help achieve an accurate count of the number of hours that are necessary to run our centres, keep an accurate database of volunteer information and helps us draft reports.

The first step in doing this is having each volunteer fill out a detailed form. The majority of volunteers have already done so in the last few months. If you have not yet been asked to fill out the Volunteer Information Form, please pick one up at the Reception Desk.

The program has worked very well at the Maple Ridge Activity Centre and I am excited to get it up and running in Pitt Meadows.

Maria Perretta- Activity & Volunteer Coordinator

Last year's Country Fair at Pitt Meadows Seniors Centre





**The Pitt Meadows Seniors Centre
Advisory Committee**

invites Citizens of Pitt Meadows
(members and non members 55+)
to join us for an

**Open House with coffee & dessert
at Pitt Meadows Seniors Centre**

Wednesday, September 16

1:00-2:00 Meet the Board & Advisory
Committee to answer any questions or
concerns you may have

2:00-3:30 Refreshments will be served

WE WANT TO HEAR FROM YOU!

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.

Drop in Classes this summer at 10:20am at the Pitt Meadows Seniors Centre on the following dates: July 23, July 30, August 6, August 13 and August 27
Drop in Classes are \$5! Come try it out! Maple Ridge Zumba will resume in September.

RMSS FITNESS CLASS UPDATES

Chair Yoga Pitt Meadows: This class has been moved to a 9:20am start time in order to move the class into the Main Hall.

Osteofit class Maple Ridge coming soon: Osteofit is a BC Women's Hospital certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Join us for an OsteoFit Info Session on September 17th. Registration opens September 1st, Classes start October 7th.



Stay Fit 1 Maple Ridge: the Thursday class is taking a break for the summer and will resume in September. The Tuesday class is still on! For those of you looking for a slight challenge from the Chair Fit 1 & 2 class, this is for you!

FITNESS PROGRAMS– Drop in fee ranges from \$2 - 2.25 per class
GRAY BACKGROUNDS– PITT MEADOWS FITNESS PROGRAM
WHITE BACKGROUNDS– MAPLE RIDGE FITNESS PROGRAM

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 stops for July/August)	10:00 Chair Fit 1
10:00 Chair Fit 1	9:30 Chair Yoga	10:30 Chair Fit 1 & 2	9:20 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		10:20 Zumba Gold (Check Drop In Dates)	
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, rhumba, 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 PITT MEADOWS
CHAIR YOGA & ZUMBA CLASSES**

YOUR HEALTH IN MIND– SAFEWAY PHARMACY

HIGH BLOOD PRESSURE

More than 6 million Canadians have high blood pressure (also called Hypertension) and 17% are unaware of it. Only 66% of those with high blood pressure have it under control. Home blood pressure monitoring is a mainstay of treatment. Blood pressure readings consist of 2 numbers the 1st/top number is the systolic blood pressure when your heart is pumping and the 2nd/bottom number is the diastolic blood pressure when your heart is at rest. Blood pressure is recorded as mmHg.

Tips for getting an accurate home blood pressure reading:

1. Do not participate in heavy physical activity for at least 2 hrs before the measurement.
2. Do not drink caffeine products or smoke for 30 minutes before measurement
3. Have an empty bladder and empty bowels
4. Sit and rest for 5 minutes before the measurement
5. Sit comfortably with arm bare and supported at heart level. Blood pressure cuff should be 3cm above your elbow.
6. Do not speak or cross your legs during the measurement.
7. Use the correct size blood pressure cuff, too small reading will be higher, too larger reading will be lower than actual.
8. Take 3 readings with at least 1 minute between, disregard the 1st and average the final two for your result. Measure both arms at least once and then use the consistently higher arm.

Treatment target blood pressure:

For most people including those with chronic kidney disease is 140/90 mmHg

For people with diabetes 130/80 mmHg

For those over 80 years of age 150/90 mmHg

CONTINUED 

GOLDEN SENIORS WELLNESS CLINICS 55+

Hello Seniors,

As I promised, the “Independent Lifestyle Store” have now moved from the Haney Place Mall and following is their new address #2 – 22337 Dewdney Trunk Rd. Maple Ridge, B.C. V2X 3J3 Phone number is 604- 477-1212. They are about ½ block from the Haney Sewing and Sound Store. If you are looking for medical supplies, walkers, wheelchairs and first Aid Supplies, this is the store to go to.

