

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: MAPLE RIDGE & PITT MEADOWS
September & October 2016 Issue

Joins us in October for Oktoberfest at Maple Ridge. See page 6 for details.

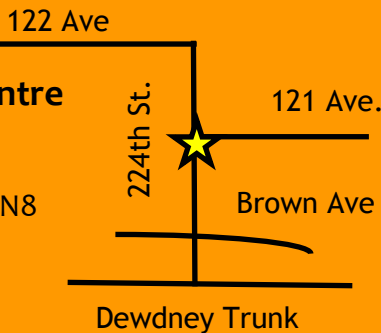


FACILITY HOURS

Maple Ridge

Seniors Activity Centre

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



Hours of Operation

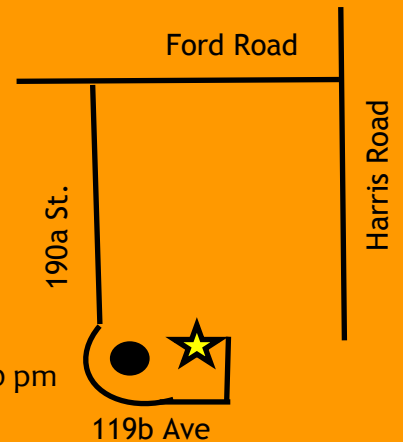
Monday-Friday 8:00 am - 10:00 pm
Saturday 8:00 am-4:00 pm
Sunday 9:00 am-12:00 pm

Closed September 5th, October 10th

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 September 5th, October 10th

www.rmssseniors.org



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 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 604-477-0425

Maple Ridge- First Monday of each month at 1:30pm
Call 604-477-0425

OUR MISSION

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

Inside this GrapeVine Issue

Bus Trips	4-5
Upcoming Social Events.....	6
Community Group Meetings.....	8
Drop in Programs– Maple Ridge.....	10-11
Drop in Programs– Pitt Meadows.....	12
Volunteer Opportunities.....	15
Fitness Programs.....	17-19
Wellness	22-26
Driving Service.....	27
Computer Programs	30-32

ANNUAL GENERAL MEETING

The Annual General Meeting is scheduled for:

Date: Tuesday, September 20TH, 2016

Time: 1:00 p.m. (registration starts at noon)

Place: **Pitt Meadows Seniors Centre** (*map & directions available at Maple Ridge Reception desk or see front cover of GrapeVine*)

Sign up at Maple Ridge Reception Desk if you need transportation from Maple Ridge Seniors Centre to the AGM at Pitt Meadows Seniors Centre.

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

- To proceed with business the AGM requires a quorum of 25 voting members.
- Only members in good standing will be permitted to attend.
- A member in good standing, who has been a member for at least 14 days prior to the date of the AGM, is entitled to vote.
- A call for nominations to the board will be posted 30 days prior to the date of the AGM.
- Nomination forms will be available at both centres as of August 19th, 2016
Nominations to the board will close Friday, September 2nd at 3:30pm*.

****Please note the change of date from our last publication. This date has been adjusted to align with RMSS by-law 5.2.c.***

- Nominations to the board may also be made from the floor at the AGM.
- You can nominate yourself if you wish and no seconder is required.

There are 7 vacancies of 9 positions for the board.

RIDGE MEADOWS SENIORS SOCIETY BOARD OF DIRECTORS

President.....	Gaetan Rutherford
Treasurer.....	Fran Preston
Director.....	Jackie Diewold
Director.....	Don Mitchell
Director.....	Noel Rehaume
Director.....	Nita Spittel
Director.....	Colin Burdall

BUS TRIPS



All-U-Can-Eat Crab Cruise

Thursday, September 8 - \$159

Pitt Meadows 9:00am - 4:00pm

Maple Ridge 9:30am - 4:30pm

Travel to Granville Island for the 7th Annual All-u-Can-Eat Dungeness Crab Feast and Famous Houses Cruise aboard one of Accent Cruises' spacious yachts the Carousel II. This 3 hour narrated sightseeing tour highlights the many expansive homes on the West Vancouver shoreline owned by the likes of Oprah Winfrey, Bryan Adams and Wayne Gretzky. The Dungeness Crab is steamed warm complete with crab cracker, crab bib, cracking lesson, clarified butter and freshly prepared seafood sauce. This feast is catered by award winning Emelle's Catering and includes wild mesclun greens with sliced apples, raisins & crumbled feta, roasted garlic & caramelized onion red nugget potato salad, baked artisan rolls and spinach & mushroom pasta in a sherry dijon cream sauce with dessert – luscious lemon & blueberry tart. After the cruise take an hour of free time to explore Granville Island's shops, galleries, live performing artists and public market.

