

# GrapeVine

RIDGE MEADOWS SENIORS SOCIETY – MAPLE RIDGE & PITT MEADOWS

November & December 2015 Issue



Deutsche Damen at the Oktoberfest party

## FACILITY HOURS

### Maple Ridge Seniors Activity Centre

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

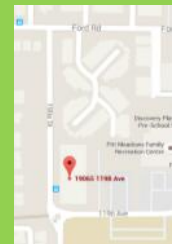


### Hours of Operation

Monday-Friday 8:00am-10:00pm  
Saturdays 8:00 am-4:00 pm  
Sunday 9:00 am-12:00 pm  
Closed November 11th, December 25th  
Closed early at 2pm Dec. 24

### 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 November 11th, December 25th  
Closed early at 12noon Dec. 24

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



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

# MESSAGE FROM THE BOARD

On the day of our first official Ridge Meadows Seniors Society Board of Directors meeting for the year 2015-2016, Maple Ridge City Council announced their decision to withdraw from the Joint Parks & Leisure Service Agreement with Pitt Meadows effective October 2016.

Although we cannot predict the future, as your Board, we intend to carry on , as usual , in our efforts to provide the programs and support for our membership in **both** Centres.

Our relationship with Parks and Leisure is strong and we will continue to count on their support through the year ahead, as we intend to support them.

We will make every effort to communicate via open forums, posted notices etc.. To keep our membership informed. As always, I welcome your questions and concerns. Thank you,

*Gaetan Rutherford*  
President- Ridge Meadows Seniors Society

**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**

---

- Bus Trips.....4-5
- Community Group Meetings.....9
- RMSS Christmas Events.....10-11
- Drop in Programs– Maple Ridge.....12-13
- Drop in Programs– Pitt Meadows.....14
- New Program: Travel Series.....15
- Volunteer Opportunities.....17
- New Program: Music Lectures.....18
- Fitness Programs.....19-21
- Wellness .....22-26
- Driving Service.....29
- Computer Programs .....30-32

## BUS TRIPS

### NOVEMBER 27

#### River Safari Eagle Cruise - \$129

**Maple Ridge 9:45am**

**Pitt Meadows 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

### DECEMBER 17

#### **\*BIG\* Vancouver Christmas**

**Lights Tour with Train - \$59**

**Pitt Meadows 3:15pm - 9:15pm**

**Maple Ridge 3:30pm - 9:30pm**

A holiday tradition! See all the major light displays in Vancouver and catch the festive spirit on the magical Christmas Train in Stanley Park and 14th Annual Trinity Streets Lights Competition. See light displays at Canucks Place Children's Hospice, St. Paul's Hospital Lights of Hope, Bright Nights in Stanley Park, Lost Lagoon Fountain (Jubilee Fountain) Stanley Park, Robson Street, Lights at Coal Harbour, The Elm Grove, **\*\*Big Finish\*\*** 14 Annual Trinity Streets Lights Competition. Include delicious hot cocoa and treat at Tim Horton's.

## BUS TRIPS

### JANUARY 22

#### Shangri-La Afternoon Tea + West Coast Express - January 22 - \$129

**Maple Ridge 10:15am - 6:15pm**

**Pitt Meadows 10:30am - 6:00pm**

Experience a feast for the senses with an exceptional afternoon tea lunch at the Five Diamond Shangri-La Hotel, an ancient tea making demonstration and a ride on the West Coast Express. Afternoon tea is set in the elegant ambience of the Shangri-La's Xi Shi Lounge served on the famous Blue Willow china complete with classical piano music. The afternoon tea menu features smoked sockeye salmon w/ lemon crème fraiche, coronation chicken, summer pudding trifle, coconut and lemon pound cake, freshly baked tea scones ~ plain, raisin and orange, seasonal fruit preserves and clotted cream and many more with choice of loose leaf tea. Following lunch visit The Chinese Tea Shop in the heart of Chinatown where Daniel Lui demonstrates the Gong Fu Cha method of Chinese tea making. Recently seen on PBS, Daniel uses genuine Yixing tea pots, provides traditional explanations and tea tastings. Finish the day on the West Coast Express, a scenic commuter train departing from Vancouver's Waterfront Station that travels along the waterfront by Burrard Inlet to Port Moody and ends in Mission City where a warm bus awaits.