Our last clinic for the Summer will be on Tuesday July 28th. The “Wellness Clinic” will be closed for the month of August and there will be no foot clinic in August either. This time off will give our volunteers some well deserved R and R and family time plus I know some of you will be away with family for holidays.

The “Wellness clinic” will re-open again on Tuesday September 8th at 9am. Hope to see you all again in the Fall although I will not be working quite so hard from now on. Have a Happy, Healthy and Safe Holiday.

Peggy Lambert RN Ret'd

Director/Coordinator Golden Seniors Wellness Clinic 55+

HIGH BLOOD PRESSURE CONT'D

Controlling your blood pressure requires you to make lifestyle changes and take medications. Because high blood pressure is a silent disease, usually without any symptoms, people often forget to take their medications or are hesitant to add another medication because they do not understand that controlling blood pressure decreases their risk of serious problems.

Uncontrolled high blood pressure is associated with a 24% risk of premature death, 35% risk of a cardiovascular event (heart attack, arrhythmias, and angina), 49% risk of heart failure and a 69% risk of a stroke. High blood pressure can also lead to eye damage (retinopathy), kidney damage (nephropathy) and peripheral artery disease.

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

WELLNESS SPEAKER SERIES

Three Massive Mistakes Even Smart People Make That Keep Them Overstressed, Unhappy and Unhealthy: FREE **Friday, September 11th at 10:30-11:30pm at RMSS Pitt Meadows**

Do you know the 3 massive mistakes even smart women make that keep them overstressed, unhappy or unhealthy? Unless you know, how can you resolve them? In this power-packed 60 minute presentation, not only will you learn what the 3 massive mistakes are, you will also learn why you have been making them and how to eliminate them. This short presentation will give you the knowledge and show you how to apply it, so that you can be, do and have what you want in life.

OSTEOFIT INFORMATION SESSION: FREE!

September 17th at 11am

in the Library at RMSS Maple Ridge Seniors Activity Centre

OSTEOFIT is a BC Women's Hospital & Health Centre certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Exercise is a proven effective treatment option for people with osteoporosis in combination with medication & nutrition.

Osteofit 4 week Sessions: twice per week (total of 12 sessions) Wednesdays and Fridays starting Wednesday, October 7th. **Cost TBA**

THE ART OF FORGIVING– 4 week sessions

November 6—27th at 10:00am-12noon

Week 1: Nature of Forgiveness - defining forgiveness and dispelling myths, discussing benefits and risks

Week 2: Path of Forgiveness - 4 necessary steps

Week 3: Path of Self-Forgiveness - dealing with guilt and shame, embracing compassion

Week 4: Path to Inner Peace - tips for achieving and maintaining peace within

\$60 for all 4 sessions minimum of 5 Registration Starts in September.



Enjoying the patio
during lunch at
Maple Ridge
Activity Centre.

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**



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MAPLE RIDGE AFTERNOON TEA EVENTS

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

BC DAY QUIZ: NAME THESE PLACES IN BC

1. Former Queen
2. Fishy appendage
3. Horse– drawn buggy
4. Colored stone
5. Cool hit
6. Bee’s bum
7. Overcook a honey maker
8. Famous mom in a rocking chair
9. A sense of purpose

11. Award
12. Century home
13. Devil’s entrance
14. Set fire to water
15. Dickens character
16. Aching last digit

- | | | | | | | | | | | | | | | | | |
|----|----------|------------|--------|------------|------------|---------|---------|----------|---------|-----------|---------|----------------|-------------|------------|--------|----------|
| | Victoria | Salmon Arm | Surrey | White Rock | Chilliwack | Enderby | Burnaby | Whistler | Mission | Ladysmith | Merritt | 100 Mile House | Hell’s Gate | Burns Lake | Oliver | Sorrento |
| 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | 13. | 14. | 15. | 16. | |



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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.