Activity Level: Easy

Boeing Factory Tour & Amtrak (USA)

Wednesday, October 26th- \$129

Pitt Meadows 6:00am - 5:45pm

Maple Ridge 5:45am - 5:30pm

Tour the largest building in the world by volume ~ The Boeing Company and ride the Amtrak from Bellingham to Everett. Take the Boeing Factory Tour and see airplanes in various stages of flight testing and manufacturing for airline customers around the world. This tour includes a buffet lunch at the Golden Corral, 1.5 hour guided tour of the Boeing Factory, admission to the Boeing Gallery, time to shop at the Boeing Store and a scenic waterview train ride on the comfortable and well appointed Amtrak departing Bellingham at 8:32am arriving in Everett at 9:52am where your coach awaits. Valid passport or enhanced drivers license or Nexus pass or enhanced BCID required.

Activity Level: Easy

**Did you take a great picture
on one of RMSS
bus excursions?
Send them to
maria@rmssseniors.org**

BUS TRIPS

Mammoths! Giants of the Ice Age Wednesday, November 16th- \$149

Pitt Meadows 7:15am - 7:45pm

Maple Ridge 7:00am - 7:30pm

The Royal BC Museum in Victoria presents the rare opportunity to see the larger-than-life exhibition, *Mammoths! Giants of the Ice Age*, in partnership with The Field Museum in Chicago. This engaging and interactive look at these magnificent creatures transports visitors to a time when giants walked among us. The companion IMAX film *Mammoths: Titans of the Ice Age* takes audiences to a wondrous world of ice where sabre-toothed cats, giant sloths and the iconic mammoths roam – all on the new IMAX 4K laser system. The exhibition opening coincides with a dramatic update to the Royal BC Museum's Natural History gallery, featuring a dynamic and fresh retelling of BC's own Ice Age history. Please Note: *Additional \$17 ferry fee applies to those under the age of 65 and to non BC residents.*

Activity Level: Easy

***Look out for more details to
come for a December 7th
Carol Ship Dinner Cruise***

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.

Join the Pitt Meadows Seniors Centre
for

Moon Festival Tea

Thursday, September 29th at 2pm

Learn about the significance of the Mid Autumn Moon Festival, learn how to make moon cakes and watch a Chinese Dance performance.

Tickets are \$5 and will be available at the Pitt Meadows Seniors Centre Reception Desk starting September 6th. *Cut off date for purchasing tickets is September 22nd.*



Join us for an

Oktoberfest Party

**at Maple Ridge Seniors
Activity Centre**

**On Friday, October 21st at
2:15pm**

\$2.50 Beer

**Tickets are \$5 and available at
the Maple Ridge Reception Desk
Starting September 26th**



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

SENIORS WEEK RAFFLE

We missed recognizing these valuable donors to the Seniors Week Raffle prizes in the last GrapeVine.

A great big thank you to:

Emma from the Foot Care Clinic

Dawn from Dawn till Dusk Esthetics

Shelley from

Personal Touch Hair Care

for donating gift certificates and product to the 2016 Seniors Week Raffle Prizes.

Personal Touch Hair Care

604-467-8284

Open Mondays
thru Saturdays

Gift
Certificates
Available



Located at
Maple Ridge
Seniors Activity Centre
12150 224th St.

NAILS by DAWN

604-992-0542

Manicure,
Pedicure,
Facial Waxing,
Tinting, Shellac
& Gel Nails



**Dawn till
Dusk
Esthetics**

Please note: Telephone calls are answered at both centres Monday to Friday 9am-4pm

Rising Star: Karaoke Saturdays

Maple Ridge Senior's Centre from 1pm-4pm

Free Admission, refreshments available, sorry no minors



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

Alzheimer Society: Mind in Motion

Registered Program A fitness & social program with those with early dementia.

contact Kate 604-675-5156

Begin Again Support Group

A grief support group that supports widowed and divorced women.

Meets: last Friday 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

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

Advanced Meets: Mondays 7-8:30pm

Beginners Meets: Wednesdays 7-8:30pm

Intermediate Meets: 8:30-9:30pm

See advertisement on page 35.