Activity Level: Easy

### TRIP ADVICE

1. Please be at your point of pick up 15 minutes prior to departure.
2. Please meet at the Centre and travel by the arranged transportation. We ask you not use your own transportation as this creates a number of problems for us at the Centre.
3. Return times are approximate. Situations arise which may make us late or even early. Please make your travel arrangements with this in mind.
4. Please dress appropriately for all trips such as good walking shoes, wind/rain coat or hat.

**REFUND POLICY:** no refunds will be issued after the **DEADLINE DATE** unless the trip is cancelled by RMSS or the Tour Company. Prior to **DEADLINE DATE** a \$5.00 service charge will apply for cancellations. If you have cancellation insurance through your own insurance or the Tour Company their refund policy would apply. If a trip is cancelled by the Tour Company or RMSS, a full refund will be given.



### Do you fit into one of these Categories?

✓ Did you move into the area recently?

✓ Are you getting married?


✓ Are you a new mom or a Mother-to-be?

✓ Are you a Business interested in Welcome Wagon Programs?

✓ Are you a new Business or Manager?

[www.welcomewagon.ca](http://www.welcomewagon.ca)

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



My motto says it all  
"Your trust, I earn it!"



# ANIL Bharwani

Personal Real Estate Corporation



**604 476 1111**  
[www.anil.realtor](http://www.anil.realtor)



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



## BC SENIORS GAMES 2015

Well done to those who earned a berth to the games in North Vancouver this year.

Congratulations to all those who won medals. It sure is a lot of fun at the Games and now is 'rest time' before you plan for the 2016 games being held in Coquitlam.

Cheers & Best Wishes,  
Beryl Cunningham



**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**



©2013 Nurse Next Door. All Rights Reserved.

*Emerald Pig Theatrical Society presents*



## Join us for dinner ... and a MURDER!

November 5-7 & 12-14  
at North Fraser Centre, Whonnock

Dinner Theatre: All Tickets \$35.  
Tickets available at **Eventbrite**  
(dinner options are listed online).

Info at [www.emeraldpig.ca](http://www.emeraldpig.ca)  
or 604-785-1405

By Robert LaVohn  
Directed by Sharon Malone





# The Royal Canadian Theatre Company

presents

## DRACULA



**SURREY ARTS  
CENTRE**  
Oct 8 - 10  
604.501.5566

**METRO  
THEATRE,**  
Vancouver  
Oct 14 - 24  
604.261.7191

**The ACT**  
Maple Ridge  
Oct 27 - 31  
604.476.2787

[www.rctheatreco.com](http://www.rctheatreco.com)

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

## THE ACT

11944 Haney Place, Maple Ridge

**SEE ALL THREE SHOWS**

**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

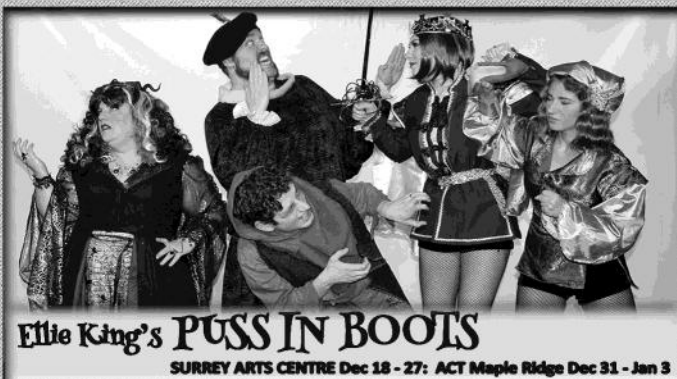
*(Includes all three shows, taxes and fees)*

# NOW ON SALE

## 604-476-2787

[www.theactmapleridge.org/buytickets](http://www.theactmapleridge.org/buytickets)

*Thank you for supporting locally  
produced theatre*  
[www.rctheatreco.com](http://www.rctheatreco.com)



## 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](http://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](mailto: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

# Variety Plus Fall/Christmas Show 2015

making  
SPIRITS  
*Bright*



*New time 2PM  
for both shows!*

The members of  
Variety Plus would love  
to entertain you, with  
songs, music, dancing  
and great comedy  
entertainment!

