

GrapeVine

RIDGE MEADOWS SENIORS SOCIETY – MAPLE RIDGE & PITT MEADOWS

May & June 2016 Issue



**LADIES SNOOKER
AT 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 8:00 am-10:00 pm
Saturdays 8:00 am-4:00 pm
Sunday 9:00 am-12:00 pm
Closed May 23, 2016

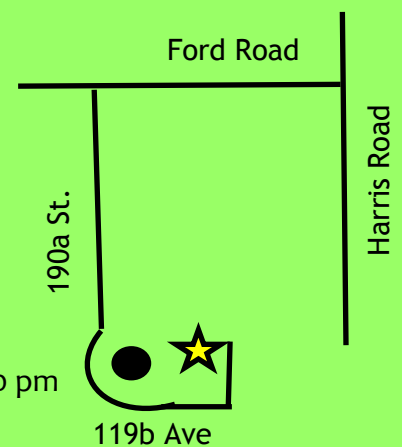


Pitt Meadows Seniors Activity Centre

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 May 23, 2016



MEMBERSHIP INFORMATION

- ◆ Membership cost is \$25 and is valid for a full year
- ◆ You must be 55+.
- ◆ If you are not a member and unsure if you would benefit from a membership, please try some of activities free of charge up to two times.
- ◆ A membership is required to sign up for bus trips.
- ◆ **LIFETIME MEMBERSHIPS**
A free membership is offered to members over the age of 90. Lifetime members are still required to come into the centre to renew each year.



New RMSS Members Orientations

Find out all you need to know about being a member of RMSS

Pitt Meadows- First Tuesday of each month at 1:30pm
call 604-457-4771

Maple Ridge- First Monday of each month at 1:30pm
Call 604-467-4993

ANSWERS TO FREQUENTLY ASKED QUESTIONS:

1. **Which fitness class should I attend?** Read the class description on page 19 to find the best fit for YOU; drop in and try a class; ask one of our BCRPA certified instructors; try one of our dance classes.
2. **I'm feeling overwhelmed in my care-giving duties and I don't know how to cope.** Check out support groups for a possible match on page 8, take a wellness series workshop, attend the Tuesday Wellness Clinic at Maple Ridge; join RMSS for friendship and support.
3. **What can I encourage my husband to come to?** Table Tennis, card games, line dancing, day trips, Snooker, intergeneration garden, Computer lessons, become a volunteer driver, LUNCH.... A way to a man's heart!

RMSS UPDATES

- ◇ RMSS can be found on Facebook now! Search for Ridge Meadows Seniors Society. Hit the ‘Like’ button on our page to keep up to date on upcoming events and photos of past events.
- ◇ Bev, one of our valuable Facility Attendants in Pitt Meadows, has been given additional duties to meet the increased demand for information being sought by our members and the seniors community. Bev is connecting with community resources, to enhance senior’s wellbeing and reduce isolation. She is promoting an active living lifestyle that encompasses socialization, wellness and knowledge that will assist seniors to connect with their community. The immediate problem to be solved is that there is an unawareness in the community of RMSS and what is offered and available. Bev will be available on Tuesdays and Wednesday mornings in Maple Ridge or if you cannot drop in, she is just a phone call away. Come by to meet her!
- ◇ With an increase in folks enjoying our lunch menu we will open the library for dining when an overflow room is needed.
- ◇ Starting Monday, May 16th Halls A,B & C will be CLOSED to refinish the hardwood floors. The closure is planned for 2 weeks BUT watch the bulletin boards for more information. We apologize for this inconvenience.

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



Day Tour & Vacation Presentation

Thursday, May 19 10:00am - 11:30am

Join Troy Opper from Enjoy Tour and Travel presenting upcoming Day Tours departing from Maple Ridge Seniors Activity Centre and Pitt Meadows Seniors Centre.

In addition see "Rail Across Canada 2016 and Hawaii 2017."