ACTIVITY SPOTLIGHT: STAY FIT 1

Much like January 1st, September is often a time of good intentions and new resolutions. September's self-improvement plans often include a new exercise routine. Stay Fit I, offered at the Maple Ridge Senior Centre every Tuesday and Thursday, 8:30 to 9:30 am, is a really appropriate place to start.

This class represents the middle ground of exercise classes offered at the Senior Centre falling between the easier Chair Fit, the more difficult Stay Fit III, and Fit & Fun over 55+. The cardio portion of the class (when we get the heart rate up and increase breathing and circulation) lasts around 30 minutes (including the 10 minute warm-up) but is not as strenuous as the Stay Fit III and Fun and Fit cardio. The 10 minute warm-up is stationary standing moves (whereas Stay Fit III is walking immediately and Chair Fit classes start with sitting in chairs with the option of standing). The second half of the Stay Fit I class involves balance and strength work with a T'ai Chi and Yoga component. Many of the strength exercises are performed while sitting in chairs. The final 10 minutes of the class is stretching which we do in our chairs. This is an important feature of this Stay Fit I class, as many seniors find getting down and up off the floor is an issue.

All equipment is provided. The cost is \$2.25 per class. You must be a member of the Ridge Meadows Senior Society (\$25.00 per year).

If this program appeals to your needs please check come try it out, your first time is complimentary.

Cathy Driver

Stay Fit 1 Instructor



DROP IN PROGRAMS AT MAPLE RIDGE– Drop in fee applies

MONDAY

Snooker	8:00-4:30 pm
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	6:30-9:30 pm

TUESDAY

Snooker	8:00-4:30 pm
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
Chair Fit 1
Golden Ears Bridge Club
Social Bridge
Tai Chi/QiGong

THURSDAY

Snooker 8:00-4:30pm
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	
12:30-4:30 pm	Table Tennis	8:30-11:30 am
1:00-4:00 pm	Chair Fit 1	10:00-11:00 am
2:00-3:00 pm	Line Dancing (Novice)	11:45-12:55 pm
	Line Dancing (Level 1)	1:00-2:00 pm
	Scrabble	1:00-3:00 pm
	Poker	1:00-4:00 pm
8:30-9:30 am	Partnership Bridge	1:00-4:30 pm
10:00-11:00 am	Line Dancing (Level 2)	2:00-3:30 pm
10:30-11:30 am	Whist	7:00-9:00 pm
1:00-2:00 pm		
1:00-3:00 pm	SATURDAY	
	Snooker	8:00-4:30 pm
	Karaoke	1:00-4:00 pm
	SUNDAY	
	Snooker	9:00-12:30 pm

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	See Page 16
Beginner Line Dancing	10:30am-12:30
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	10:00-noon
Computer Drop In	10:30-12:30 pm
Mah Jong	1:00-3:30 pm
Table Tennis	1:00-3:30 pm

WEDNESDAY

Crafts	9:30-11:30 am
Computer Help By Appt	9:30-12:00 pm
Camera Drop In <i>* new day</i>	9:30-11:30 am
Chair Fit 1 & 2	10:30-11:30 am
Guided Meditation	11:45-12:30 pm
*Ballet & Flamenco Dance	1:00-2:30pm
Ladies Snooker	1:00-3:00 pm
Whist	1:00-3:30 pm
Table Tennis	1:00-3:30 pm
*Ukulele for Beginners	1:30-3:00 pm

THURSDAY

Walking Club	8:30-9:30 am
Chair Yoga	9:15- 10:15 am
Computer Drop In	10:30am-12:30pm
Listen & Understand	
Great Music	10:30-11:15 am
Rhythm & Dance	11:15am-12:15 pm
Carpet Bowling	1:00-3:30 pm

FRIDAY

Snooker	9:00-4:00 pm
Tai Chi	10:15-11:15 am
Crib	1:00-3:30 pm
Table Tennis	1:00-3:30 pm
Postcards from Abroad	see page 28

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

Check out page 14 & 15 for
details on the new
Pre- Registered
Hatha Yoga Mat Class and
Reboot Your Brain Classes

*** denotes new program**

PITT MEADOWS: NEW DROP IN PROGRAMS

Ballet & Flamenco Dance

Enjoy a creative, expressive way to increase your flexibility and coordination. Even adults with no experience can achieve amazing things. Maybe you'd even stand an inch taller! Try one or both... 1:00-1:45 Ballet, 1:50-2:30 Flamenco... all for \$1.