**Save the date!**

**Friday, December 4th, 2PM  
@ Maple Ridge Seniors Centre**

**Saturday, Dec 5th, 2PM  
@ Maple Ridge Seniors Centre**

*12150 224 St, Maple Ridge*

Pre-Paid Tickets \$8.00

At the Door \$10.00

Tickets will be available for purchase  
on November 5th at  
Maple Ridge Seniors Activity Centre





## Ridge Meadows Seniors Society

### Maple Ridge Christmas Luncheon

Friday, December 11th

Doors open at 12 noon-

Lunch will be served at 12:30pm

Tickets are \$14



**Purchase your  
tickets at the  
Reception Desk**

### Pitt Meadows Christmas Luncheon

Doors open at 12:00 noon

Lunch will be served at 12:30

Tickets are \$18

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

**Ingrid Eleanor Wilson**

## 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 (Level 1)	10:15-11:15 am
Line Dancing (Level 2)	11:15-12noon
Line Dancing (Novice)	12:15-1:00pm
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/Spanish Dance  
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

	<b>THURSDAY CONT'D</b>	
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	<b>FRIDAY</b>	
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)	11:45-12:55 pm
2:00-3:00 pm	Line Dancing (Level 1)	1:00-2:00 pm
	Scrabble	1:00-3:00 pm
	Poker	1:00-4:00 pm
8:00-4:30pm	Partnership Bridge	1:00-4:30 pm
8:30-9:30 am	Line Dancing (Level 2)	2:00-3:00 pm
9:00am-noon	Whist	7:00-9:00 pm
10:00-11:00 am		
10:30-11:30 am	<b>SATURDAY</b>	
1:00-2:00 pm	Snooker	8:00-4:30pm
1:00-3:00 pm	Karaoke	1:00-4:00 pm
	<b>SUNDAY</b>	
	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

**Look out for ACBL Bridge  
Coming on Wednesdays in  
January 2016**

### THURSDAY

Walking Club	8:30-9:30 am
Snooker	9:00-4:00 pm
Chair Yoga	9:15-10:15 am
Computer Drop In	10:00-12:00 pm
Carpet Bowling	1:00-3:30 pm

### 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.



## QUILLING

Learn the art of quilling and craft a  
**snowflake**

Materials supplied free of charge  
Class facilitator - Maureen

-----  
Wednesday 4<sup>th</sup> November 2015  
from 9.30 to 12.00  
Pitt Meadows Activity Centre

**Register at the front desk for  
\$2.00**

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

### POSTCARDS FROM ABROAD at Pitt Meadows Seniors Centre

Third Friday of each month at 10:30am. Drop in fee of \$1. Please RSVP at reception to reserve your seat so we can anticipate how many guests to expect.

Be transported around the world without even leaving the seniors centre. The third Friday of each month we will host a new destination. A presenter will join us to speak about their past travels with an opportunity to present a slideshow of photos.

*January 15th*– Sue Fleming presents Chile: the wine, the food, the culture and history.

*February 19th*– Katie Stein Sather and 5 other women from Pitt Meadows and Maple Ridge dared to paddle the ultra-marathon canoe race ‘the Yukon River Quest’ this past year. Come hear how they braved the long hours of paddling, wilderness, cold, heat, wind and rain to surprise even themselves with a great finish.

*March 18th*– Ron Darcus presents Beijing: back in the day

***If you are interested in presenting a slideshow, please contact Maria at 604-477-0425***



## VOLUNTEER SPOTLIGHT: Irma Duncan nee Hicks



Irma was born in Melita, Manitoba where she lived until 1939 when her family moved to Winnipeg. She lived there until she was 14 years old. They moved to Sask. In 1950 and lived in Lumsden in 1954 when she married Gord and they moved to Regina .

