

GrapeVine

RIDGE MEADOWS SENIORS SOCIETY – MAPLE RIDGE & PITT MEADOWS

March & April 2016



FACILITY HOURS

Maple Ridge Seniors Activity Centre

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

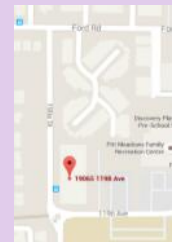


Hours of Operation

Monday-Friday 8:00 am-10:00 pm
Saturdays 8:00 am-4:00 pm
Sunday 9:00 am-12:00 pm
Closed March 25th & March 28th

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 March 25th & March 28th

www.rmssseniors.org

Variety Plus Spring Show 2016

MOM'S THE WORD

Join us, as we celebrate 'Mom', with music, dance and comedy



DOOR PRIZES!

INTERMISSION

REFRESHMENTS BY DONATION

FOR MORE INFO:

FACEBOOK.COM/VARIETYPLUS.RMSS

EMAIL: TICKETS@VARIETYPLUS.CA

PHONE: (604) 467-4993



PRESENTED BY VARIETY PLUS
AND THE RIDGE MEADOWS SENIOR SOCIETY

SHOW DATES

FRIDAY, MAY 6 AT 7:00 PM

SATURDAY, MAY 7 AT 2:00 PM

MOTHER'S DAY WEEKEND

LOCATION

MAPLE RIDGE SENIOR CENTRE

12150 - 224TH STREET, MAPLE RIDGE

TICKETS

\$8 IN ADVANCE

\$10 AT THE DOOR





The Ridge Meadows Seniors Society application for a Community Gaming Grant has been reviewed and approved for the amount of \$60,000. The monies are only designated to the Hot Lunch Program to help offset costs essential for the delivery of the program. Thank you to the Gaming Policy & Enforcement Branch for their financial support.

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

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 an 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.

Activity Level: Easy

Secret Cove - Sunshine Coast

April 27 \$119

Pitt Meadows- 7:15am - 5:00pm

Maple Ridge 7:45am - 5:30pm

Explore the Sunshine Coast and see why BC is called "Best Place on Earth"! Get into nature in Hidden Groves' Ancient Forest full of majestic old growth trees on a 30 minute escorted walk suitable for all abilities. Visit the coastline at Davis Bay to stroll the long wooden fishing pier or seawall lined with viewing benches. This tour includes a delicious lunch at the well appointed Rockwater Secret Cove Resort and afternoon free time to discover Gibsons Landing's charming stores, art galleries and cafes with views of Howe Sound and vistas of the coastal mountains. Please Note: Additional \$8 ferry fee applies to those under the age of 65 and to non-BC residents.

Activity Level: Easy

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

BUS TRIPS

Surrey Heritage Train + White Rock Thrift Store - May 21 - \$99

Pitt Meadows 8:30am - 4:30pm
Maple Ridge 9:00am - 5:00pm

Ride the restored 1910 Interurban Surrey Heritage Train on the original BC Electric Railway and experience the thrill of thrift hunting at White Rock's best Thrift Stores! Start at the replica 1910 Cloverdale Station recreated from the original station's blueprints located within feet of the original building. The 50 minute round trip from Cloverdale to Sullivan Station is complete with descriptions of historic points along the line. Continue to White Rock for lunch at Washington Avenue Grill on Marine Drive's waterfront and take ample browsing time at WorldServe Thrift Store and Salvation Army Thrift Shop. Spend afternoon free time strolling the White Rock Pier and Promenade with a visit to the "White Rock" to hear the history of this legendary rock.

Activity Level: Easy (please note: stairs with railing at restaurant)

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?

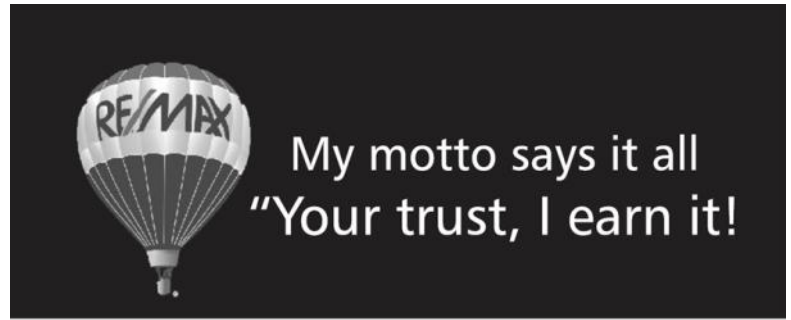
✓ Are you a new mom or a Mother-to-be?