Ukulele for Beginners Class

Discover the fun of playing the ukulele, strumming chords and singing. Musical experience is not necessary. Please RSVP AT 604-457-4771 so we know how many ukuleles to bring. **First class begins Wednesday, September 7th, 1:30-3pm at the Pitt Meadows Seniors Centre.**

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**

MEMBER BIOGRAPHY– DOROTHY ROUCH

Our current series of biographies are recognizing our centenarians who are members of RMSS – and there are several!

Dorothy Rouch is our most senior member at RMSS. She was born in Calcutta, India in 1913 where her father was a manager of jute plantations. She was schooled in private boarding schools in the shadow of the Himalayan Mountains along with her brother and sister. She enjoyed her school life and living in India where her family was blessed to have servants and life was good.

Unfortunately, her father was killed in the First World War.

In 1930, her family moved to England where she trained as a hairdresser.

She endured the six years of the Second World War in London surviving the London Blitz and joined the British Women's Army.

In 1940, as the war began, she married Frank Roach in London wearing her service uniform. He fought in Italy and became a prisoner of war. He was freed by the Americans and returned home safely.

In 1974 they retired and moved to Cape Town, South Africa to be closer to their son and his family. In 1981 their son died in a speed boat accident so they came to Canada to be close to their other son. They first lived in Vancouver and later moved to Maple Ridge in the '80's.

Frank and Dorothy's 50 years of marriage were wonderful. They enjoyed dancing, travelled extensively through South Africa and Europe and volunteered at the hospital and seniors care homes. Frank passed in 1990.

Dorothy has been a member of RMSS for over 20 years and volunteered in the Lounge as long as she was able. She is a member of the Ladies Craft Group joining them Tuesdays to knit for their projects despite being legally blind.

She enjoys the companionship of volunteering and participating in RMSS activities and wouldn't change anything about her life. She is very happy and lucky that she has a good family that helps her out.

“Count your blessings”, she advises.

Written & Submitted 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
- Receptionists– Pitt Meadows
- Kitchen Helpers– Pitt Meadows
- Board of Directors

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.



Reboot your Brain

Memory classes at the Pitt Meadows Seniors Centre will be changing from a drop in format to a pre-registered program. Join us for an 8 week workshop, with Volunteer Guide Maureen Shargool designed to:

- Find your problem area and work on improving it
- Take back control of your life
- Enjoy learning something new
- Have fun doing challenging mind exercises with other people

Mondays 10:30-12:30 starting September 19– November 14th

The cost of this program is \$20. Please register at the Reception Desk at Pitt Meadows Seniors Centre

ABSOLUTE
HEARING SERVICES INC.

604-510-2299
Drop-in Service Clinics,
2nd Tuesday of each month

Pitt Meadows Seniors Activity Centre,
19065-119B Avenue, Pitt Meadows
9 a.m.-10:30 a.m.

Maple Ridge Seniors Activity Centre,
12150-224 Street, Maple Ridge
11 a.m.-12:30 p.m.

Don't miss out on the sounds of life!

Receive a FREE* hearing test and \$10 Tim Horton's gift card
You must bring in this advertisement to receive your FREE hearing test and TimCard.

*While supplies last. See/call clinic for details.



Gentle Hatha Yoga 1 & 2

Lynda's class is designed to offer something for everyone with lots of options and modifications. Learn how to practice yoga on a mat using props such as a chair, blocks, straps and bolsters, providing the greatest benefit for *your* body.

This is a \$40 pre-registered class at Pitt Meadows Seniors Centre.

Hatha Yoga 1 Sep. 9– Oct. 28 at 11:30am-12:30pm (8 Friday Sessions)

Hatha Yoga 2 Sep. 16– Nov. 4 at 9-10am (8 Friday Sessions)

Call 604-477-0425 for more details.

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 housekeeping, transport & accompaniment, personal care, and even medical help when needed.

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

**So don't wait. Get happier!
Call 604-468-2273 today for a FREE Caring Consult.**



Nurse Next Door™
home care services

www.nursenextdoor.com ©2015 All Rights Reserved



ZUMBA®
gold

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.

Fall Demos: September 13 at 1pm & October 25 at 10:00 am

5 week registered classes starts September 20 & November 1 \$25

All Zumba classes take place at the Maple Ridge Seniors Activity Centre.