In 1975 her husband was transferred to loco with Imperial Oil . They lived in Port Coquitlam for 20 years, moving to Pitt Meadows in 1996.

They have three sons who all live in BC.

She enjoyed following Old Time Hockey which her husband played. It took them to tournaments all over the world which was most enjoyable .

In Pitt Meadows she has volunteered for ten years at the Golf 4 A Cure at Golden Ears Golf Course which raised funds for Cancer .

During those years she was employed at the Royal Bank in many positions .

In 1992 she retired after working there 20 years.

Her retirement activities involve volunteering. She helped classes in the Elementary Schools of her grandchildren. Now she gives her time to the Seniors Centre in Pitt Meadows.

She began volunteering there in 2013 and serves at the reception desk and the “Silver Top”, the Centre's coffee shop.

She enjoys the interaction with the other members of senior centre .

*Interview conducted by Bonny K.*

## VOLUNTEER OPPORTUNITIES– PITT MEADOWS & MAPLE RIDGE

### 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

RMSS offers a variety of volunteer opportunities. We are currently looking for volunteers for the following positions:

- Coffee Shop– Maple Ridge & Pitt Meadows
- Volunteer Drivers
- **Communications Committee– Pitt Meadows**
- Lunch Cashiers– Maple Ridge
- Reception– Pitt Meadows
- **Special Events Committee– Pitt Meadows**

### HOW TO APPLY

Drop by to collect an application form from Reception (PM or MR) or apply online at [www.rmssseniors.org](http://www.rmssseniors.org) Click on the blue Volunteer Box.

**For more information about how you can get started, please contact Maria at 604-477-0425.**

Please note: References and a criminal record search are required for new volunteers.

### **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**

## HOW TO LISTEN TO & UNDERSTAND GREAT MUSIC

Would you like to learn how to appreciate the unmatched beauty, genius, and power of concert music? Now is your chance. Drop in with fellow members **at the Pitt Meadows Seniors Centre every Thursday at 10:30am starting in January for 45 minute video lectures by professor Robert Greenberg.**

**Drop in fee is \$1.**



## THERE'S A NEW CARE PROVIDER IN TOWN



We are locally owned and operated in the beautiful City of Maple Ridge, providing mobile home support for all your care needs

**Personal Care - Home Making Services - Respite Family Relief Care**

We have a reliable team of licensed RN's LPN's & Certified Care Aids

**Call Today for your Free Consultation**

**604-259-1233**

Check out all our services at [routedirections.ca](http://routedirections.ca)

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.

Each session runs for 5 weeks is \$25

### Maple Ridge Start dates

Session 2: November 3rd

### Pitt Meadows Start dates

Session 1: November 5th



Learn & Have Fun with  
**OSTEOFIT**



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

**\$55 for  
8 sessions over 4  
weeks. Register at  
Maple Ridge  
Reception Desk**

**Next 4 week program starts November 18th  
at Maple Ridge Seniors Activity Centre**

**Next Information Session is at Pitt Meadows Seniors Centre on  
January 22nd at 10:30am. A 4 week program starts  
at Pitt Meadows Seniors Centre in February 2016.**

**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 (must pre-register)	2:00 Tai Chi (beginners)	10:00 Fit & Fun after 55	
	7:30 Tai Chi (advanced)		10:20 Zumba Gold (must pre-register)	
<b>WHITE=</b> <b>MAPLE</b> <b>RIDGE</b>	<b>GRAY =</b> <b>PITT</b> <b>MEADOWS</b>		7:00 Gentle Joint & Yoga	

## FITNESS PROGRAMS– Maple Ridge & Pitt Meadows

### **Chair Fit 1**

(previously known as Chair Fit & Seniors Workout)

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

### **Chair Fit 2**

(previously known as Chair Fit plus)

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

### **Stay Fit 1** (previously known as Easy Fit)

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

### **Stay Fit 2** (previously as Low Impact)

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

### **Stay Fit 3** (previously known as Stay Fit)

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

### **Fit & Fun after 55**

(previously known as Seniors Keep Fit)

Our most challenging Cardio workout that includes 30 minutes of easy to follow low impact choreography, balance, posture, strength training and relaxation.

