

GrapeVine

RIDGE MEADOWS SENIORS SOCIETY – MAPLE RIDGE & PITT MEADOWS

September & October 2015 Issue



RMSS Craft Ladies knitted over 160 purple caps for BC Children's Hospital. This is to raise awareness of Shaken Baby Syndrome.

Clickforbabies.org

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

NOMINATING COMMITTEE

The Annual General Meeting is scheduled for:

Date: Wednesday, September 23rd, 2015

Time: 1:00 p.m.

Place: Maple Ridge Activity Centre

The A.G.M. will be conducted observing Robert's Rules of Order and the provisions of the RMSS bylaws. So, here is what you, as a member in good standing need to know:

- To proceed with business the AGM requires a quorum of 25 voting members.
- Only members in good standing will be permitted to attend.
- A member in good standing, who has been a member for at least 14 days prior to the date of the AGM, is entitled to vote
- A call for nominations to the board will be posted 30 days prior to the date of the AGM.
- Nomination forms will be available at both centres as of August 21st, 2015
- Nominations to the board will close Friday, September 11th at 3:30pm
- Nominations to the board may also be made from the floor at the A.G.M.
- You can nominate yourself if you wish and no seconder is required.

There are 4 vacancies for the board.

Margaret Kraemer

Chair, Nominating Committee

MESSAGE FROM MARIA

I have officially been to my first Mystery Tea. Wow! Who knew it could be so fun! If you haven't been to one of these Mystery Teas, I suggest you pick up a ticket next time around. Until then, I suggest popping by to purchase a ticket to our next Maple Ridge event 'Oktoberfest'. See page 26 for more details. Or possibly join us at the Pitt Meadows Centre to get a head start on purchasing your Christmas Gifts at the Country Fair. It will be packed with plenty of local artisans who have created beautiful handmade gifts of all kinds!

I invite you to check out page 30 of the GrapeVine to find out more about the new computer courses. They have been created especially for those of you new to the computer world or for those that have always wanted to learn. Fantastic instructors are waiting to help you become computer saavy!

Many of you have inquired about Osteofit classes. Join us for a free info session on September 17th. Page 19 for more details.

OUR MISSION
Our Mission is to advance the well-being of seniors by providing social support services, education & recreational programs for seniors 55+ within the communities of Maple Ridge and Pitt Meadows. Volunteers are involved in a wide variety of activities that expand and strengthen our ability to provide quality programs and services.

Inside this GrapeVine Issue

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BUS TRIPS

SEPTEMBER 29

Steam Train Winery Tour - \$159

Travel to Port Alberni to visit one of the only wineries in North America serviced by Steam Train that stops right at the vineyard. Board the Steam Train at the restored 1912 CPR Station and travel through the scenic Alberni Valley and mountains to Chase & Warren Estate Winery. Enjoy a guided tour of historic and generous wine tastings with afternoon appetizers at Chase & Warren Estate Winery. Travel by ferry from Horse-shoe Bay to Departure Bay and stop in Coombs, home of 'Goats on the Roof' for lunch at Cuckoos in the Old Country Market. Please Note: Additional \$16 ferry fee applies to those under the age of 65 and to non BC residents.

Activity Level: Easy

PACKAGE INCLUDES:

- All ferry fees
- Sightsee Cameron Lake, Cathedral Grove
- Lunch Cuckoos in the Old Country Market
- Steam train to Chase & Warren Winery
- Wine tastings w/ afternoon appetizers
- Steam train to McLean Mill w/guided tour
- All fees and taxes

Pitt Meadows 6:30am - 10:15pm

Maple Ridge 6:45am - 10:00pm

OCTOBER 14 -15 (2 Days / 1 Night)

Cascade Loop Fall Colors -

\$329 per person double, \$399 per person Single

Witness the trees and shrubbery turning brilliant shades of yellow, gold and red in 3 regions of The Cascade Loop including Cascade-Leavenworth Foothills, Skagit Valley and Stevens Pass. Follow US Highway 2 along the Skykomish River, cross the summit at Stevens Pass and join the Wenatchee River down the eastern slope. Spend one night in Leavenworth, WA at the highly rated Enzian Inn steps from village square and enjoy an authentic Bavarian dinner at King Ludwig's named Restaurant of the Year by the Leavenworth Chamber of Commerce. Sightsee the quaint town of Cashmere, take a candy factory tour at Liberty Orchards and soak up the fall colors on an old fashioned hayride . The draft horse team will lead you through the forests and fields into Red-Tail Canyon where an afternoon BBQ awaits at the mammoth outdoor log lodge amongst the towering pines. Valid passport or enhanced drivers license or Nexus pass or enhanced BCID required.