Surrey Heritage Train + White Rock Thrift Store- May 21

**Indian Arm Luncheon Cruise
- June 20**

Hell's Gate + Bridal Falls + Othello Tunnels- July 5

Mount Baker- August 23

Maui, Hawaii- February 16 - 28, 2017

Cuba- March 2017

www.enjoytourandtravel.com

Surrey Heritage Train + White Rock Thrift Store -

Saturday, 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)

BUS TRIPS

Indian Arm Luncheon Cruise

Monday, June 20 - \$129

Pitt Meadows 9:00am - 4:15pm

Maple Ridge 9:30am 4:30pm

Cruise the calm inland waters aboard the luxurious M.V. Harbour Princess on a 4-hour luncheon cruise! Travel through the Burrard Inlet and into the spectacular setting of Indian Arm as you cruise by the panoramic vistas, the pristine Silver Falls, large waterfront homes, privately owned islands, wild-life and more. Indian Arm is a true photographer's delight! This tour includes an impressive catered buffet lunch featuring wild BC Salmon and roasted chicken.

Activity Level: Easy

Hell's Gate + Bridal Falls + Othello Tunnels -

Tuesday, July 5 - \$109

Maple Ridge 7:45am - 6:45pm

Pitt Meadows 8:00am - 6:30pm

Check the bus trip information board at either Activity Centre for more details.

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. 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

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



Rising Star: Karaoke Saturdays

Maple Ridge Senior's Centre

1-4pm Free Admission

Refreshments Available

Sorry... no minors

Variety Plus Spring Show 2016

MOM'S THE WORD

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



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


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



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



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604 476 1111

www.anil.realtor



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 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

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

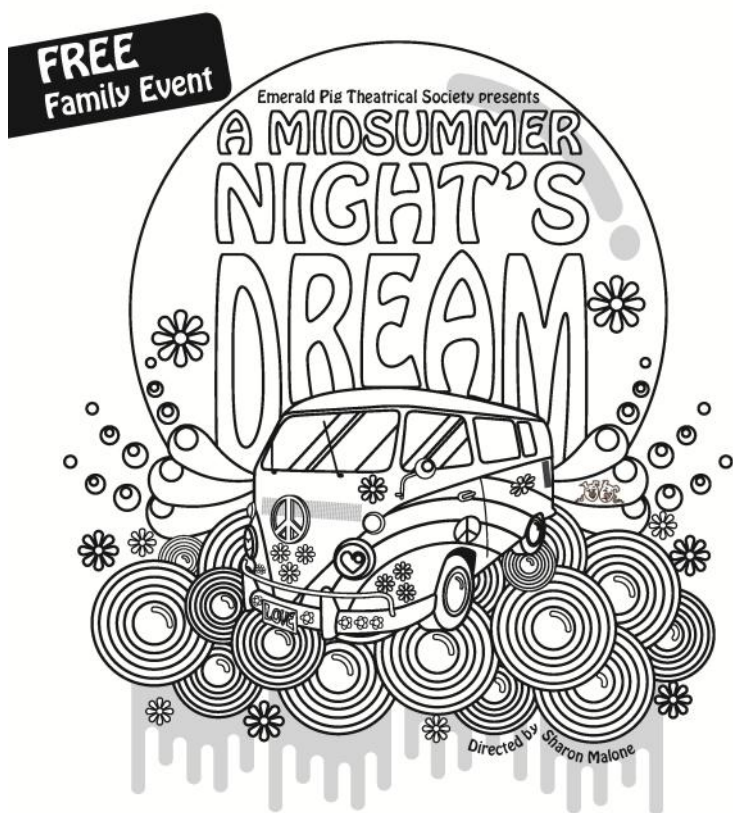
Meets: Wednesdays

Time: 7:00-10:00 pm

Notice of Increase in Sundry Food Items and Meal Costs

Due to the ever increasing cost of raw materials we are obliged to apply a modest increase to the cost of meals and other items. Effective Wednesday, June 1, 2016 the cost of the meal will increase from \$5.00 to \$5.50. The full meal at lunch will increase to \$7.00 from \$6.50. There will be also be modest increases of .10 to .25 cents on coffee, soup, sandwiches, scones, cookies, cinnamon buns and desserts. The foregoing are measures required to maintain the quality and service currently provided in our kitchen. Budget forecasts indicates that other operating increases may be necessary and in this case ample notice will be given.

To avoid confusion revised new food prices will not be posted until Wednesday, June 1st.



Come join us for the Summer of LOVE

July 14 - 16 Spirit Square, Pitt Meadows
July 21 - 23 Memorial Peace Park, Maple Ridge

Pre-show entertainment at 6:30pm. Show at 8:00pm

Bring a lawn chair, a blanket, your family and friends and a donation for the Friends in Need Food Bank.