### **Zumba Gold**

This is a one hour modified high energy cardio dance class which incorporates balance and strength with an underlying dance flavour for adults 55+. Dance styles include cha-cha, 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. (Tues. Advanced, Wed. Beginners, Friday– all levels)

### **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**

## GOLDEN SENIORS WELLNESS CLINIC 55+

Hello Seniors, I wrote an article for the Grapevine for Christmas in 2006 and over the years, many Seniors have requested that I repeat this article again as it was enjoyed by so many so here we go but first, I have some good news. We now have a massage therapist and she will attend our clinic on the 4<sup>th</sup> Tuesday each month 9am to noon. Her name is Lana so please make her welcome. She will bring her own chair so you will be very comfortable. They will be 10 minute massages. Please remember the \$2.00 drop in fee will still apply whether you are having a massage or foot care. All our services are covered by this drop in fee.

Christmas is coming, the goose is getting fat, please put a penny in the old man's hat, if you haven't got a penny a halfpenny will do and if you don't have a halfpenny then God bless you. I bet many of you remember these little ditties Ummmm!

I can remember eating supper (or tea in those days) and dashing off to meet with my friends for the annual carol singing from door to door. It seems our parents never had to worry about undesirables strolling the streets in those days? Some of the memorable things that happened, putting up Xmas decorations, cooking the Xmas cake and pudding done by my mother of course (Wow, I can almost smell the Brandy) the mince pies, the shortbreads (Scottish of course) no doubt other shortbreads were just as delicious. Entertaining friends and neighbors having a party with a "Good old knees up mother Brown" Our strongest beverage in those days was either tea or coffee or orange juice and someone was always playing the old piano in the living room knocking out some real old tunes that we could sing and dance to. Oh my, how I miss some of those sing along days. Do you remember Mrs. Mills, my what a piano she could play. Made it talk, I still have some of her old records. Presents in those days usually consisted of box of handkerchief or socks for Dad. Candy fruit and nuts in the stockings, always apples and oranges and a box of chocolates for Mum. The kids got whatever the parents could afford.

## **GOLDEN SENIORS WELLNESS CLINIC 55+ cont'd**

When I was 4 yrs. old, I remember creeping down the stairs one Xmas about 4am. to see if Santa had been yet? My eyes grew huge and big as I looked at the fantastic chalk board and doll's house that was sitting in our living room. The tree was full of gifts and this was war time. Needless to say I couldn't sleep but it was too early to get everyone up so had to stay in bed until the appropriate time.

Well here we are 2015 almost 2016. I love to cast my mind back and just dream. I sometimes think I would like to stay in the past where things were much slower paced and life a bit simpler but I would also care to see how much progress we would make in curing our most terrible diseases and the cures that we long for and hope we are always striving toward.

Back to the present. Don't forget the Tuesday December 22<sup>nd</sup> Wellness Clinic will be closed that morning.

From all of the Volunteers at our clinic, we wish you a Very Merry Christmas and a Happy, Prosperous and Healthy New Year

**Peggy Lambert RN Ret'd**  
**Golden Seniors Wellness Clinic**

## WELLNESS SPEAKER SERIES

**THE ART OF FORGIVING– 4 week sessions At Pitt Meadows Seniors Centre  
November 6—27th at 10:00am-12noon Call 604-457-4771 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 Today!**

**COME BY NOVEMBER 3RD AT 10:30am**

**FOR A FREE INTRODUCTORY SESSION AT PITT MEADOWS SENIORS CENTRE**

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

**Wednesday, December 3rd 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

**Meditation: The Art of Living Well: FREE**

**Thursday, November 19th at 10:30am at RMSS Pitt Meadows**

Please join us for this inspiring instruction on meditation with Khenpo Samdup, a teacher in the tradition of Tebetian Buddhism. You will learn how meditation can benefit in bringing peace good health and well being to the body and mind. RSVP at 604-457-4771

# The Art of Forgiving

**FREE** Introductory Session

Tuesday, November 3, 2015 10:30 am - 12:00 noon



Join engaging conversations to discover the art of forgiving and cultivating lasting peace within. Step onto the path of healing through compassionate dialogue, guided meditations and self-exploration exercises that will free you to live life more fully.