✓ 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

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604 476 1111

www.anil.realtor



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



**Flo Teesdale
turns 100 on March 3rd**

**Are you unhappy with your
private home care service
provider?**

Call us today to see if we can help.

Nurse Next Door Home Care is a BC-based, locally owned, award-winning home care company, specializing in Happier Aging™. We help seniors and others stay at home, providing caring companionship, light house-keeping, transport & accompaniment, personal care, and even medical help when needed.

We assist private pay, ICBC, WorkSafeBC, and Veterans Affairs clients.

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Caring Consult.**



Nurse Next Door™
home care services

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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.

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Maple Ridge, BC V2X 3K9

Tel. 604-463-4469
www.mapleridgeeyecare.ca

MAPLE RIDGE COMMUNITY GROUP MEETINGS AT RMSS

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 widowed and divorced women.

Meets: last Friday of each 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: Thursdays

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 1st Thursday each month.

Time: 9:30 am

Contact: Bob 467-4993

Stroke Recovery Program

Meets: most Fridays

Time: 10:00 am-1:00 pm

Contact: Logan 778-888-4255

T.O.P.S. Chapter #1368

Meets: Thursdays

Time: 6:00 pm

Contact: Diane deGroot 460-6498

T.O.P.S. Chapter #2304

Meets : Mondays

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: Wednesdays

Time: 7:00-10:00 pm



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Check out all our services at www.routedirections.ca

Bridge Tournament April 16th, 2016

Contact Sue Thiessen for more details

suetee2001@yahoo.ca

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
Tap/Jazz Dance Lessons	9:00-2:00 pm
Crafts & Needlework	9:00-11:30 am
Chair Yoga	9:30-10:30 am
Line Dancing (Level 2)	10:15-11:15 am
Line Dancing (Level 3)	11:15-12:15 pm
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

Snooker	9:00-4:00 pm
Stay Fit 2	9:15-10:15 am
Memory Class	10:00-noon
Beginner Line Dancing	10:30– noon
Bridge	1:00-3:30 pm
Table Tennis	1:00-3:30 pm

TUESDAY

Walking Club	8:30-9:30 am
Snooker	9:00-4:00 pm
*Scrabble	10-noon
Computer Drop In	10:00-noon
Camera Club	1:00-3:00 pm
Mah Jong	1:00-3:30 pm
Table Tennis	1:00-3:30 pm

WEDNESDAY

Snooker	9:00-4:00 pm
Crafts	9:30-11:30 am
Chair Fit 1 & 2	10:30-11:30 am
Guided Meditation	11:45-12:30 pm
Ladies Snooker	1:00-3:00 pm
Whist	1:00-3:30 pm
Table Tennis	1:00-3:30 pm

*** 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
Listen & Understand	(new time)
Great Music	10:15-11:00am
*Rhythm & Dance	11:15am-12:15 pm
Carpet Bowling	1:00-3:30 pm

FRIDAY

Tai Chi	10:15-11:15 am
Crib	1:00-3:30 pm
Table Tennis	1:00-3:30 pm
Postcards from Abroad	10:30-11:30
Presentations are the third Friday of each month– RSVP	

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

New Programs: Scrabble

Tuesdays 10 am-12 pm

Rhythm & Dance

Thursdays 11:15 am-12:15 pm

UPCOMING SOCIAL TEAS



DONATE FOR THE MYSTERY TEA

If you have anything to donate to the table that is clean and in good working condition, please do so.

Wrapped or Unwrapped!

Join us May 6th at 2pm in the Dining Room at Maple Ridge Seniors Centre

Tickets will be available for purchase for \$5 at the Maple Ridge Reception Desk starting April 20th

**March 17th at 12:00 pm
Pitt Meadows Senior Centre**

St. Patrick's Day Lunch

**With special guests Shannon Irish Dancers
Tickets are \$10**



Easter Bonnet Tea

March 22nd at 2:00pm at the Maple Ridge Activity Centre
So many of us love the opportunity to dress up and wear a hat. So put on your Easter Finery and join us for a splendid Afternoon Tea. Tickets are \$5.