Bard on the Bandstand is a celebration of Shakespeare that takes place in the communities of Maple Ridge and Pitt Meadows every summer.

Since 2005 this annual event has brought together thousands of families and friends to share in the mystical world of contemporary Shakespearean theatre.

This year's production, A Midsummer Night's Dream (Summer of Love), is now underway and will engage its audience in the classic story by adding a twist of love and magic from the 60's.

Visit our website: www.emeraldpig.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	11:00-2:30 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
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
10:00-11:00 am	Whist	7:00-9:00 pm
10:30-11:30 am		
1:00-2:00 pm	SATURDAY	
1:00-3:00 pm	Snooker	8:00-4:30pm
	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	10:30-11:10am
*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 ast Friday of the Month. Please call 604-805-0779 to book an appointment.



Drama club....

Is there any interest for folks in Pitt Meadows to join a new group of magicians, singers, dancers, poets, comedians?

Call 604-477-0425

UPCOMING SOCIALS



MYSTERY TEA

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

Tickets \$5

Drop in for Pie, Ice Cream & Coffee

Last Wednesday of each month
Pitt Meadows Seniors Centre from 2-3



**RMSS SENIORS
ACTIVITY SHOWCASE**
at Maple Ridge Seniors Centre
Monday, June 6th

9:30am to 2:00pm

Come by to find out more each
of the programs, activities and

community support groups offered at RMSS Seniors Activity Centres.

Bar is open in the Lounge (sorry no minors) 11:30am– 3:00pm



STRAWBERRY TEA
Thursday, June 9th
Pitt Meadows Seniors Centre
2pm - 4pm



VOLUNTEER SPOTLIGHT: Bob Foster



Bob is one of our most dedicated, long term volunteers. He is the coordinator of Seniors Helping Seniors; that formed the volunteer driver program, home and hospital visits program and telephone buddies. He is associated with special projects like the Christmas Cheer Bags, Earth Day displays, Seniors Week activities as well as taking a keen interest in supporting the well being of our organization and it's members. He also serves on the Finance Committee of RMSS.

Norman R. Foster (better know as Bob) was born in Leeds, Yorkshire, England and received his early education in Kirkstall. He attended high school on a scholarship and graduated in 1951. He worked in England for a year before immigrating to Canada coming to Lloydminster. He still remembers the Canadians being so kind and helpful.

After working for two years as a student in a chartered accounting office he moved to BC and joined the Bank of Montreal. He served in various branches and was appointed Manager in Whitehorse in 1967. He was transferred to Quesnel in 1970 and to Haney in 1975. He joined the Divisional Office of the Commercial Credit Department and continued to serve with them in Abbotsford and Langley until his retirement in 1990.

His hobbies included playing Soccer and Cricket and Cycling.

In 1956 he married his wife in North Vancouver. They have two children; a daughter, Gillian and a son John, seven grandchildren, and two great grandchildren. In retirement he has enjoyed volunteering, gardening, cycling, cruising and travelling throughout Europe.

He began his volunteering at Community Services visiting seniors. This he continues to do and has had one client for over 20 years. When his wife died in 1998 he heard about the meals at RMSS and he joined the society. He began working with Seniors Connect, now Seniors Helping Seniors. He also is on the Ridge Meadows Society for Community Living Foundation Board and is active with the Maple Ridge, Pitt Meadows Katzi Seniors Network also serving as Chairman of Funding and the Leadership Committees.

He enjoys meeting new people and experiencing new ventures and particularly the fellowship and challenges volunteering affords.

Bob is truly an always efficient, considerate, much appreciated volunteer. When asked what he would like if he could have anything he stated, 'My youth back again'. Wouldn't we all!

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
- Receptionists– Pitt Meadows
- Kitchen Helpers– 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.

POSTCARDS FROM
ABROAD SERIES

THE REAL CUBA!

Presented by Sue Fleming

Friday, June 17th

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.**

This presentation will not be about lounging on the beach in Varadero and sipping mojitos. This talk will be about two weeks spent on the west side of the island, on a Garden/Cultural tour with local guides. There will be inside stories and photos of gardens, farms, mountains, magotes, buildings, cities/towns, monuments and a beautiful lake resort. Everything is changing there. However, the people will, hopefully, always have their wonderful, friendly, passionate nature.