Activity Level: Easy

PACKAGE INCLUDES:

1 night accommodation Enzian Inn, Red-Tail Canyon Hay Ride and BBQ lunch, 1 breakfast, 1 Bavarian dinner, Leavenworth free time, Cashmere sightseeing, candy factory tour, the Alps Specialty Shop, all fees and taxes.

PITT 8:00am

RMSS 8:15am

BUS TRIPS

NOVEMBER 27

River Safari Eagle Cruise - \$129 (22 seats)

RMSS 9:45am

PITT 10:00am

Travel to Harrison Mills for a river eagle expedition featuring the relationship between the spawning salmon and bald eagle. Harrison River has one of the largest concentrations of bald eagles in North America with a count of over 10,000 eagles in 2014 this may be the best eagle viewing in BC history! Board a 22 passenger fully climate controlled and heated vessel to the heart of the eagles habitat for a fully interpreted look and listen at the wildlife eco-system. This tour includes a home-style buffet lunch at Kilby Historic site and admission to the museum and farm.

Activity Level: Easy

PACKAGE INCLUDES:

- Guided River Eagle Expedition
- 22 passenger fully climate controlled
- Buffet lunch Kilby Historic site
- Admission to the museum and farm
- All fees and taxes

Details to come for the
DECEMBER 17

BIG Vancouver Christmas Lights
Tour and train ride - \$59

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 a new mom or a Mother-to-be?
- √ Are you a new Business or Manager?
- √ Are you getting married?
- √ Are you a Business interested in Welcome Wagon Programs?

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

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.




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

AGE-FRIENDLY SOLUTIONS WORKSHOPS

The Age-friendly Advisory Committee

invites you to take part in an important workshop. This Council endorsed initiative will bring together residents, stakeholders and resource people to discuss how to optimize opportunities for health, participation, and security in order to enhance the quality of life as people age.



Based on priorities set for by the UBCM, WHO and our local Age-Friendly Community Forum held in June 2015, groups will discuss current trends, solutions, recommendations and will prioritize future actions/ initiatives around following five identified topics:

**Outdoor Spaces, Buildings & Walkability • Transportation
Affordable Housing • Community Health & Support Services •
Communication, Inclusion & Participation**

PITT MEADOWS:

Tues., September 15

TIME: 9 am – noon

PLACE: Pitt Meadows
Seniors Centre
19065 119B Avenue

FREE: Register at: (604) 467-6911, ext. 200 or email: jmaki@comservice.bc.ca by September 9.

MAPLE RIDGE:

Thurs., October 1

TIME: 9 am – noon

PLACE: Maple Ridge
Seniors Centre
12150 224th Street

FREE: Register at: (604) 467-6911, ext. 200 or email: jmaki@comservice.bc.ca by September 25.





The Royal Canadian Theatre Company

presents

DRACULA



**SURREY ARTS
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Oct 8 - 10
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**METRO
THEATRE,**
Vancouver
Oct 14 - 24
604.261.7191

The ACT
Maple Ridge
Oct 27 - 31
604.476.2787

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

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**WITH A BIG Series Ticket
DISCOUNT**

*(special offer only available until
October 27th 2015)*

General Admission...\$79

Over 65/under 14...\$49

Family Pack 4 Tickets....\$250 per pack

Group 10+\$40 per ticket

See RCTC site for individual show prices

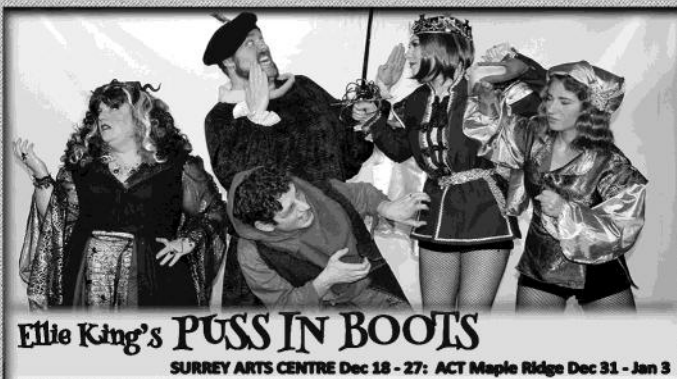
(Includes all three shows, taxes and fees)

NOW ON SALE

604-476-2787

www.theactmapleridge.org/buytickets

*Thank you for supporting locally
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Ellie King's PUSS IN BOOTS

SURREY ARTS CENTRE Dec 18 - 27: ACT Maple Ridge Dec 31 - Jan 3

*Fantastic family fun full of music and
merriment. Dec31 - Jan 3*

LOVE, SEX & THE I.R.S.