St. George's Day Tea

April 22nd at 2:00pm
Pitt Meadows Seniors Centre
Tickets \$5

VOLUNTEER SPOTLIGHT: Joys Sooley



Joys was born in Heart's Delight, Newfoundland and lived there until she was eight years old when she moved to Ontario with her family. She was educated in Ontario and graduated from high school there.

In 1976 she married and had two daughters who now live in Maple Ridge and have provided her with four delightful grandchildren.

In 1981 she moved to Vancouver to seek new opportunities. She first worked as a commercial seamstress but most of her career has been entrepreneurial. She had an in-home daycare, a children's thrift shop called "The Kids Cupboard" and at present her business is "Trouble Free Transitions" where she assists seniors in downsizing their homes. Her resume includes management and administration, data base development, software and operating systems. She was also a real estate agent and marketing coordinator. In addition to her business, she works part time as a professional limo driver and at H&R block as a tax consultant. So you can see she has and continues to have a varied and interesting career.

After raising her girls alone for 5 years, she met Richard Cross in 1987 and together they raised a blended family– his two boys and her two girls. Unfortunately, following 13 years together, he passed away in 2000.

In 2012 she moved from Coquitlam to Pitt Meadows to be closer to her daughters and their families.

Throughout her life she has been a volunteer working with cultural centres, elementary schools and seniors centres. She began volunteering at RMSS in 2012. She is a volunteer driver and works with Seniors Helping Seniors. She also volunteers as a board member of her strata and is a part of Block Watch. Joys finds helping others personally satisfying and enjoys it tremendously. If she could have anything she wanted she would fulfill her dream of building a lighthouse on family owned property in Heart's Delight, Newfoundland– her birthplace.

Written by Bonny Klovance

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 –Maple Ridge & Pitt Meadows
- Lunch Cashiers– Maple Ridge
- Computer Instructors– 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.

Mah Jong what it is and how it is played

Mah Jong is an old Chinese game played with a variety of colourful tiles. It's similar to the popular game of Rummy where you are trying to get 'sets' of three (5,5,5) or a run of three (5,6,7). However, instead of 4 suits you are using bamboo, circles & characters. Because of the Chinese background of the game, there are also Winds & Dragons. Each player is dealt 13 tiles and forms four sets of 3 tiles, either hidden in the hand or exposed on the table. He is left with one tile and must form a pair to get 'Mah Jong' with his 14 tiles.

There are many variations of how the game is played. We play 'Hong Kong Mah Jong' which is the most popular type and the easiest to learn. We have found that most beginners learn the game in the first few hands and become more proficient with practise. If you would like to learn this popular game, Les McMillan is teaching it at the Pitt Meadows Senior Centre every Tuesday at 1:00pm. For more info, contact Les 604-476-6660 or drop in!

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.

March 18th– Ron Darcus presents **Beijing: Back in the Day**

RSVP at 604-457-4771

April 15th– Leslie Michael presents **The History of India**

Learn about how European countries came to be in India. How did the British who came as traders, stay as conquerors? The Moghul Empire, The Taj Mahal, Ghandhi. The struggle for independence and India today.

If you are interested in presenting, please contact Maria at 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 and is \$25

Call 604-467-4993 to find out when the next demo class and start dates are for The Maple Ridge Seniors Activity Centre.

Rhythm & Dance with Pat

Join the Pitt Meadows Seniors Centre
on Thursdays at 11:15-noon

gentle dance class to music from the 50's and 60's

\$2 drop in fee



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)		11:15 Rhythm & Dance	
WHITE= MAPLE RIDGE	GRAY = PITT MEADOWS		7:00 Gentle Joint & Yoga	

FITNESS PROGRAMS– Maple Ridge & Pitt Meadows

Chair Fit 1

(previously known as Chair Fit & Seniors Workout)

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

Chair Fit 2

(previously known as Chair Fit plus)

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

Stay Fit 1 (previously known as Easy Fit)

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

Stay Fit 2 (previously as Low Impact)

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

Stay Fit 3 (previously known as Stay Fit)

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

Fit & Fun after 55

(previously known as Seniors Keep Fit)

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

Zumba Gold

This is a one hour modified high energy cardio dance class which incorporates balance and strength with an underlying dance flavour for adults 55+. Dance styles include cha-cha, rumba, flamenco, salsa, mambo, swing, Bollywood, disco, tango and much more. \$25 for 5 classes. *Please register at the Front Desk.*

Tai Chi/QiGong

Gentle, slow movements that focus on breathing, balance and core strength. It helps to reduce stress and increase flexibility. (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 stretching while seated in a chair.