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 (meet at Family Rec. Centre)	8:30 Stay Fit 3	8:30 Walking Club (meet at Family Rec. Centre)	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	9:00 Hatha Yoga 1 (must pre-register)
10:00 Chair Fit 1	9:30 Chair Yoga	10:30 Chair Fit 1 & 2	9:20 Chair Yoga	10:00 Chair Fit 1
4:00 Gentle Joint & Yoga	10:00 Zumba Gold	2:00 Tai Chi (beginners)	10:00 Fit & Fun after 55	10:15 Tai Chi
	7:30 Tai Chi (advanced)		11:15 Rhythm & Dance	11:30 Hatha Yoga 2 (must Pre-register)
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. *Drop In for the summer months)*

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.

Gentle Hatha Yoga with Lynda

This is a 60 minute Hatha Yoga Class with floor work. *Pre-Registered Class.*

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.

North Avenue
Pharmacy

Remedy'sRx[®]

The Local Drug Store™



NOW OPEN

We take care of all your health and wellness needs

We are a full service local drug store offering prescription and over-the-counter medications and numerous services specifically aimed at your health care needs. Come in to meet your local pharmacy team.

- ✓ Compliance Packaging
- ✓ Medication Reviews
- ✓ Vaccinations
- ✓ Easy Prescription Transfer
- ✓ Free Medication Delivery
Within 10km of Pharmacy

Seniors Save 20% Every Day

Monday	8:00am - 5:00pm
Tuesday	8:00am - 5:00pm
Wednesday	8:00am - 5:00pm
Thursday	8:00am - 5:00pm
Friday	8:00am - 5:00pm
Saturday	8:00am - 1:00pm
Sunday	Closed



**North Avenue Pharmacy
Remedy'sRx**
11743 224 St, Unit 106
Maple Ridge, BC V2X 6A4
Tel: (604) 467-1116
Fax: (604) 467-4153
northavenue@remedysrx.ca
www.remedys.ca



11657 Ritchie Ave. Maple Ridge

Upcoming Events

Western Dinner Buffet and Show

Sunday, September 11th
Entertainment by Peter Montgomery
& The Golden Spike Dancers
Seniors 65+ \$14 Adults \$20 Cash only
RSVP by Monday, September 5th

Oktoberfest Buffet Dinner

with music by Peter Paulus and Ron-
Wednesday, September 21st at 3:30pm,
dinner to follow.
Seniors 65+ \$14 Adults \$18 Cash only

Pink Ribbon Tea Breast Cancer Fundraiser

Wednesday, October 5th at 2pm
Enjoy a cup of tea and a scone. Minimum
donation of \$5. All proceeds go to the
Canadian Breast Cancer Foundation. RSVP
by September 28th.

Fall Fashion Show feat. Coco's Clothing

Wednesday, October 19th
Fashion Show at 11am, lunch to follow.
\$8 cash only. RSVP by October 12th

**PLEASE BE SURE TO RSVP FOR EACH EVENT
by calling Greystone Manor at 604-467-2808**

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

Ian Bain

Loie Hannah

Nellie Kootstra

Norman Moulder

YOUR HEALTH IN MIND– Cold & Flu Season

Cold and flu viruses are spread by contact with nasal or respiratory discharge from an infected individual. You can become infected by touching contaminated objects, then touching your eyes, nose or mouth.

Cold symptoms begin gradually over 1 to 2 days after becoming infected. They are usually mild, starting with a sore throat progressing to a runny nose that can become blocked then often a cough starts. You may have other symptoms such as fever, sneezing and headache. You can do normal activities and go to work.

The flu can occur abruptly; you might feel well in the morning and very ill in the afternoon. The symptoms might seem like a cold at first, as sore throat and watery nasal discharge can occur in both. With the flu the nasal discharge stays watery and does not thicken. Headaches and fever are more common and severe. You can have aches and pains in muscles and joints. People with the flu usually appears sick to others with flushed warm skin and watery reddened eyes. If you have severe symptoms or breathing problems check with your doctor.

Over the counter cold and flu medications may help with symptoms. They contain pain relievers, decongestants for runny noses, expectorants to thin out chest and nasal secretions and cough suppressants. If you have any medical conditions get your pharmacist's opinion which product to use.

Prevention is the best medicine. Practice frequent and thorough hand washing with warm soapy water, avoid touching the eyes, nose or mouth. Get your flu shot from your doctor or pharmacist. And remember to cover your mouth with your sleeve when you cough or sneeze. Wash your hands frequently with warm soapy water and stay at home if you are sick.