SURREY ARTS CENTRE
March 10 - 12
604-501-5566

ACT Maple Ridge
March 16 - 19
604-476-2787

www.rctheatreco.com

*Hysterically funny farce, just in time
for tax season! March 10 - 12 2016*

MAPLE RIDGE COMMUNITY GROUP MEETINGS

Alouette Field Naturalists Group

Meets: 2nd Thursday each month

Contact: Duanne van den Berg 604-463-8743

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@alzheimerbc.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 477-1477

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: Diane deGroot 460-6498

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: Dina Kerr

Dina was born in Princeton, BC and lived at Copper Mountain with her Italian immigrant parents. Later the family moved to Queensboro in New Westminster. This was a great place to grow up because of the diversity of the people who lived there. She attended Lester Pearson High School and Trapp Technical College taking courses in Business.

While in school she worked for an insurance company as a secretary and after graduation with a legal firm in Burnaby. She lived in Vancouver at this time and later moved to Toronto and worked for a legal firm there.

Upon returning to Vancouver she began to raise a family and then spent 15 years working for a local surgeon in Maple Ridge and then a Pediatrician.

Dina and her husband, a charming Irishman have lived together for 52 years and built a home on five acres of forest land which she continues to enjoy today! They have two daughters and a son who all live close enough to be a presence in their lives and a 20 year old granddaughter.

Dina retired in 2007 and enjoys laughing, Tai Chi, cooking, gardening and housework in that order– but her first love is Tai Chi. She has practised the Chen Style Practical Method of Master Chen Zhonghua who owns a Tai Chi resort in China and travels and teaches throughout the world. He has been coming to Maple Ridge for 15 years and she continues to learn under his teaching.

She is using these skills to teach Tai chi class at the Centre on Wednesday afternoons and we all appreciate her sharing her expertise. She particularly enjoys the interaction with the amazing people she has met at the Seniors Centre.

Interview conducted and written by Bonny K.



ARTISTIC RENOVATIONS

Home Adaptations for Independence

If you are a senior or have a disability that makes everyday home activities a challenge, then you may be eligible for financial assistance to modify the accessibility of your home.

Find out how we can help you
apply for assistance!

Richard: 778-840-6605
rick.coquitlam@gmail.com



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 either the Pitt Meadows or
Maple Ridge Seniors Centre
for a minimum \$100.00 donation

IN MEMORIAM

Peter Bokstrom

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
Golden Ears Bridge Club
Social Bridge
Tai Chi/QiGong

THURSDAY

Snooker
Stay Fit 1
Tap/Stage Dance
Fit & Fun after 55
Silvertones Senior Choir
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
12:30-4:30 pm	Chair Fit 1	10:00-11:00 am
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
	Scrabble	1:00-3:00
	Poker	1:00-4:00 pm
8:00-4:30pm	Partnership Bridge	1:00-4:30 pm
8:30-9:30 am	Line Dancing Intermediate	2:00-3:00 pm
9:00am-noon	Whist	7:00-9:00 pm
10:00-11:00 am		
10:30-11:30 am	SATURDAY	
1:00-2:00 pm	Snooker	8:00-4:30pm
1:00-3:00 pm	Karaoke	1:00-4:00 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
Camera Club	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	1:00-3:30 pm
Spanish Class	1:00-2:00pm

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 604-805-0779 to book
book an appointment.

Mark your Calendars!