Rhythm & Dance

A 60 minute gentle dance class to music from the 50's and 60's.

BE THE 1 NOW

To be catered to & helped with your needs



All the services provided are geared to help you keep your independence and are done with your wishes and comfort in mind. Here are **just a few** of the services provided.

***SHOPPING FOR ANY OCCASION**

***TRANSPORTATION**

***SELECT SERVICES FOR PERSONAL NEEDS**

JULIANNE KOENIG 604-475-0799
 cell 604-788-2231 info@bethe1now.com
www.bethe1now.com

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& Gel Nails



**Dawn till
Dusk
Esthetics**

SAVE THE DATE

RMSS Volunteer

Appreciation Tea

Tuesday, April 12th

It's Almost Tax Season!



Are you a low income person aged 55+ ?

Is your household income less than \$30,000 (individuals) or \$40,000 (couples)?

Come and get your 2015 tax return completed for free from one of our Volunteers.

To qualify you will:

- ⇒ Be an RMSS Member with low income
- ⇒ Have a basic income tax return
- ⇒ Have less than \$1000 in interest income

By appointment only.

**Maple Ridge Seniors
Activity Centre**

Call 604-467-4993

Thursdays

February 25-April 21

By appointment only.

**Pitt Meadows
Seniors Centre**

Call 604-457-4771

March 17 & 21

They can not help with income tax returns for deceased individuals or bankruptcy

YOUR HEALTH IN MIND– Heart Failure

Although the term heart failure sounds like your heart is about to stop at any minute, heart failure means that your heart is not pumping blood through your body as well as it should. When this happens blood backs up into the blood vessels around the lungs causing fluid to leak into the lungs, making it harder to breathe.

Heart failure results from anything that damages the heart such as a past heart attack, coronary artery disease, uncontrolled high blood pressure, abnormal heart valves, severe lung disease, diabetes, smoking and prolonged high alcohol intake.

Symptoms from heart failure can include 1. Shortness of breath. 2. Swelling of hands and lower legs. 3. Sensation of bloating. 4. Irregular heart beat. 5. Waking at night with sudden shortness of breath. 6. Trouble breathing when lying flat.

Heart failure is divided into 4 classes. Class I - no symptoms, Class II - symptoms with ordinary activity, Class III - symptoms with less than ordinary activity and Class IV -symptoms at rest.

Lifestyle management strategies for heart failure:

1. Sodium intake: do not add salt to food and limit intake of processed foods and high sodium foods.
2. Watch fluid intake. Limit fluid intake to 6-8 cups per day adjusting as per doctors recommendation
3. Exercise is recommended in heart failure patients with stable heart and fluid volume status. Start with 5 to 10 minutes of physician approved, easy to moderate intensity exercise 2-3 times daily, every other day working towards 20 to 30 minutes of moderate exercise 3-4 times weekly.

Daily monitoring of weight, adjusting fluid and sodium intake in response to a weight gain of 1 kg. Notify doctor of a weight gain of 2.5 kg over 1 week or any worsening of individual symptoms

Medications for heart failure are individualized to each patient. Medications include diuretics, ACE inhibitors or ARB if can't take an ACE inhibitor, Beta blockers, spironolactone and digoxin.

With proper medication and careful management of your heart failure you can live longer and feel better.

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

GOLDEN SENIORS WELLNESS CLINIC 55+

Our attendance at the “Wellness Clinic” has dropped off over this last little while. We are assuming that this is due to some of the bad weather we’ve been experiencing this past winter. Let’s hope that this Spring will bring us fairer weather which may encourage you to attend our clinic. We are here to help you. Karen and I are hoping to line up some speakers for you for the Fall season on some of the subjects that you have suggested and would be interested in. Please let us know if you have any other requests. Our professional people will still be available to you on the required days. After a great deal of thought, I have decided to make a change in our drop in fees. For a clinic visit only, we have decided to lower our drop in fees to \$1.00; if you require nail foot care then a \$2.00 drop in fee will still be required in addition. Our blood pressure monitors, printing and other supplies are very costly but we are managing to be sustainable. If you have any other questions or suggestions etc. please let Karen or myself know.

After 13 years, we wish to keep this clinic available to all our Seniors in Maple Ridge, Pitt Meadows and other surrounding areas.

Thank you

Peggy Lambert RN Ret’d
Golden Seniors Wellness Clinic

WELLNESS SPEAKER SERIES

Grateful Executor

April 8th 10:30am to noon at the 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.

