

GrapeVine

RIDGE MEADOWS SENIORS SOCIETY– MAPLE RIDGE & PITT MEADOWS

January & February 2016 Issue



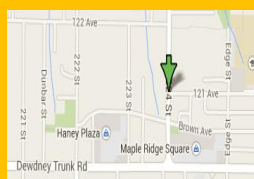
Winners of the Ugly Sweater
Colouring Contest–
Pitt Meadows Seniors Centre



FACILITY HOURS

Maple Ridge Seniors Activity Centre

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

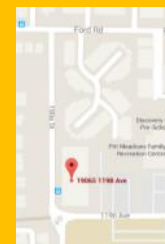


Hours of Operation

Monday-Friday 8:00am-10:00pm
Saturdays 8:00 am-4:00 pm
Sunday 9:00 am-12:00 pm
Closed January 1st, 2016

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 January 1st, 2016

www.rmssseniors.org

MARK YOUR CALENDARS!

**Here are some RMSS events
to look forward to this year.**

PITT MEADOWS SENIORS CENTRE

February 12- Hats On Tea

March 17- St. Patricks Day Lunch

April 22- St. Georges Day Tea

June 4- Pitt Meadows Day Parade

June 9- Strawberry Tea

August 18- Blueberry Mystery Table Tea

September 15- BBQ Dinner

December 6- Christmas Lunch

MAPLE RIDGE SENIORS ACTIVITY CENTRE

February 15- Apres Valentines Day Tea

March 22-Easter Bonnet Tea

May 6- Mystery Table Tea

June 6- Show & Tell Open House

June 8- Fit for Life Sports Day

August 25- Cultural Tea

October 21- Oktoberfest

December 9- Christmas Lunch

Chamber of Commerce Reveals 2015 Finalists

The Chamber of Commerce serving Maple Ridge and Pitt Meadows have announced the **finalists** for this year’s Business Excellence Awards.

Under Non-profit of the year is (drum roll)

RIDGE MEADOWS SENIORS SOCIETY!

Winners will be announced in February.

Congratulations to all the finalists!

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.

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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.

Amazing Dogs Show

February 28 - \$99

Maple Ridge 10:15am - 6:15pm

Pitt Meadows 10:30am - 6:00pm

This entertaining tour features three distinctly different dog shows on the Amazing Dogs Stage at the 2016 Pet Lovers Show at Tradex Exhibition Centre in Abbotsford. Enthusiastic dogs demonstrate their speed and agility as they negotiate their way over, under and through a series of challenging obstacles in the Amazing Dogs Championship. Canadian K-9's highly skilled dogs exhibit their detection skills used in search and rescue missions and in the detection of narcotics and explosives. Pacific Assistance Dogs display helping people with disabilities other than blindness, e.g. mobility impaired, agility impaired and provide their partners with a "new leash on life". Take free time to explore the Pet Lovers Show's 120,000 sq.ft. of exhibits displaying a wide variety of domestic and exotic pets. This tour includes admission, reserved seating at the Amazing Dog Stage and a delicious lunch at Bow and Stern in Abbotsford.

Activity Level: Easy

BUS TRIPS

Victorian Castle Tour - March 22 - \$139

Maple Ridge 7:15am - 7:45pm

Pitt Meadows 7:00am - 7:30pm

Victoria's most Iconic Castles dating back to 1906 are designated National Historic Sites of Canada. Visit Hatley Castle, Craigdarroch Castle and the Parliament Buildings for lunch at the Legislative Dining Room and a docent led tour of its history, architecture and politics. Hatley Castle Museum houses artifacts and exhibits that tell the story of the site from the days when the property was a Coastal Salish Indian burial site to the present time. Craigdarroch Castle is a historic, Victorian-era Scottish Baronial mansion. The "bonanza castle" was designated a National Historic Site of Canada due to its landmark status in Victoria. Please Note: Additional \$16 ferry fee applies to those under the age of 65 and to non- BC residents.

**You must be a member
to book one of these
exciting trips!**

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.