Join us for a morning of learning and sharing. Sue would welcome comments and perspectives from those who have been to Cuba too!

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

Next Sessions:

Tuesdays June 7-28

Thursdays June 9-30



Learn & Have Fun with

OSTEOFIT



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

***Next 5 week program begins May 25th and end June 24
& will continue for 5 weeks every Wednesday and Friday
at the Pitt Meadows Seniors Centre. Call 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)		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 Maple Ridge 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.

MONDAY, JUNE 6

RMSS SENIORS ACTIVITY SHOWCASE
at Maple Ridge Seniors Activity Centre
9:30am to 2:00pm

Come by to find out more each of the programs, activities and community support groups offered at RMSS Seniors Activity Centres.

Bar is open in the Lounge
(sorry no minors) 11:30am– 3:00pm

TUESDAY, JUNE 7

WELLNESS CLINIC OPEN HOUSE
at Maple Ridge Seniors Activity Centre
9am– noon

Check your blood pressure; talk with a nurse about concerns.



SENIORS WEEK AT RMSS



	WEDNESDAY, JUNE 8	THURSDAY, JUNE 9
re a	<p>FIT FOR LIFE SPORTS DAY at Maple Ridge Seniors Activity Centre 10am- noon Have fun through fitness and fellowship... it's all about participation but a little competition can be fun!</p> <p>Call for more details call 604-477-0425</p>	<p>STRAWBERRY TEA Join the folks from Pitt Meadows Seniors Centre for their famous, annual Strawberry Tea from 2:00 to 4:00pm.</p> <p>Tickets can be purchased for \$5 at Pitt Meadows Seniors Centre</p>

RMSS June 6th-10th 2016



YOUR HEALTH IN MIND– Allergic Rhinitis

Allergic Rhinitis (AR), often called hay fever, results from exposure to allergens and affects 40% of the population. Having 2 or more of the following symptoms for more than 1 hour on most days may be considered as Allergic Rhinitis: runny nose, sneezing, itchy nose, nasal obstruction or itchy watery eyes.

Avoid your allergens if possible. If you have severe allergies your doctor might send you for tests to determine what is causing your allergies. Medications are for relief of symptoms and do not cure or have a long term effect so it is important to use medication regularly if AR is persistent. Antihistamines can help reduce sneezing, runny nose, and itchy eyes, nose and throat. Older antihistamines like diphenhydramine (Benadryl) and chlorpheniramine (Chlor-Tripolon) often cause drowsiness and dry mouth, should not be used if you have glaucoma or prostate problems. Newer antihistamines like cetirizine (Reactine) Loratidine (Claritin) and Desloratidine (Aerius) only need to be taken once daily, work within 1 hour, and rarely cause sedation.

Some people use nasal decongestant sprays however using nasal decongestants for longer than 3-5 days causes rebound congestion so that when you stop using you are even more congested. The mainstay of AR therapy is using a nasal corticosteroid spray. Most require a prescription. Nasacort is now over the counter. Check with your doctor or pharmacist. Corticosteroid nasal sprays take a 1-2 days to have beneficial effects and regular consistent use is needed if you have prolonged symptoms. Proper administration is important; have your pharmacist demonstrate the correct procedure for specific products. General instructions are:

1. Blow nose slightly and shake the product.
2. Insert the nozzle in nostril, aiming away from the nasal septum towards the same side ear.
3. Breathe in lightly as you firmly depress the pump/spray.
4. Remove nozzle and breathe out through mouth.

Although many consider the symptoms of allergic rhinitis just a nuisance, it can significantly impact your quality of life. If you have persistent symptoms you should check with your doctor for diagnosis and treatment.

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

GOLDEN SENIORS WELLNESS CLINIC 55+

Hello Seniors:

Cannot believe how fast the year is flying by. We are still looking for a nurse with foot care training to help with our foot clinic. I hear that Lana is providing good massages provided by the massage therapy clinic.

Karen Wakita has spent many hours talking to local medical professionals to promote the Wellness Clinic. We love a busy, thriving wellness clinic so be sure and tell your friends whom you may think may benefit from our services.

I am sorry to report that Ken McCaig one of our nurses is leaving us for personal reasons. Ken has been with me for more than 9 yrs. He is dearly loved and respected by our Seniors. We have invited Ken to drop in whenever he is able to join us for a cup of coffee.