September 16th
Open House

October 15
Taste of Italy Lunch

October 17
Country Fair

November 28th
Pancake Breakfast



THE WESBROOKE

SENIORS LIVING COMMUNITY



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*The Freedom & Security You Deserve
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ALL INCLUSIVE RENTAL ACCOMMODATIONS:
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- Nutritious meals by certified chef
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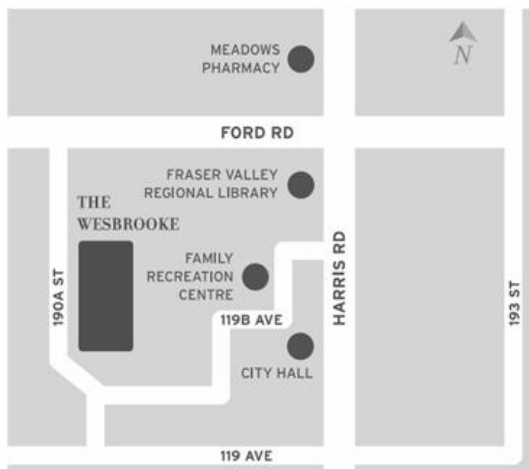
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- Specialized wellness programs
- Services available for your individual needs
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**The Pitt Meadows Seniors Centre
Advisory Committee**

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!



Country Fair at Pitt Meadows Seniors Centre
19065—119B Ave, Pitt Meadows
Saturday October 17th 10:00-1:30pm

Featuring
Handmade items by local artisans
Zucchini Recipe Contest
Enter anything made with Zucchini
Concession Stand
Entertainment

For more information contact
Maria at 604-477-0425



A Taste of Italy
Italian Lunch

at Pitt Meadows
Seniors Centre
Thursday, Oct. 15th

Tickets are \$15

Purchase your tickets at the
Pitt Meadows



**North Fraser
Yoga Studio Tour
October 2-4, 2015**
www.northfraseryogatour.com

**9 Studios
15 Teachers
24 Classes**

**100%
of all
Proceeds
go to
Charity**

In Support of



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Centered Within Yoga East
Centered Within Yoga West
Epic Yoga & Fitness
Free Spirit Yoga

**Participating
Studios**

Iron Lotus Yoga
Osprey Yoga on the River
Pitt Meadows Senior's Centre
Sapphire Island Yoga

Mira Anastasia
Roxanne Astles
Jane Gallagher

Jackie Iwashita
Erin Jacob
Nicola Madore

Lisa Papez
Kim Pechet
Amy Reedman

Renee Reusz
Julia Shields
Laura Sigurdson

Karen Waite
Sara Wells
Christina Zvicer



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.

Join us for a free demo at Maple Ridge on September 15 at 10am & a free demo at Pitt Meadows on September 17th at 10:20am

Maple Ridge Start dates

Session 1: September 22nd

Session 2: November 3rd

Pitt Meadows Start dates

Session 1: September 24th

Session 2: November 5th

Each session runs for 5 weeks is \$25



Learn & Have Fun with

OSTEOFIT



- ⇒ Exercise & Education
- ⇒ Gentle strength, balance & coordination program
- ⇒ Safe for those with Osteoporosis & Osteopenia
- ⇒ Specifically designed Falls Prevention program

Join us for a free information session September 17th at 11am about how this program can help you!

Classes begin October 7th & will continue for 4 weeks every Wednesday and Friday

Maple Ridge Seniors Activity Centre
 Located at 12150 224th Street Maple Ridge
 Call 604-477-0425 for questions
www.rmssseniors.org

\$55 for 8 classes

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	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	
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– SLEEP APNEA

Sleep apnea is a serious disorder that causes your breathing to stop for 10-30 seconds repeatedly while you sleep. The most common type of sleep apnea is obstructive sleep apnea which happens when the upper airway gets blocked during sleep. Often, the blockage happens when the soft tissue in the back of the throat collapses and closes during sleep. Relaxed throat muscles, a narrow airway, a large tongue or extra fatty tissue in the throat can also block the airway. While loud snoring is common in people with sleep apnea, snoring alone does not mean you have it.

Untreated sleep apnea can lead to many health problems such as high blood pressure, stroke, heart attack, motor vehicle accidents, depression and work related injuries. Many people are unaware that they have sleep apnea. Common symptoms are daytime sleepiness, loud snoring followed by silent phases, gasping or choking during sleep, morning headache, irritability or mood changes, poor concentration, lowered sex drive, and falling asleep while driving.

Finding out if you have sleep apnea is the first step and then depending on whether it is mild, moderate or severe your doctor can help choose the best treatment for you. The most common treatment is using a CPAP (Continuous Positive Airway Pressure) machine, where you sleep with a special mask on that opens the throat stopping snoring and pauses in breathing.