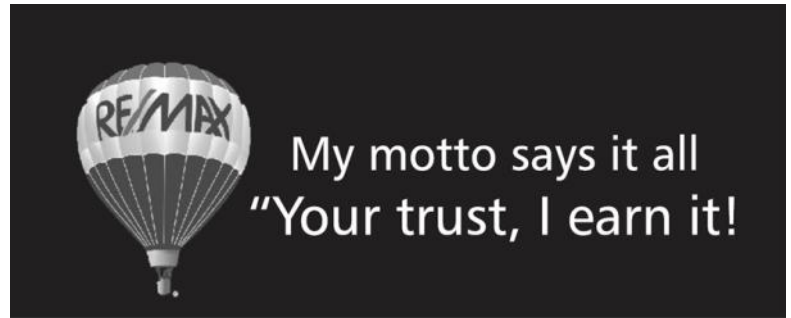


Do you fit into one of these Categories?

- √ 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

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



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

Knowledge, Skills & Confidence

You CAN live a healthy life with Chronic Pain

Chronic Pain Self-Management Program



- Understand and manage symptoms
- Deal with stress and difficult emotions
- Learn to safely maintain physical activity and improve flexibility
- Communicate effectively with your health care team

Free Six-Session Workshop for Adults with any Kind Of Ongoing Pain
Family Members And Friends Welcome

TIME/DATES: Saturdays, February 13th to March 19th, 2016
1:00 pm to 3:30 pm
LOCATION: Ridge Meadows Seniors Society
12150 224th Street, MAPLE RIDGE
TO REGISTER: 604-940-1273 or Toll Free: 1-866-902-3767
www.selfmanagementbc.ca



 **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.

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MAPLE RIDGE EYE CARE OPTOMETRISTS DR. M. HURLBERT, DR. G. MATTER & ASSOCIATES

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.



25% of seniors age 75 and over suffer from age-related macular degeneration (ARMD). 10-15% of these cases progress to the "wet" form, which is potentially blinding. Our eye doctors carefully examine for this disease as well as for glaucoma and cataracts during every eye health examination.

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

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 Fridays 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



Providing mobile home support for all your care needs in Maple Ridge & Pitt Meadows

Receive 15% off

Your first service in January & February 2016

Personal Care – Companionship - Home Making Services -

Transportation – Certified Foot Care

We have a reliable team of Register Nurses, Licensed Practical Nurses and Certified Care Aides

Call Today for your Free Consultation

604-259-1233

Check out all our services at www.routedirections.ca

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

Joe Williams

Rhey Knight

Mary Kemp

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

	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)	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	SATURDAY	
1:00-2:00 pm	Snooker	8:00-4:30pm
1:00-3:00 pm	Karaoke	1:00-4:00 pm
	SUNDAY	
	Snooker	9:00-12:30pm

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-noon

TUESDAY

Snooker	9:00-4:00 pm
Walking Club	8:30-9:30 am
Computer Drop In	10:00-noon
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
*Guided Meditation	11:45-12:15pm
Ladies Snooker	1:00-3:00pm
Whist	1:00-3:30 pm
Table Tennis	1:00-3:00pm

*** denotes new program**

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-noon
	10:30

***Listen & Understand**

Great Music	10:30-11:15am
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

***Postcards from Abroad 10:30-11:30**

Presentations are the third Friday of each month– RSVP

Foot Clinic Last Friday of the Month
Please call 604-805-0779 to book
book an appointment.

We're looking to start a weekly
Scrabble Group at Pitt Meadows
Seniors Centre. Please call
604-457-4771 and let us know what
days/times work for you.
Monday 10am-noon or
Tuesday 10am-noon or
Wednesdays 1pm-3pm



Hats On Tea

Pitt Meadows Seniors Centre
19065 119B Ave.



Friday, February 12th at 2pm

Feel free to wear a hat.....

But it's fine to come hatless too!

**Tickets are \$5 and available for purchase
at the Pitt Meadows Seniors Centre Reception Desk
starting January 25th**

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

POSTCARDS FROM ABROAD at Pitt Meadows Seniors Centre 10:30– noon

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. RSVP at 604-457-4771. \$1 drop in fee applies.