**4 Session Series:** Fridays, Nov. 6, 13, 20, 27, 2015 10:00 - 12:00 noon

- #1 Nature of Forgiveness
- #2 Path of Forgiveness
- #3 Path of Self-Forgiveness
- #2 Path to Inner Peace



**Pitt Meadows Seniors Centre, 19065 - 119B Ave., Pitt Meadows (604)457-4771**

Fay Wong is a holistic wellness expert who designs and facilitates high quality interactive seminars for dynamic group learning at its best! She is an honors graduate from the social service field with a passion for aging well and working with elders in her community.

## YOUR HEALTH IN MIND– Holiday Party Survivor Guide

**DO NOT GO HUNGRY:** Plan ahead, eat breakfast and a light lunch and if possible go for a brisk walk during the day. If you go hungry you will tend to eat more.

**BE WELL HYDRATED BEFORE THE PARTY:** Drink plenty of water during the day to keep your body well hydrated. Hunger and thirst are often confused.

**DO NOT STAND NEAR THE SNACKS OR THE BUFFET TABLE:** Mingle and talk with other guests, keep a glass of water or low calorie beverage in your hand. Occupied hands will not be reaching for the snacks.

**LOOK FOR THE HEALTHIER CHOICES :** Stay away from anything deep-fried, battered or in pastry cases. Choose plenty of veggies and salad, avoiding high calorie dressings and dips, choose lower fat choices, fat free sour cream, yogurt, salsa or flavored vinegar.

**MODERATION IS KEY:** Plan to eat 3 or 4 snacks not one of everything. Sit down and eat slowly. Enjoy and savor your choices. For dessert have fresh fruit or ½ of a serving of a sugary treat.

**TIPS TO REDUCE YOUR ALCOHOL and REMEMBER: DO NOT DRINK AND DRIVE**

Alternate an alcoholic beverage with water or a diet drink in the same type of glass. Mix your alcoholic beverage with water or a diet soda, instead of juice or regular soda. For example have one-half of a beer mixed with diet ginger ale or make a wine spritzer by adding diet soda.

When drinking wine choose dry wine for fewer calories.

Avoid liqueurs which are heavy on alcohol and sugar.

Drink water before and with your meals instead of alcohol. Alcohol often makes you hungrier.

**AVOID THE THOUGHT: “I’VE BLOWN IT SO WHAT DOES IT MATTER NOW”**

If you have already eaten or drank more than you planned it does not mean you can not stop now. Stop, put your plate away, and then grab a glass of water or a diet soda in a wine glass to hold in your hand.

**Elaine Cooke, Pharmacist and Certified Diabetes Educator,**

**Safeway Pharmacy, 604-468-1208, [elaine.cooke@sobeys.com](mailto:elaine.cooke@sobeys.com)**



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](http://www.mapleridgeeyecare.ca)

## SENIORS HELPING SENIORS

### Seniors Helping Santa project brings Christmas cheer to elderly in Maple Ridge and Pitt Meadows

The holidays are a time to think of others and the **Seniors Helping Seniors**, Craft Ladies and Panorama Ladies groups at RMSS make sure local seniors, who may be alone and struggling to make ends meet, receive a little Christmas cheer from some senior Santa's with big hearts.

This Christmas the group plans to put together over 100 Christmas Cheer packages for low income and isolated seniors in the community. The Cheer Packages usually include one dozen shortbread cookies baked by the culinary arts students at a local high school; mincemeat tarts from the RMSS kitchen and a card handmade by a local elementary school student along with small gift items.

As usual, donation boxes will be put out in the lobby at both RMSS locations soon after November 12th. Please consider contributing to the project and helping make the holidays a little brighter for someone in need. Last day for donation will be December 4th.