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

GOLDEN SENIORS WELLNESS CLINIC 55+

Welcome back from our summer break. Senior Wellness clinic is every Tuesday at the Maple Ridge Seniors Centre from 0900 - 1200. No appointment necessary.

Osteoporosis is a common condition which occurs as we age. Our bones are constantly breaking down and being replaced in a process called remodelling. Bones are made up of flexible collagen fibres which are filled with calcium and other minerals. As we age our bones are becoming lighter and weaker. Bone loss starts at approximately age 35 at a rate of 0.5 to 1 per cent each year. Women have an increase in bone loss with menopause. How can we maintain bone health? Quit smoking and drink less than 4 servings of caffeine per day. Alcohol consumption should be less than 7 drinks per week. Increase our physical activity - exercise regularly especially walking. Our daily calcium intake should be 1500 milligrams per day. A diet of calcium rich foods daily and a supplement of calcium tablets when needed. Vitamin D is needed to absorb the calcium from the intestine. Those over the age of 50 should take 800 iu of Vitamin D per day especially during the winter months. How can we diagnose osteoporosis? This is done by x-ray (bone densitometry). Prescription therapies for osteoporosis should be discussed with your physician.

Karen Wakita, RN

RMSS Golden Seniors Wellness Clinic



Safeway Pharmacy will be here
to administer flu shots on the following dates:

MAPLE RIDGE ACTIVITY CENTRE

Tuesday, October 18th 9:30am-3pm

PITT MEADOWS SENIORS CENTRE

Thursday, October 20th 9am-3pm

WELLNESS SPEAKER SERIES

Diabetes: All You Need to Know– Thursday, September 22nd at 1:30pm at the Pitt Meadows Seniors Centre Meadows Pharmacy will be discussing the importance of healthy diet and exercise and how it plays a role in diabetes. A glucose monitor will be on hand to test blood sugar levels and discuss what range of numbers glucose levels should be followed by a discussion about the different kinds of medications that can be taken and how they control the glucose levels in people with diabetes. Please RSVP by calling 604-457-4771 to reserve your seat.

Dementia Friends Workshop– Wednesday, October 5th 6pm-8:30pm at Maple Ridge Seniors Centre. As the population ages, we will all be affected by dementia– as friends, family members, neighbours and people in the labour force are affected. The Dementia Friends Workshop is an opportunity to enhance your knowledge of how to best support people living with dementia in your community. Please RSVP by calling 604-467-4993 to reserve your seat. See Page 26 for more details.


Mature Drivers Assessment Procedures– Thursday, October 6th at 9:30am At Maple Ridge Seniors Centre This free presentation by COSCO will describe how aging may affect driving skills and will offer suggestions on how to compensate. The BC Mature Drivers Assessment procedures are described in detail and participants are advised how to do their best in various situations. RSVP by calling 604-467-4993 to reserve your seat. *This session is hosted by the Seniors Helping Seniors Committee.*

An App a Day Keeps the Doctor Away– Maple Ridge and Pitt Meadows


Learn how e-health tools partnered with healthcare professionals can help to achieve better health and wellness. This presentation is presented by MP Dan Ruimy and lead by Dr. Kendall Ho. See poster on page 25 for more details about dates, times and location.



An **APP** a Day Keeps the **DOCTOR** Away



Dr. Kendall Ho



ER physician at VGH and
Professor in UBC Faculty of
Medicine Department of
Emergency Medicine

Learn how eHealth tools, when used
in partnership with health professionals,
can help achieve better health and wellness.

**Live to 120:
THRIVING**

Presented by



Dan Ruimy
Member of Parliament
Pitt Meadows-Maple Ridge

Please join us for this *free* informative presentation on

Thursday October 13, 2016

10:00am—12:00pm

1:00pm—3:00pm

Maple Ridge

Pitt Meadows

Seniors Activity Center

Seniors Centre

12150 224th St., Maple Ridge

19065 119B Ave., Pitt Meadows



RSVP to The Ridge Meadows Seniors Society

Maple Ridge—604-467-4993

Pitt Meadows—604-457-4771

Dementia Friends Workshop



As the population of our province ages, we will all be affected by dementia - as friends and family members, neighbours and people in the labour force. The Dementia Friends workshop is an opportunity to enhance your knowledge of how to best support people living with dementia in your community. We can all play a role in making our community a great place to live for people with dementia!

Date: 5 October, 2016

Time: 6:30 - 8:00 p.m.