January 15th– Sue Fleming presents Chile: the wine, the food, the culture & 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

WEDNESDAYS 11:45am—12:15pm GUIDED MEDITATION at Pitt Meadows

Join fellow members for guided meditation. You will learn easy relaxation techniques that can help you learn to relax and reduce symptoms of anxiety and stress. The benefits of mediation: lowers blood pressure, relaxes nervous system, relieves muscle tension, insomnia and frees the mind from self doubt and internal chatter, fear and depression. Drop in fee is \$1. First session starts January 6th.

THURSDAYS (EXCEPT THE 3RD THURSDAY OF EACH MONTH) STARTING January 7th LADIES COFFEE TEA N'MORE GET TOGETHER at Pitt Meadows

Ladies are invited and welcomed for friendship, caring, sharing and support. After get together you are welcome to stay and visit, do puzzles or play the piano. Drop in fee of \$1 applies.

HOW TO LISTEN TO & UNDERSTAND GREAT MUSIC at Pitt Meadows

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 every Thursday at 10:30am starting January 7th for 45 minute **video lectures** by professor Robert Greenberg. Drop in fee is \$1.

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 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 DRIVER OPPORTUNITIES AVAILABLE

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.

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 January 7th for 45 minute video lectures by professor Robert Greenberg.**

Drop in fee is \$1.



Come and be part of the fun!

Variety Plus is currently welcoming new members to help with the production of our spring show. Singers, musicians, stage hands, ticket sales & promotions... if you think you are interested or to find out more call Maria Perretta 604-477-0425

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

- Demo Class Tuesday, January 12 10 am
- Session #1 Tuesday, January 19 to Feb. 16 10 am
- Session #2 Tuesday, February 23 to March 22 10 am

Zumba Gold may return to Pitt Meadows in the Spring. Watch for new days and times.



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 the Pitt Meadows Reception Desk

Next 4 week program starts February 10th at the Pitt Meadows Seniors Centre. Register today!

Next Information Session is at Pitt Meadows Seniors Centre on January 22nd at 10:30am. RSVP at 604-457-4771

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)			
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. (Tues. Advanced, Wed. Beginners, Friday– all levels)

Gentle Joint & Yoga

This is a 60 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

Zumba Gold may
return to
Pitt Meadows in the Spring. Watch
for new days and times.

YOUR HEALTH IN MIND– Keeping your Resolutions

Is this the year you will lose 20 pounds, exercise more or start a hobby? The key to accomplishing your plans, whether for better health or personal achievement is goal setting. Use the following strategies for getting things done.

1. Determine what is your goal? Be very specific.
2. On a scale of 1 to 10, decide how important it is for you to accomplish your goal. Make changes to your goal until it is at least a 7 on this scale.
3. Break big goals into smaller goals, listing all possible steps or actions you could take.
4. Select one step or action plan as your mini goal. Be specific, determine the how, when, where and the date you will complete this mini goal.
5. List any obstacle that might stop you from carrying out your action plan.
6. Decide how you will overcome each of the obstacles you have listed.
7. Write down exactly what it is you are going to do, how you are going to do it, what will you do to overcome any obstacles, when you will complete this plan and how confident you are you will do it. Again if not 7 out of 10 change your plan until it is.

At your end date go over what has and hasn't worked. Make changes in order to move forward and repeat step 7.

Keep in mind that the best goals and action plans are **SMART**.

S – Specific: What, when, why and how

M – Measurable: Progress can be measured. I will loose 2 pounds vs. I want to lose weight.

A – Achievable: It is a stretch but not out of reach. I will walk 6 blocks vs. complete a marathon.

R – Realistic: Do-able. I will eat 1 piece of fruit instead of cake vs. I will never eat sweets.

T – Time bound. Set a time frame for completion. With no time limit there is no urgency to start.

Continued



GOLDEN SENIORS WELLNESS CLINIC 55+ cont'd

Hello Seniors: Happy New Year to each and every one of you.