Pedestrian Safety

May 13th at 10:30am at the Pitt Meadows Seniors Activity Centre

ICBC & the Ridge Meadows RCMP will be speaking about Pedestrian Safety, what kind of precautions to take while walking within our communities and tips for safer walking. RSVP at 604-457-4771

Your Voice Matters: Advocacy Tips For Family Caregivers

June 10th at 10:00am to noon at the Pitt Meadows Seniors Centre

When we need support, it helps if we have an understanding of how to speak up and ask for what we need in the most effective way. In this workshop, participants will learn how to become more successful advocates for themselves and the person they are caring for, with a particular focus on residential care advocacy. Anyone interested in learning more about becoming a better advocate is welcome to attend.

***Pre-registration is required. The program will be cancelled if insufficient registrants.** Call Kim to register at 604-298-0780 E-mail: kmckercher@alzheimerbc.org



Transition To Residential Care

July 8th at 10:00am to noon at the Maple Ridge Activity Centre

This session is designed to help family caregivers who are considering residential care options for a person with dementia. General information will be provided on how to access residential care in the community, as well as a review of some important considerations when choosing a facility. The session will also explore the challenges families face when making decisions about residential care, and review some strategies for preparing for the transition. ***Pre-registration is required. The program will be cancelled if insufficient registrants.**

*** Call Kim to register at 604-298-0780 E-mail: kmckercher@alzheimerbc.org**





**10am–noon on May 16th & 17th
At Pitt Meadows Seniors Centre**

The cost is \$30 for this 2 day workshop

**Please Register at
Pitt Meadows Seniors Centre
604-457-4771**

Eliminate the TRUE Cause of your Problems Stress Relief 2 Day Workshop

What will you learn by attending this 4 hour workshop:

1. The three most common, most massive mistakes that even smart people make that keep them Overstressed, Unhappy and Unhealthy and why you could be making them.
2. What the TRUE cause of your problems is.
3. The formula for creating a Negative Emotional Block or Hook will be revealed which will help you understand why you may be doing things you don't want to do.
4. You will be shown the difference between being Responsible and Response-Able and how to determine which of the two you are.
5. A new Paradigm for Stress will be revealed which will increase your understanding and awareness of how to use this information in your own life.
6. You will be taught the basic procedure for using “Emotional Freedom Technique”, also called “EFT” or Tapping.
7. You will participate in an EFT exercise to see how easy it is to use to clear emotional and physical problems quickly, easily, painlessly and permanently!

The life you have lived up to now was built on someone else's rules and, in most cases, was built in error. You have the power to change that bad programming and start living your life YOUR way. This 4-hour workshop will show you how.

Sheryl Stanton is a registered nurse, stress relief coach, author of four stress-relief books, DVDs and home study courses, speaker and trainer.



GUIDED MEDITATION

WEDNESDAYS at 11:45am-12:30pm

Pitt Meadow Seniors Centre

Learn easy relaxation techniques that can help you learn to relax and reduce symptoms of anxiety and stress. The benefits of meditation: lowers blood pressure, relaxes nervous system, relieves muscle tension and insomnia, and frees the mind from self doubt and internal chatter, fear and depression. Drop in fee is \$1.

DO YOU HAVE VISION OR HEARING LOSS?

DO YOU KNOW SOMEONE WHO HAS?

COME TO THE 6th ANNUAL

VISION / HEARING RESOURCES OPEN HOUSE

Ridge Meadows Seniors Activity Centre

12150 224 Street Maple Ridge, B.C.

Saturday, April 9, 2016: 1:00 - 4:00 pm.

FREE ADMISSION --- NO REGISTRATION

DISCOVER WHAT'S HERE FOR YOU

SERVICES, EQUIPMENT, RECREATION, EDUCATION

Sponsored by The Maple Ridge Lions Club

*For more details contact mapleridgelionsclub.org
or Brian Hetherington at 604-467-2696*



Remember to purchase your 50/50 tickets the first Tuesday of each month at Maple Ridge Seniors Activity Centre

MAPLE RIDGE PUBLIC LIBRARY PRESENTS

In Control Of Your Money

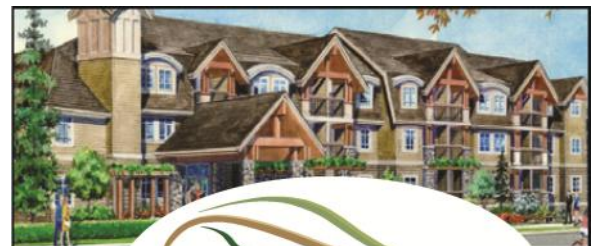


This ongoing series addresses some of the most common questions related to money and the financial decisions that affect all of us. Presented in collaboration with VanCity financial literacy staff and the Community Literacy Committee.