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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		Joseph J 604-463-4041	Jane Gilbert 604-466-8810	Sheila Pratt 604-463-8929
July Only Jane Gilbert 604-466-8810	July Only Jane Gilbert 604-466-8810	July only Claudia Finamore 604-467-8385		July Only Claudia Finamore 604-467-8385
Reduced drivers availability during summer months: call ahead		Catherine Jewell 604-465-1502 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 Seniors Centre

Tuesday, September 8, 3:30-4:30pm

Tuesday, October 6, 3:30-4:30pm

Tuesday, November 3, 3:30-4:30pm

Tuesday, December 1, 3:30-4:30pm

Do all the new hand-held tech toys confuse you? Bring those gadgets to the **Seniors 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>



Active Living Seniors Fair



fraserhealth

Falls Prevention Mobile Clinic @10am

Nothing is more valuable than your independence...
so why risk it?

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& REFLEXOLOGY
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ARBONNE.



\$5.00 Lunch

Served from 12:00pm-1:00pm



Entertainment ~ Kuanue School of Dance

Wednesday July 8th, 2015 10:30 am - 1:30 pm

11657 Ritchie Ave, Maple Ridge 604-467-2808



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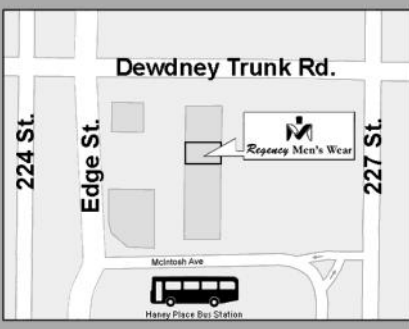
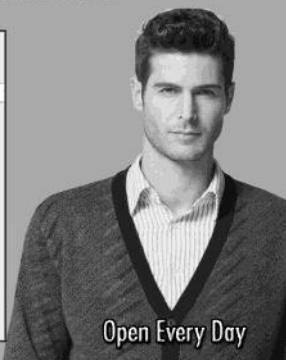
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**BACK BY POPULAR DEMAND:
LAPEL PINS**

You asked so we ordered them....
Pick up shiny new RMSS lapel pin at the
reception desk at Pitt Meadows
or Maple Ridge.

Cost of these pins is \$5



ARTISTS IN RESIDENCE

The Artist in Residence Program in Maple Ridge and Pitt Meadows provides an opportunity for artists to create arts based community engagement on projects and activities that have a lasting impact in exchange for studio space. The program is based on principles of cultural development and community enrichment. Its purpose is to support artists and the community on topics of interest and provide the artists with subsidized access to studio and/or live in space for a period of time. It allows artists to pursue their current art making directions and try new things without the constraints of studio and/or housing cost.

During each residency, the artist establishes a presence in the municipality and neighborhood as appropriate. This will include spending time in developing a body of work, engaging the public with their practice and may lead workshops, demos and legacy projects within the arts centre, community centres, schools, neighborhood and events/festivals as part of public programming.

RMSS members are invited to join the 3 artists in Residence for the following projects. These are no cost to you, all supplies are provided and absolutely NO experience is necessary:

Artist: Robi Smith

**Project: The River- Lantern Based installation in Maple Ridge Park
September 11th & 17th from 10-12noon at Robi's studio located at
23740 Fern Crescent. RSVP at MR Reception 604-477-4993**



Work together to build lanterns in shapes that reflect the ecosystem of the Alouette River. The lanterns will be in the shapes of salmon, trout, eagle, bear etc. The lanterns will be installed along the Alouette River in front of the Artist in Residence studio over two evenings in late September.

ARTISTS IN RESIDENCE

Artist: Kat Wahamaa

Project: Where the Light Gets In- Mixed Media Collage

September 3rd & 10th from 10-12noon at RMSS- Maple Ridge

Activity Centre. RSVP at MR Reception 604-477-4993



Create collage works from your own photos of doors, windows, or vistas in nature in Maple Ridge/Pitt Meadows area, or photos of people/ places that open your heart. Share the stories behind the photographs and discuss the history of the area through archival images. Make a collage to keep and contribute to a group piece that will be part of a Culture Days exhibition at The Act.