May you have a Healthy and Safe New Year. I hope Santa was good to you. We had a nice quiet Christmas, nothing too rambunctious, but then I guess we are getting older and I know I cannot cut the mustard anymore.

I hope you are enjoying our new massage therapist Lana. She is truly very busy. We still have not heard anymore from our Cholesterol people so they must be having some difficulties but we will keep an eye on this.

We don't seem to have too much news at this time so I will take this opportunity to send our New Year wishes to all of you from the volunteers of the "Wellness" clinic. As you know Karen Wakita is taking care of the clinic now and I just pop in from time to time because I miss all of you so I have to keep in touch. Feel free to talk to me if you see me around.

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

Cont'd

With small steps over time you will accomplish what you want to do and by December 2016 you will be closer to your goals than ever before. Losing 2 pounds a month may seem like a very small goal but that would be 24 pounds for the year.

**Elaine Cooke, Pharmacist, Certified Diabetes Educator
Safeway Pharmacy email: elaine.cooke@sobeys.com**

WELLNESS SPEAKER SERIES

Osteofit Information Session

January 22nd 10:30-11:30am

Pitt Meadows Seniors Centre

Learn about Osteofit and how this gentle strength, balance and coordination program can benefit you. RSVP at 604-457-4771. FREE!

Chronic Pain Self Management Program (advertisement on page 7)

Saturdays, February 13th to March 19th 1:00 pm to 3:30 pm

Free Six-Session Workshop for Adults with any kind of ongoing pain

Family Members And Friends Welcome **RSVP by calling 604-940-1273**

- Understand and manage symptoms
- Deal with stress and difficult emotions
- Learn to safely maintain physical activity and improve flexibility
- Communicate effectively with your health care team

Heart of Self Forgiving (see advertisement page 23)

February 26th, March 4 & 11 10am-noon

Pitt Meadows Seniors Centre

Register at Pitt Meadows Seniors Centre. \$45 for three sessions.

CNIB Technology Fair (Canadian National Institute for the Blind)

March 11th 10:30-noon

Maple Ridge Seniors Activity Centre

A special presentation catered towards those who are blind or partially sighted to learn more about the Canadian National Institute for the Blind and the services that they offer. A selection of devices (such as pocket magnifiers, sunglasses, daisy players, phones, text to speech scanning & video magnifiers) will be available for demonstration. RSVP at 604-467-4993. FREE!

Grateful Executor

April 8th 10:30am -noon

Pitt Meadows Seniors Activity Centre

Having a will does not mean your estate is prepared! Join us to learn how to make things easier for your family and your executor. This workshop covers very important topics such as probate, powers of attorney, cremation or burial preplanning, and living wills. RSVP at 604-457-4771. FREE!

The Heart of Self-Forgiveness

(3 Session series)

Fridays, Feb 26, Mar 4, 11, 2016 10:00 am -12:00 noon

PITT MEADOWS SENIORS CENTRE



Self-forgiveness is an act of compassion that ultimately frees you from the past. If you or a loved one has been stuck in non-forgiveness, join heartfelt conversations to learn deeper insights and powerful techniques for:

- * Dissolving old perspectives that no longer serve you well;
- * Releasing shame, guilt, anger, resentment, and sadness;
- * Cultivating a compassionate mindset;
- * Living your life more fully and freely.

Cost: **\$45** (Minimum 5 participants)



Register: 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 adults in her community.

RMSS 'SENIORS HELPING SANTA'

Seniors Helping Santa a Big Hit!

Thank you to everyone who helped to make the 2015 Gift Bag program such a success. Principal donors are listed on the opposite page but many others also made important contributions.

RMSS members, approximately 1800 at both centres, generously donated time, gifts and cash. The money was used to purchase appropriate items for the gift bags, supplementing the items donated at both centres and several retirement communities. The bags were assembled reflecting gender of recipients.

Distribution was through:

The Meals on Wheels program (a partnership of RMSS & Community Services)

The Community Services 'Better at Home' outreach program

The Seniors Helping Santa themselves who delivered gift bags to our neighbours, the Katzie Elders.