- RRSPs and TFSAs, Wednesday, Feb 3, 7pm- 8:30 pm
- Home Ownership, Wednesday, Mar 2, 7pm- 8:30 pm
- Taxation, Wednesday, Apr 6, 7pm- 8:30 pm



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



GREYSTONE MANOR
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COMPLIMENTARY LUNCH & TOUR!



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604-467-2808

Be more active, meet new people and enjoy a vibrant social life. A move to Greystone Manor will do just that! Call today for your complimentary lunch and tour.

greystonerresidence.ca

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

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– Provide rides for visits 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 well-being and researches and submits queries and suggestions to RMSS board of directors for consideration.

Meetings are:

- usually the first Thursday of the month at Maple Ridge Seniors Centre Library Room at 9:30 am
- Light refreshments
- 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. **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	Claudia Finamore 604-467-8385	Jane Gilbert 604-466-8810	Sheila Pratt 604-463-8929 Fridays ONLY
If you find that none of the drivers are available please try Gillian Hodge 604-476-2109			Anna Armstrong 604-763-5623	Claudia Finamore 604-467-8385
				Jane Gilbert 604-466-8810

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



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. If you are bringing your own laptop or tablet you MUST know your password for your equipment.

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



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

Ray 604-454-4574



Community Garage Sale

Are you cleaning house? Do you need to get rid of some unique treasures?

Book a table to sell your wares at

RMSS Maple Ridge Seniors Activity Centre

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

Tables are \$20 and are selling quickly!

Invite your friends and family to shop at this massive community garage sale!



SUN VALLEY
MEDICAL SUPPLY

- HOME HEALTH CARE
- OSTOMY
- WOUND CARE
- INCONTINENCE
- BATHROOM AIDS
- SUPPLIES & MORE

15% Off

100 - 11862 226th Street, Maple Ridge **604-477-1786**

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
Norman Ouimet
Dorothy Zora
Maurice Desaulniers
Pat Dennis
Betty White
Lenora (lenny) Nagel

NEWS FROM THE INTERGENERATIONAL GARDEN

Spring has sprung up early at the Intergenerational Garden!

Spring is an exciting time of year at the Intergenerational Garden. Our students and volunteers have eagerly awaited the warmer weather anticipating what vegetables and flower seeds they will plant in their garden beds. The garden will begin to come alive with colour once again as tender seedlings shoot up through the ground and spring bulbs show their beautiful colours. We are very thankful to have some Vancity employees helping us get the garden beds ready for planting!

A few new projects will be getting underway and are always in need of volunteers. The Garden recently received a generous grant from the Whole Kids Foundation (Thank you!) that will allow us to construct some wheelchair accessible garden beds, a handwashing station, and a sensory garden with fragrant and textured plants. If you like building things, or working with students and inspiring younger generations, **we need you!**

Please join us at one of our monthly volunteer meetings to learn more about our program and the many ways you can help us. There are lots of tasks to complete and gardening experience is not required.

March 22nd 2 – 3:30 pm & April 26th 2 – 3:30pm

Ridge Meadows Seniors Centre - 12150 224 St.

**For more information, please contact
Heather Jonatschick
Intergenerational Garden Coordinator
604-837-8915
or email: gardencoord@gmail.com**



**TD Friends of the
Environment
Foundation**



Maple Ridge Historical Society

Heritage Tea

Saturday April 2, 2016



1:00-4:00 PM

\$10

Seniors Activity Centre
12150 - 224th Street
Maple Ridge, B.C.

T: 604-463-5311

E: mrmeventplanner@gmail.com





Computer students with Volunteer Instructor Roscoe at the Pitt Meadows Seniors Centre

RIDGE MEADOWS SENIORS SOCIETY BOARD OF DIRECTORS

President.....Gaetan Rutherford

Secretary.....Margaret Kraemer

Treasurer.....Fran Preston

Director.....Jackie Diewold

Director..... Don Mitchell

Director..... Noel Rehaume

Director..... Maureen Shargool