Making lifestyle changes helps in the prevention and treatment of mild sleep apnea. If you're overweight aim for a 10% weight loss. Participate in regular exercise, this helps maintain a healthy weight and contributes to healthy sleep. Work towards 30 minutes of moderate intensity exercise, like a brisk walk, 5 days a week. Avoid exercising within 3 hours of bedtime as this may disturb your sleep. Smoking makes sleep apnea worse so if you smoke seek help to stop. Follow a regular sleep schedule getting up and going to bed at regular times. If you have mild sleep apnea, try to sleep on your side. Avoid alcohol and sleeping pills

If you are experiencing any of the symptoms mentioned above then check with your doctor to see if you need to be tested for sleep apnea.

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

GOLDEN SENIORS WELLNESS CLINIC 55+

Hello Seniors,

I trust you all had a pretty good Summer. The weather certainly cooperated. Let's hope we get some rain now to help our hard working fire fighters with these fires in our province. They certainly need a break.

Well there is not too much news at the moment. We still have not heard from our Cholesterol people but I know they were very busy and short staffed as well so we may just have to wait until they are ready for us.

Our Wellness Clinic will be closed on Tuesday December 22nd Xmas week. Most of our volunteers and clients will be away on holiday for the Xmas week so I saw no reason to keep the clinic open for this week but we will re-open again on Tuesday December 29th so be sure and mark your calendars. I will remind you of this again in November. Last year we had only a handful of people in so it was mutually agreed we would close Xmas week this year. Karen Wakita will be away for 3 weeks in September so I will be relieving her. Will be nice to see you all again. Take care now.

Peggy Lambert RN Ret'd
Golden Seniors Wellness Clinic

**RMSS is pleased to continue offering
 The Foot Care Clinic at both centres.**

Please note:

The reception desk will no longer be taking these appointments. You may now book directly with Emma at 604-805-0779



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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WELLNESS SPEAKER SERIES

Three Massive Mistakes Even Smart People Make That Keep Them Overstressed, Unhappy and Unhealthy: FREE

Friday, September 11th at 10:30-11:30am 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. RSVP at 604-457-4771

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 8 sessions) Wednesdays and Fridays (starting Wednesday, October 7th) **Cost \$55 WILL BE HELD AT Maple Ridge**

THE ART OF FORGIVING– 4 week sessions At Pitt Meadows Seniors Centre November 6—27th at 10:00am-12noon Call 604-477-0425 to register

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.



2015 Community Resource Fair

A Health & Wellness Extravaganza!

October 17th 11 AM – 3PM

Haney Place Mall

50+ health and wellness exhibits

Activities and entertainers

Come for the information, stay for the fun!



Fall/Christmas Show 2015

December 2nd, 4th & 5th, 2015

Come join the fun....Looking for new members!

Come join us... Wednesdays @ 1:30 PM

Rehearsal/Meetings start Wed. Aug 26th

Maple Ridge Seniors Activity Centre

Bring your ideas, your songs, talents and
join our fun filled musical
& comedy group!

*Do you love to entertain, sing, dance,
work backstage or just make new
friends?
Never performed before, but always
wanted to?*

For more info contact: Mary-Ellen @ 604 467-3563 Email: varietyplus@telus.net



Find us on Facebook: **Variety Plus RMSS (Since 2002) Must be members of RMSS**



Join us for an
Oktoberfest Party
at Maple Ridge Seniors Activity Centre

On Monday, October 19th at 2:15pm
with German entertainment
by Peter Paulus
and his accordion!

\$2.50 Beer

Prize for the most authentic German Costume!

Tickets are \$5 and available at the
Maple Ridge Reception Desk.



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,
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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		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	Joys Sooley 604-726-8868	Claudia Finamore 604-467-8385
		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 URGENTLY 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

TECHIE STUFF AT PITT MEADOWS

BACK TO BASICS: COMPUTER BASICS CLASSES WITH MAUREEN

September 8th to October 6th 10am- 12 noon 5 week course on Tuesdays
How does this thing work? Learn the very basics of operating a mouse, an introduction to Windows, create files, organize your documents and work within a word processing document for letter writing. This class is great for people with little to no experience with computers.

CLASSES WITH ROSCOE

Thursdays 10am to 12noon

September 10th Searching Basics

Learn how to find information about just about any topic you can think of by learning how to make use of a search engine.

September 17th Email Basics

Learn how to send and receive messages, set up a contacts list and how to communicate safely online

September 24th Facebook Basics

Get set up on Facebook and learn how to create, use and maintain a Facebook page of your own.

October 1st Skype Basics

Discover how to instant message, make voice & video calls to fellow Skype users on the Internet for free!