Location: Ridge Meadows Seniors Activity Centre, 12150 224th St. Maple Ridge

If you are a caregiver or person living with dementia looking for information or assistance please call the First Link® Dementia Helpline at 1-800-936-6033.

Alzheimer Society

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 daily 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	Joys Sooley 604-726-8868	Claudia Finamore 604-467-8385	Anne Armstrong 604-763-5623	Claudia Finamore 604-467-8385

**After October 9th,*
If you find that none
of the drivers are
available please try
Gillian Hodge
604-476-2109

Seniors Helping Seniors, a group that provides assistance to other seniors in need, next meeting is scheduled for **Thursday, September 8th at 9:30am in the Library Room at Maple Ridge Seniors Centre.** Meetings for October thru December are scheduled for the first Thursday of each month.
Newcomers welcome!

POSTCARDS FROM ABROAD SERIES



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.**

THE CAYMANS– Friday, September 16th, 10:30-noon

Another place, another adventure... With its pristine white sand beaches, sunshine, tropical plants, warm breezes, incredible sunsets and interesting people, Grand Cayman is the Caribbean, but with a difference. As a part of the British Overseas Territories, the language is English and the government is similar to Canada's. We were not there to 'squirrel away' our money, but to do a lot of the tourist things and visit our son. We saw "Barefoot Man", feasted on catch of the day and found some very interesting places. For a small island, there is a lot to do and see! There will be photos and stories about people, parrots, gardens, rum, history, turtles, sailboats and lots of fun in the sun!

The winner of the RMSS

Canadian Olympic Medal Count was

LINDA EVERY

Linda came the closest to guessing the number of medals Canada would take home in the 2016 Rio Olympics.



TIRED OF THE SAME MEALS WEEK AFTER WEEK?

Heat & Serve Meals • Single Portion & Family Meals

Meals Made Easy

We offer gourmet meals that are fresh, healthy, & tasty with a menu that changes monthly. Free delivery to your door (\$50 min), or pick up from our store.

APPROVED
SUPPLIER
OF VAC



Let us help plan your meals. Two ways to order, call us at 604.533.0700 or visit gourmettakeaway.ca



Route Directions

Home Health Care Inc.

Care tailored for every direction in your life

SO MUCH MORE THAN JUST HOME CARE

Providing mobile home support for all your care needs in Maple Ridge, Pitt Meadows and the Fraser Valley

- Personal Care
- Transportation
- Pre and Post Operative Care
- Home Support
- Certified Foot Care
- And so much more.....

Our reliable care team of Registered Nurses, Licensed Practical Nurses and Certified Care Aides are here when you need that extra support; we are available 24 hours a day and are just a call away

Call for your Free Consultation

604-259-1233

Visit us at www.routedirections.ca

1-844-722-7373

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		Wednesday	Thursday
10:00 Basics: Email, Internet, Camera, Spreadsheets Call Walter 1-604-820-2885	Please note if you plan on attending a Ray ,Walter's or Arlene's classes please call in advance to confirm your attendance. If you would like to attend one of Ted's classes, call Maple Ridge Reception at 604-467-4993 to book your session.	10:00 Basics: Email, Internet, MS Office, Facebook, Photoshop Call Arlene (778) 883-2071	10:00 Basics: Email, Internet, Camera, Spreadsheets Call Walter 1-604-820-2885
<h1 style="margin: 0;">MAPLE RIDGE</h1>		1:00 Basics: Email, Internet, Photos, Macs Call Ray 604-454-4574	

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.

October 4- Downloading & Managing Photos

October 11- Internet Searching Basics

October 18- Email Basics

October 25– Facebook 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	10:30-12:30 Drop In Lab: computers, tablets, laptops	9:30-12 One on One computer help by appointment \$2	10:30-12:30 Drop In Lab: computers, tablets, laptops Pitt Meadows
PITT MEADOWS			



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



INTERMEDIATE AND ADVANCED BRIDGE LESSONS– MAPLE RIDGE

Are you an intermediate or advanced bridge player that would like to brush up on your bridge skills?