Unbeknownst to most of you and for those who know, my husband has had some major surgery April 4th. and seems to be doing well. He is a cancer survivor but this is not cancer this time. So hopefully he will be chasing the girls around once again.

Peggy Lambert RN Ret'd Golden Seniors Wellness Clinic



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of Batteries
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2nd Box

FREE

Limit one per person



absolutehearing.ca

Drop-In Service Clinics, 2nd Tuesday of each month

Pitt Meadows Seniors Activity Centre, 19065 - 119B Avenue, Pitt Meadows | 9 am to 10:30 am
Maple Ridge Seniors Activity Centre, 12150 - 224 Street, Maple Ridge | 11 am to 12:30 pm

WELLNESS SPEAKER SERIES

Pedestrian Safety

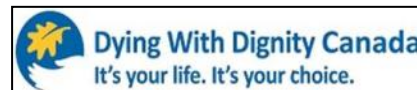
Friday, May 13th at 10:30am at the Pitt Meadows Seniors Activity Centre

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

Dying with Dignity- Assisted Dying

Monday, May 30th at 10:30am at the Maple Ridge Seniors Activity Centre

Learn more about what is happening on a federal and provincial level Doctor Assisted Dying Bill and discuss what is happening to prepare for the decriminalization of physician assisted dying. Find out more about the Dying with Dignity Society & Advanced Care Planning. RSVP at 604-467-4993.



Your Voice Matters: Advocacy Tips For Family Caregivers

Friday, 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

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

This session is designed to help family caregivers who are considering residential care options for a person with dementia. ***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



Wholehearted Living

(4 Session series)

Tuesdays, May 24 - June 14, 2016 10:00 am -12:00 noon



Would you like to experience more vitality in life?

Wholehearted living is the natural path to vitality. Join dynamic discussions and soothing guided meditations to shift your perspectives and approach to living in profound ways. Discover essential practices to:

- * Release limiting thought patterns;
- * Connect with your authentic self and;
- * Experience more joy and vitality everyday!

Cost: **\$55** (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 15 years professional experience. Visit www.WiseSistersConsulting.ca



**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 problem 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.



**Wednesday,
June 8th
10am -noon
Maple Ridge
Seniors Centre**

In conjunction with National Senior's Health and Fitness Day & Seniors Week, Fit for Life Day was developed to promote & celebrate active living.

There are eight activities for member's participation:

Egg/Spoon Relay

Walker Race

Target Game

Obstacle Course

4x1 relay

Table Tennis

Carpet Bowling

TP Bowling

Members are encouraged to register for multiple events and are welcome to form teams for the Egg/Spoon Relay (2) & 4x1 relay(4). Members who do not want to participate in an activity can register to be on our Volunteer and Cheer Team and assist staff pre and post event and cheer on those who are participating.

SENIORS HELPING SENIORS

News of a new project proposal.

Seniors Helping Seniors is embarking on a new venture – “to create a written record of the development of RMSS from the day it was ‘born’ to the present.

It should be a very interesting adventure and we invite all members of RMSS, past and present to join in. The initial step will be to collect information from old records, minutes, photos etc. However, the most important source of interesting information will be anecdotal – word of mouth, stories, reminiscences, etc.

To join in, (no cost or commitment), please leave your name and telephone number at reception for Bob or telephone (604) 467-4993 so we can contact you.

Progress reports will be provided via “Grapevine”.

WANTED:

Great cooks and housekeepers with big, happy hearts*!

Nurse Next Door Home Care is seeking part-time Caregivers of all ages, who have a passion for helping people. We are currently looking for non-nursing Caregivers who enjoy and are good at cooking for others, love to clean (light housekeeping) and are willing to transport local seniors to and from appointments and errands.

*These are paid, casual positions, and other hiring criteria will apply. Please note only successful applicants will be contacted.

If this sounds like you, please apply by email to: carol@nursenextdoormr.com
or call Tanya at 604-468-8326



Our talent is happier aging™

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+ (must still register for Membership)
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 \$6 round trip or one way. 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	Jane Gilbert 604-466-8810
If you find that none of the drivers are available please try Gillian Hodge 604-476-2109			Anne Armstrong 604-763-5623 <i>available after May 17th</i>	Claudia Finamore 604-467-8385

COMPUTER LAB– Maple Ridge

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>Call Walter</i>	Please note if you plan on attending a drop in at Maple Ridge, please call in advance to confirm your attendance. Walter 1-604-820-2885 Ray 604-454-4574		10:00 Basics: Email, Internet, Camera, Spreadsheets <i>Call Walter</i>
<h1>MAPLE RIDGE</h1>		1:00 Basics: Email, Internet, Photos, Macs <i>Call Ray</i>	

New Classes!