Check out the
Pitt Meadows Weekly Drop
in Computer Lab schedule



When it comes to computers, cameras, tablets, gadgets & gizmo's:

I would like to attend a seminar to learn more about

_____.

Name: _____

Email: _____ Phone: _____

Please drop off at the Pitt Meadows Reception Desk.

COMPUTER LAB– Maple Ridge & Pitt Meadows

Our labs are available throughout the day for tutorials, or open use.
The cost of instruction is a \$1 drop in fee.

Monday	Tuesday	Wednesday	Thursday
10:00 Basics: Email, Internet, Camera <i>Walter-Maple Ridge</i>	10-12 Drop In Lab- Pitt Meadows computers, tablets, laptops		10:00 Basics: Email, Internet, Camera <i>Walter-Maple Ridge</i>
1:00 <i>Ivan-Maple Ridge</i>	1-3 Camera Drop In Pitt Meadows	1:00 Basics: Email, Internet, Photos, Macs <i>Ray-Maple Ridge</i>	10-12 Drop In Lab- Pitt Meadows computers, tablets, laptops
	1:00 <i>Ivan-Maple Ridge</i>		1:00 <i>Ivan-Maple Ridge</i>



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

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





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

greystonerresidence.ca

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

**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 for \$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.



NEWS FROM THE INTERGENERATIONAL GARDEN

Hello, my name is Heather Jonatschick and I am the new Garden Coordinator at the Intergenerational Garden. July and August have kept us very busy in the garden with watering and harvesting, I have been overwhelmingly impressed with all of the hard work and dedication the volunteers have shown, they have helped to make my transition go seamlessly. The unique idea behind our project of teaming seniors with children in a fun and positive learning environment is a deep passion of mine. I experienced this firsthand as a child being raised in a small farming community on Vancouver Island. I was very fortunate to have many neighborhood grandparents take me under their wing and teach me the importance of living off the land. Gardening for me has always been a happy place, somewhere you can witness your hard work and dedication pay off. It's extremely important for the younger generations to be inspired to develop a strong work ethic and a sense of accomplishment that can provide them with a respect for healthy eating and a knowledge base for where their vegetables come from. We are always searching for new volunteers to help with our garden project, and to assist in the teaching of our fall school classes, many hands make for light work. We welcome everyone to come to the Intergenerational Garden, and I'm looking forward to meeting many new faces within the community. Thank you to the volunteers for the warm welcome and for all you do to make our project a great success.

If you are interested in the Intergenerational Garden please join us for one of our Monthly Volunteer Meeting's, September 22nd and October 27th from 2-3:30pm at the Maple Ridge Seniors Centre.

For more information please contact Heather Jonatschick Garden Coordinator # (604) 837-8915 or email: gardencoord@gmail.com



TD Friends of the
Environment
Foundation





Share My Photographs & RMSS 

Are happy to host a special photo scanning day

Fundraiser for RMSS

Would you like to preserve your family photos from disasters like fires & floods? Or maybe you'd like to pass them down to future generations.

Bring up to 100 photos and have them scanned & placed on a disc, USB Drive or uploaded to an online website to be downloaded. All this for a \$40 discounted rate. 25% of this will go to RMSS to support the great services & programs provided by the two Seniors Centres.

November 18th

RMSS Maple Ridge

Seniors Activity Centre

from 9-2

Call 604-467-4993 to book
your time slot

November 24th

RMSS Pitt Meadows

Seniors Activity Centre

from 9-2

Call 604-457-4771 to book
your time slot

Learn more about this event at our booth at the *Pitt Meadows Seniors Centre Country Fair* held on Saturday, October 17th !

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

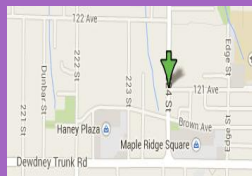


A Teddy Bear Picnic took place at Pitt Meadows Seniors Centre with RMSS members and the kids from Discovery Playhouse Day Care

FACILITY HOURS

Maple Ridge Seniors Activity Centre

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



Pitt Meadows Seniors Activity Centre

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



Hours of Operation

Monday-Friday 8:00am-10:00pm
Saturdays 8:00 am-4:00 pm
Sunday 9:00 am-12:00 pm
*Closed September 7th
& October 12th, 2015*

Hours of Operation

Monday-Friday 9:00 am-4:00 pm
Saturdays Closed
Sunday Closed
*Closed September 7th
& October 12th, 2015*