Artist: Rebecca Fisher

Project: Community Yurt Project

Tuesday, September 1st at 9:00am at RMSS- Maple Ridge

Activity Centre. RSVP at MR Reception 604-477-4993



Participants are invited to help create a small piece of felt that will be incorporated into a big collaborative piece creating a small reading yurt that will travel through the community to schools and libraries to provide children with a fun place to read a book.

To meet all of the Artists in Residence and learn more about these projects please join us for a Meet & Greet with refreshments at: RMSS- Maple Ridge Activity Centre on August 26th at 10:30am to noon.



SENIORS NETWORK NEWS

Community weighs in on Age-friendly aspects of Maple Ridge & Pitt Meadows

On June 10 nearly 100 older adult residents of our two communities came together for the Age-friendly Community Conversation at the Ridge Meadows Seniors Centre. It was a day of lively conversation led by Dr. Elaine Gallagher where participants shared the good, bad and ugly of growing older in the two cities. The results of the Community Conversation will be published in the Fall. Two follow up events are planned for September, one in Pitt Meadows and another in Maple Ridge, to dig even deeper into the issues.

The Age-friendly Communities Initiative is a joint project of the Seniors Network, City of Maple Ridge and City of Pitt Meadows. Thank you to everyone who took part in the event and shared their insight, experience and opinions. Your participation is greatly appreciated. Special thanks to RMSS for providing space for the event and to Chartwell Willow Retirement Community for sponsoring our morning refreshments! Stay tuned for more information coming soon!



NEWS FROM THE INTERGENERATIONAL GARDEN

The volunteers, the Coordinator and the children have been busy all spring in the garden. They've planted, watered, weeded and tended to their plots and are now harvesting their bounty. Radishes, lettuce, kale, strawberries, chives and peas are some of their crops.

Due to the great weather this Spring, the commitment of the 16 volunteers, many of them seniors and the enthusiasm of the students from St. Patrick's and Eric Langton schools, there has been a lot of growing going on. Adults share their expertise and the children learn where their food comes from and all are enjoying consuming their crops, so it's a win-win proposition.

Unfortunately, we have some sad news. Our Coordinator, Sue Fleming, is retiring from her job at the end of June, although she will continue as a volunteer. Thank you, Sue, for your skills, dedication and hard work that contributed to making the garden the success that it is.

A new Coordinator is being hired, so look for a news flash soon!

The good news is that we've received more funding! With Doug Bing's help, the province of BC has given us \$10,000. to keep us growing!

TD friends of the Environment Foundation has also generously donated \$7,500. ! We are very thankful!

Thank you, Heather for writing these grant requests!

Thanks to all of the wonderful volunteers from Sue!

If you are interested in the garden, drop in and have a visit. See the great variety of plants growing or just enjoy the environment on a sunny day.

Check the RMSS Bulletin board or contact the Coordinator at 604-837-8915 or gardencoord@gmail.com for the next Information-Volunteer meeting.

Article written by Bonny K.



TD Friends of the
Environment
Foundation



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
Operations Manager- Lorie Freitas.....	457-4772
GrapeVine Editor	477-0425
Kitchen- Elaine.....	467-0072
Reception	467-4993
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
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+ - Karen Wakita.....	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
Mexican Train- Marianne.....	466-8603
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
Square Dancing (Town & Country- Lucille Lysne.....	380-0130
Table Tennis- Mike Buckingham.....	467-4901
Tai Chi/Qi Gong- Dina Kerr.....	467-2145
Tap/Jazz And Stage Dance Lessons- Bev Porter.....	476-9160
Tri Hard Walkers- Beverley Hernandez.....	467-9407
Whist- Rita.....	463-9789



Volunteers at Pitt Meadows Seniors Centre during the St. Georges Day Tea

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 July 1st, August 3rd &
September 7th*

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 July 1st, August 3rd &
September 7th*