Group Computer Lessons with Ted at Maple Ridge Seniors Activity Centre

Tuesdays from 10am to 11:30am

If you would be interested in one or more of the following classes please
phone 604-467-4993 to book your spot. Seating is limited.

May 10– Downloading & Managing Photos

May 31– Facebook Basics

May 17– Internet Searching Basics

June 7– Internet Basics

May 24– Email Basics

June 14– Email Basics

COMPUTER LAB– 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
Drop in Lab- No instructor	10-12 Drop In Lab: computers, tablets, laptops	9:30-12 One on One computer help by appointment \$2	10-12 Drop In Lab: computers, tablets, laptops Pitt Meadows
PITT MEADOWS	1-3 Camera Drop In		

NEW!!!

One on One Personalized Computer Help at PITT MEADOWS

Wednesdays from 9:30-12

Call 604-457-4771 to book your
45 minute appointment.

The drop in fee for this program is \$2



MAPLE RIDGE PUBLIC LIBRARY PRESENTS



It won't Byte

**@ The Ridge
Meadows
Seniors Centre**

Tuesday, September 6th, 3:30-4:30pm

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

Tuesday, November 1st, 3:30-4:30pm

Tuesday, December 6th, 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](http://www.fvrl.ca)





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

IN MEMORIAM

Cynthia Luckman

Aulda Jensen

NEWS FROM THE INTERGENERATIONAL GARDEN

Warm weather has lots to teach us in the Intergenerational Garden

The Intergenerational Garden had an exceptional start to the spring season this year due to the above average temperatures. Our Garden Coordinator and volunteers have been busy raising some of the shallower beds in preparation for a hot and dry summer. April's warm sunny days were a great reminder for everyone to seek out draught tolerant and bolt resistant varieties for planting.

Mulching your garden beds will help play an important role this season to help lessen your water consumption. This is a valuable lesson for our students as trends show milder winters and hotter summers for the near future. Educating ourselves on the changing environment will help us adapt for future plant choices, and encourage us to experiment with new varieties adding to our tried and true favorites.

The Intergenerational Garden is in need of volunteers to help with school classes, watering, weeding and general maintenance. No plant knowledge is required, just an eagerness to help us inspire and educate all generations while working hand in hand to strengthen and beautify our community. If you are interested in volunteering or to learn more about The Intergenerational Garden, please join us for one of our upcoming monthly meetings:

May 24, 2 – 3:30pm June 28, 2 – 3:30pm

Maple Ridge Seniors Centre on 224th Street

We are happy to announce that we will have a booth at

The Haney Farmers Market May 14 & June 4

*Please drop by to show support for
The Intergenerational Garden!*

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



TD Friends of the
Environment
Foundation





11657 Ritchie Ave. Maple Ridge

Celebrating Seniors Week!

Strawberry Tea

Monday May 30th at 1:30 PM

Please RSVP

Free with food bank donation

RX Rockers entertainers

Saturday June 4 at 2:30 PM

Followed by a BBQ dinner
\$15 for Seniors, \$18 for Adults

Please RSVP

May 31st 12-1 pm **Lunch & Elvis Tribute
by The Pensioners-** \$8 cash

At 1pm bring a food bank donation and join
us for an **ice cream social**

Fill the Bus

Sunday June 5

Save on foods parking lot
at Lougheed and 227th St.

10:00 AM our bus will be there

Collecting donations for the
Friends in Need food bank

**PLEASE BE SURE TO RSVP FOR
EACH EVENT BY CALLING
604-467-2808**

BRIDGE TOURNAMENT WINNERS

1. John Teschue & Marta Zahorto
- 2/3. Ken & Dianne Little
- 2/3. George & Dale Bell
4. Walter & Connie Schmit
5. Anne Sheppard & Gisele Mahre
6. Janet Melissen & Hermanna Booth
7. Les Baldy & Denny Gibson





Hanging around at the Easter Bonnet Tea!

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..... Nita Spittel