Suggested Items for Xmas Cheer Packages: knitted items (socks, gloves, hats, scarves); individually wrapped tea, coffee, hot chocolate, puzzle books, wrapping paper

For more information, please watch the notice boards at both seniors centres.



## 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	Jane Gilbert 604-466-8810	Joseph J 604-463-4041	Jane Gilbert 604-466-8810	Sheila Pratt 604-463-8929
Jane Gilbert 604-466-8810		Claudia Finamore 604-467-8385	Joys Sooley 604-726-8868	Claudia Finamore 604-467-8385
<b>VOLUNTEER DRIVERS URGENTLY NEEDED</b> Have you considered becoming a <b>volunteer driver?</b> New drivers needed to serve a very appreciative clientele. A rewarding experience, adapted to your schedule requiring a small time commitment.  Please telephone <b>Joseph J. at 604-463-4041</b>		Jane Gilbert 604-466-8810		
		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**

## TECHIE STUFF AT PITT MEADOWS

### **BACK TO BASICS: COMPUTER BASICS CLASSES WITH MAUREEN**

**November to December 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. **Please register at the Pitt Meadows reception desk.**

Check out the  
 Pitt Meadows Weekly Drop  
 in Computer Lab schedule

**CLASSES WITH ROSCOE : Thursdays 10am to 12noon**  
**Please register at the Pitt Meadows reception desk**

#### **November 12th 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.

#### **November 26th Email Basics**

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

#### **December 10th Facebook Basics**

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

#### **December 17th Skype Basics**

Discover how to instant message, make voice & video calls to fellow Skype users.

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>	<b>10-12 Drop In Lab- Pitt Meadows computers, tablets, laptops</b>		10:00 Basics: Email, Internet, Camera  <i>Walter-Maple Ridge</i>
1:00 <i>Ivan-Maple Ridge</i>	<b>1-3 Camera Drop In Pitt Meadows</b>	1:00 Basics: Email, Internet, Photos, Macs  <i>Ray-Maple Ridge</i>	<b>10-12 Drop In Lab- Pitt Meadows computers, tablets, laptops</b>
	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](http://www.fvrl.ca)



## Bridge Tournament Winners– August 2015



- 1st– Joan Pescott & Sharon Drysdale
- 2nd– Carol Jensen & Dave Beatty
- 3rd– Ann Audette & Ron Ridler
- 4th– Evie Start & Jeannette Reynolds
- 5th– Walter & Connie Schmid
- 6th– Bill Haynes & Ameer Hoda
- 7th– Avora Hamilton & Gail Morgan
- 7th– Len Kingsman & Doreen Kemick

**Next tournament is November 7th at 9:30am**  
**Contact Sue Thiessen [suetee2001@yahoo.ca](mailto:suetee2001@yahoo.ca)**

## In Home Care for a loved one

**Companionship-Personal Care-Meal Preparation**  
**Laundry-Respite Care-Medication Reminders**  
**Light Housekeeping-Transportation**

Certified-Bonded-Screened Caregivers

**Call**  
**844 860 CARE**



**Comfort  
Keepers**

a *sodexo* brand

*Dawn till Dusk*  
 Esthetics  
 Certified Master Pedicurist

TUESDAYS & WEDNESDAYS  
 APPOINTMENTS  
 9:00 am -1:00 pm

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

Call Dawn at  
 604-992-0542  
 \*gift certificates avail



**Craft Fair**  
 &  
**"Norden The Magician"**  
 at 11:00am

Saturday November 7th  
 10:00am-2:00pm at  
**Greystone Manor**

11657 Ritchie Avenue  
 Maple Ridge  
 604-467-2808

Stay For Lunch for \$8  
 Served from 12pm-1pm



### GOLDEN EARS BRIDGE CLUB ACBL ANNOUNCEMENT

After 6 years at Maple Ridge Seniors Activity Centre, the Golden Ears Bridge Club will transfer to Pitt Meadows Seniors Centre starting in January. The last game at the Maple Ridge centre will be December 30th. The first game in Pitt Meadows will take place on January 6th from 12noon to 3:30pm. Looking forward to the new location with current club members and we welcome new players as well!