Register for this weekly lecture followed up with 1 hour and 15 minute hands on and tutored play. Saturdays, September 10– November 19th 9-11am
Crafts Room Maple Ridge Seniors Centre. Contact Garry at 604-462-7320 or

LIFE IS A GAME



BRIDGE IS SERIOUS

Bridge Tournament Winners– August 13th



- 1 Glen Hunter & Jim
- 2 Carol & Dave
- 3 Joan Pescott & Sharron Drysdale
- 4 Ron Ridler & Ann Audette
- 5 Bernie Booth & Rose Jaffe
- 6 Robert Bonkowski & Lou Huberman
- 7 Garry Skoropada & Flora Tereposky

Next tournament is October 1, 2016

Contact Sue Thiessen suetee2001@yahoo.ca

NEWS FROM THE INTERGENERATIONAL GARDEN: Coming Full Circle

September and October are exciting months at the Intergenerational Garden for myself, the garden coordinator, and our volunteers. We are thrilled to have the students return from their summer vacation. We enjoy witnessing first-hand the growth of not only our vegetables but also the students and their knowledge from where we started last September. Our full circle journey will end with harvesting the remaining vegetables grown from the tiny seeds and seedlings we planted last spring. To further our experience, we will begin seed collecting on a variety of plants we have let go to seed as a lesson on being self sustainable.

The students will be eager to sample the harvest and see what has been preserved over summer by our dedicated and hardworking volunteers. The bittersweet part of this circle ending will be saying goodbye to last year's students. We will welcome new students into the Garden again this fall to start our journey over again. If you would like to assist us with our school classes, or in other ways in the garden, we are in need of more volunteers and welcome any support you can offer.

Please join us at an upcoming Volunteer Meeting September 27 or October 25 from 2-3:30 p.m. in the boardroom at the Maple Ridge Seniors Centre, 12150 224 Street. **For more information, please contact**

Heather Jonatschick

**Intergenerational Garden Coordinator (604) 837-8915
or email: gardencoord@gmail.com**



TD Friends of the
Environment
Foundation



Learn Modern Square Dancing



with John Corrigan (Master Square Dance Caller)

Have fun , Meet new friends, Get Fit, Learn to Dance

Singles and Couples Welcome!

No Experience Needed!

No Special clothes required!

Open to all ages!



New Dancers Receive Complimentary Lesson Oct 5 !

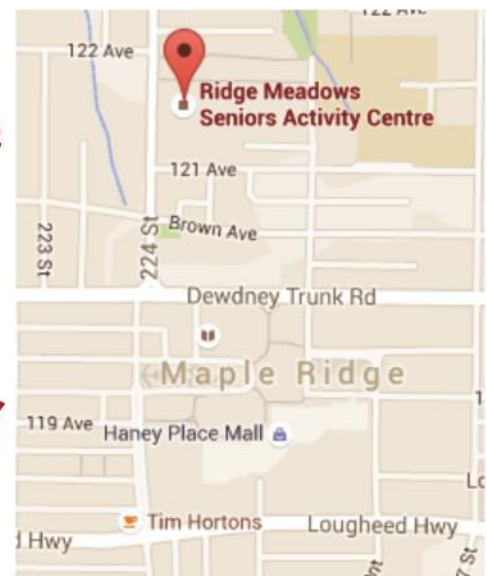
Sessions Start Oct 5. 2016 7:00 pm

Ridge Meadows Seniors Activity Centre

12150 224th St. Maple Ridge

For more information contact:

Allan and Maureen 604-466-3337



Refreshments
provided!

<http://www.squaredancemapleridge.com>



SENIORS HELPING SANTA PROJECT

The holidays are a time to think of others and the **Seniors Helping Santa Committee** are officially kicking off the 2016 Christmas Season. Each year they make sure 100 local seniors, who may be lonely or struggling to make ends meet, receive a little Christmas cheer from some senior Santa's with big hearts.

In the past, the Cheer Packages usually include shortbread cookies baked by the culinary arts students at a local high school; mincemeat tarts from the RMSS kitchen, handmade card by a local elementary school student, items donated from our Craft group, along with small gift items.

If you are interested in donating, you may do so at the reception desk at the Maple Ridge or Pitt Meadows Seniors Centers. Here is a list of suggested gift donations:

Scarves, gloves, toques, socks, hand warmers, toothbrushes, toothpaste, deodorant, shampoo, conditioner, body wash, bar soap, lotions, Kleenex, calendars, notepads, puzzle books, flashlights with batteries, dish cloths, dish soap, rain poncho, adult colouring books with pencil crayons/sharpeners, and cash donations are appreciated. Please, no food items or re-gifting. **Last day for donations Friday, November 25th**



Look out for Mrs. Claus Coming soon to a seniors centre near you!