The involvement of so many members of the two communities is most gratifying. Thank you!

RMSS 'SENIORS HELPING SANTA'

Thank you to all the following for contributions to the Seniors Helping Santa Project :

Ridge Meadows Seniors Society members & staff

Seniors Helping Seniors

Panorama Senior Ladies

Craft Ladies

Silvertones Choir

Personal Touch Hair Care

Maple Ridge, Pitt Meadows, Katzie, Seniors Network

Garibaldi Secondary School Culinary Arts Students

Eric Langton Elementary School Students

Sure Copy and Print Centre

Extra Foods

Costco

Residents and Staff of:

Chartwell Willow Retirement Community

Greystone Manor

The Wesbrooke Seniors Living Community

...and many anonymous donors



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***SELECT SERVICES FOR PERSONAL NEEDS**

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EVERY THURSDAY IS SENIORS DAY- 10% OFF!

ECRA Bingo At Maple Ridge Activity Centre

Bingo could be a little pick me up to beat the winter blues.

Join fellow members every **Tuesday at 1pm**

for a little fun and refreshments! Everyone Welcome!



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. **Please call at least one day ahead.**
3. Reimbursement for drivers is a minimum of \$3 one way, \$6 round trip. Higher amounts may apply due to added time and distance.
4. **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
		Claudia Finamore 604-467-8385	Joys Sooley 604-726-8868	Claudia Finamore 604-467-8385
If you find that none of the drivers are available please try Gillian Hodge 604-476-2109		Catherine Jewell 604-465-1502 Pitt Meadows & West Maple Ridge Only	Anna Armstrong 604-763-5623	Jane Gilbert 604-466-8810
			John Roberts 604-465-6343 (Pitt Meadows Only)	

TECHIE STUFF AT PITT MEADOWS

BACK TO BASICS: DROP IN COMPUTER BASICS CLASSES WITH MAUREEN

Tuesdays 10am- 12 noon

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.**

DID YOU GET NEW ELECTRONICS FOR CHRISTMAS? LEARN HOW TO USE THEM WITH THE FOLLOWING CLASSES WITH ROSCOE :

Thursdays 10am to 12noon

Please register at the Pitt Meadows reception desk

January 7th Intro to Laptops

January 14th Intro to Tablets & iPads

January 21st How to Download Photos to Computer

January 28th How to Manage Photos on your Computer

February 4th Searching Basics

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

February 11th Email Basics

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

February 18th Facebook Basics

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

February 25th Skype Basics

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



Check out the
Pitt Meadows Weekly Drop
in Computer Lab schedule

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, January 5, 3:30-4:30pm

Tuesday, February 2, 3:30-4:30pm

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

Tuesday, April 5, 3:30-4:30pm

Need some help with all the new hand-held tech devices?
Bring those gadgets - cell phones, cameras, eReaders, and laptops - to the
Ridge Meadows Seniors Activity Centre at *12150 224th Street, Maple Ridge*,
and let the technically gifted members of the library's
Teen Advisory Group explain how they work and what they do.

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



Bridge Tournament Winners– November 2015



1. Gail Morgan & Avora Hamilton
2. Joan Prescott & Sharon Drysdale
3. Flora Tereposky & Garry Skoropada
4. Marg Moroz & Carole Clugston
5. Shirley & Ed Nelson
6. Carol & Dave
7. Joan Glover & Carole Murphie

Next tournament is April 16th, 2016
 Contact Sue Thiessen suetee2001@yahoo.ca

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VOLUNTEER SPOTLIGHT: Maureen Shargool



Maureen was born in London England on October 31, 1939 and was educated there at Sydenham County Grammar School and Bromley Technical College.

She married Peter Shargool in 1961 and they came to Canada in 1962 living in Edmonton where she worked at the University of Alberta while Peter studied for his PhD.

They have two children, a son, Mark, who was born in Edmonton in 1965 and a daughter, Janet, born in Saskatoon in 1974.