- Gary Skoropada

# Season's Greetings



**From Our House to Yours**

*Please join us this Holiday Season!*

**Sunday, December 6th, 2015**

**Jingle Bell Dinner & Dessert Buffet**

**Sunday, December 20th, 2015**

**Breakfast with Santa**

RSVP for these events at 604.467.2808



**11657 Ritchie Av. Maple Ridge  
behind McDonalds on 228th St.**

[www.greystonerresidence.ca](http://www.greystonerresidence.ca)

## NEWS FROM THE INTERGENERATIONAL GARDEN

### Intergenerational Garden tucked in for a long winter's nap

November is time for us to tidy-up and prepare for winter as the fall session of classes comes to an end at the Intergenerational Garden. We have had a full growing season teaching our students about the importance of the plant life cycle from start to finish and about plant regeneration through the collection of seeds. The Intergenerational Garden had a very successful year and we reaped the benefits of everyone's hard work with our fall harvest. Winter gardening has grown in popularity as our winters seem to be milder in recent years. We have left in a few of the hardier vegetables and have been busy replanting and transplanting with the students in preparation for next year. We can spend our winter months planning for the upcoming growing season, filling the garden with lots of new varieties of vegetables for everyone to try. We will welcome the students and volunteers back to the Intergenerational Garden just in time to see the bulbs poking through the soil. Thank you to our volunteers for all the support you have offered the Garden over the last year. We look forward to having new volunteers join our group this spring. Even giving an hour a week of your time can make all the difference to how children grow and develop.

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



TD Friends of the  
Environment  
Foundation



## SENIORS NETWORK NEWS

### Community weighs in on Age-friendliness of the Cities of Maple Ridge and Pitt Meadows

In September and October, the Seniors Network and the Cities of Pitt Meadows and Maple Ridge engaged residents in phase two of the Age-friendly Communities project. An Age-friendly Solutions Workshop was held at the Pitt Meadows Seniors Centre on September 15 and at the Maple Ridge Seniors Centre on October 1. At each event, over 50 seniors, stakeholders and resource people came together to review the priorities identified at the Community Consultation held in June and establish priorities for an Age-friendly Action Plan.

“The workshops were an excellent opportunity to bring together seniors and professionals from many different organizations to discuss the challenges and opportunities facing older adults in both communities,” noted Seniors Network Coordinator, Heather Treleaven. “There were rich discussions and we look forward to sharing the recommendations that came out of them.”

The Age-friendly Communities initiative is funded through a grant from the Government of British Columbia and the Union of British Columbia Municipalities to see local governments develop locally focused plans and projects to support the needs of older adults. A more detailed reporting of the project and the recommendations will be available in the spring. Thanks to everyone who took part in the community consultation and age-friendly solutions workshops!

For more information, contact Heather Treleaven, Seniors Network Coordinator at (604) 786-7404 or email: [seniorsnetworkmpk@gmail.com](mailto:seniorsnetworkmpk@gmail.com)

Photo Credit: Herb Croft,  
Maple Ridge Workshop



## MAPLE RIDGE ACTIVITY CONTACT LIST

*This Maple Ridge Activity Contact List will be eliminated from the GrapeVine beginning January 2016. Members are asked to call reception at 604-467-4993 with any inquiries regarding activities and programs. Thank you.*

Activity & Volunteer Coordinator- Maria Perretta .....	477-0425
Operations Manager- Lori Freitas.....	477-9985
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 & Nail Services by 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- Victor Restall.....	466-6394
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- Robert Laidlow.....	467-4993
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



**Pitt Meadows Seniors Centre  
Crib Tournament  
Winners on the right:  
Joanne, Rita (1st place) & Shirley**

**RIDGE MEADOWS SENIORS SOCIETY BOARD OF DIRECTORS**

- President.....Gaetan Rutherford
- Vice-President.....Jackie Diewold
- Secretary.....Margaret Kraemer
- Treasurer.....Fran Preston
- Director..... Noel Rehaume
- Director..... Maureen Shargool
- Director..... Don Mitchell