Moving to Saskatoon in 1968, Maureen worked as a research lab tech in several university departments until 1994 when she retired to Duncan on Vancouver Island.

They came to Maple Ridge in 2004 to share a home with their daughter and son-in-law, Owen, and their growing family.

The family moved to Pitt Meadows in 2013.

In retirement she is busy volunteering and socializing. She has been active in her community doing a variety of odds and ends over the years. She has volunteered with the Environmental Society, Ridge Meadows Association for Community Living, and Cythera's store, among others. She has also spent countless hours at school related activities as well as knitting hundreds of hats and pairs of mittens for whomever needs them. She has done a bit of babysitting, too.

She began playing Whist at the Seniors Centre in 2005 and was soon persuaded to teach computer classes. Since moving to Pitt Meadows she has added a memory class and a lively canasta group. She enjoys the socializing volunteering provides.

In 2015 she was elected to the Board of Ridge Meadows Seniors Society. If she could do anything she wanted, she would persuade women from saying "I can't" before they have even tried something new.

"Being afraid of failure shouldn't keep us from trying to succeed," she says. On the wall of the computer room at Pitt Meadows is a small poster that says, "Replace fear with curiosity." That is Maureen's favourite axiom.

Interview conducted by Bonny Klovance



It's your chance
to get a head start on spring cleaning
& sell your wares at

our Community Garage Sale

RMSS Maple Ridge Seniors Activity Centre

Saturday, April 23rd from 9:30-2pm

Tables are \$20

*To reserve your table
bring a cheque or cash to the Reception desk
at RMSS Maple Ridge Activity Centre*

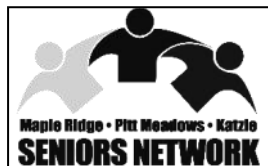
NEWS FROM THE INTERGENERATIONAL GARDEN

A Winter's Tale

Now that the Intergenerational Garden is tucked away for the winter it's time for the gardener in me to dream and share my winter's tale. Growing up, my Grandpa always had his seed catalogues out over winter pondering and anticipating the arrival of a new spring. He would spend hours contemplating which new seed varieties to try to compliment his tried and true standards. I believe it is gardening that has taught me to be patient, flexible, hard working, and persistent. However, with my role as the Intergenerational Garden Coordinator, I've also learned that without my grandparents' and parents' inspiration, I may never have learned all these lessons and valuable traits. Now back to the winter's tale I promised you. Any country gardener can attest to the fact that deer can be a great nemesis in the battle of who gets to harvest the garden first. My Grandpa's garden on Mayne Island resembled a fortress to me with 10 foot tall fences and secure gates. I couldn't understand it. We only had a small fence surrounding our garden at home in Qualicum Beach, so what was happening at his house? I believed as a child I had figured it out. Surely the deer he encountered every spring must have been Santa's reindeer.

Please join me to help inspire, educate and grow imaginations in our communities' children. We are always in need of new volunteers to help with teaching our classes. Our next Volunteer meeting is February 23rd from 2:00 - 3:30 pm at Maple Ridge Seniors Centre.

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



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SENIORS NETWORK NEWS

Age-friendly Communities Work Continues into the New Year

The Age-friendly Advisory Committee was hard at work this fall, compiling all of the data collected during the Community Consultation in June and the Solutions Workshops in September and October. Almost 60 surveys were also completed and several small focus groups conducted.


The Age-friendly Communities Assessment Reports for the City of Maple Ridge and City of Pitt Meadows are now complete. Committee representatives presented the information to the Recreation Commission at the end of November. The group will be bringing the reports and action plans forward to both Councils early in the New Year.

“Achieving Age-friendly Community status will open doors for future projects which is very exciting,” explained Seniors Network Coordinator, Heather Treleaven.

Thank you to everyone who participated in the process and shared their ideas. Stay tuned for further updates in the next edition of the Grapevine!

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

AGE-FRIENDLY COMMUNITIES INITIATIVE



2015

Pitt Meadows and Maple Ridge

Seniors Engaged, Energized, and Collaborative:
Community Dialogue and Action Planning



RMSS Variety Plus performers

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