

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: MAPLE RIDGE & PITT MEADOWS
November & December 2016 Issue

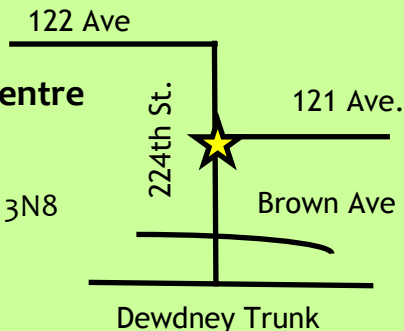


FACILITY HOURS

Maple Ridge

Seniors Activity Centre

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



Hours of Operation

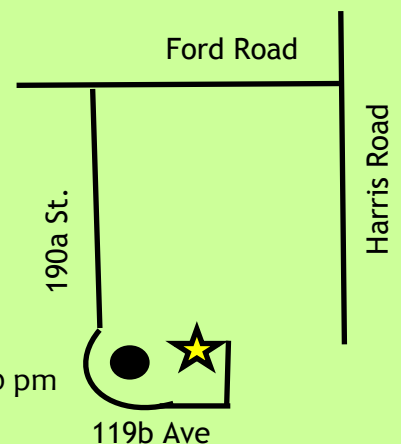
Monday-Friday 8:00 am - 10:00 pm
Saturday 8:00 am-4:00 pm
Sunday 9:00 am-12:00 pm

Closed November 11th, December 26

Pitt Meadows

Seniors Activity Centre

19065 119b Ave
Pitt Meadows, BC V3Y 0E6
604-457-4771



Hours of Operation

Monday-Friday 9:00 am-4:00 pm
Saturdays Closed
Sunday Closed

Closed November 11th, December 26

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 are 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 health and social support services, education and 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.....	6-7
Community Group Meetings.....	8
Drop in Programs– Maple Ridge.....	10-11
Drop in Programs– Pitt Meadows.....	12
Fitness Programs.....	16-17
Wellness	19-21
Driving Service.....	23
Computer Programs	26-28

MESSAGE FROM THE RMSS PRESIDENT

Hello all members.

As I write this the wind is howling, the rain is beating on the window, leaves are flying everywhere. Yes, I guess it is fall. We won't use the word that follows fall for now.

Since the last GrapeVine, we have had our Annual General Meeting and I am proud to say that I have been elected as your president for the next year. On top of that I am very happy to say that we have a full complement of board members for the first time in a while. The new members have a wide range of backgrounds and abilities. Along with our existing directors I believe we have a very strong board that will bring new and exciting ideas to grow our society and activity centres.

Some of the things we are currently working on are new contracts with the City of Pitt Meadows and City of Maple Ridge. As you know, the joint leisure services agreement between the two cities is now finished so we are renegotiating with both cities on new contracts.

We will be reinstating a fund raising committee. We do get funding from the cities as well as grants from various organizations and our in house activities do raise some funds. But I believe there may be a bigger event we could again consider to provide more services for our members. Another objective of this group will be to look into a value added program for your paid up membership, i.e. discount at a retail store.

Our safety and building maintenance committee will be working on a formal fire protocol to ensure, in the case of emergency, we will get everyone out of the centres safely. On the plus side here again, we have a new strata management company in place that is being much more responsive to the needs of the Maple Ridge Centre, ie. power washing the outside of the building and painting starting in the spring.

There are many other ideas and opportunities to come from this new board and I am very excited to be able to work with such a knowledgeable and excited group.

You will definitely see us around both centres, so please if you have an idea or want to help in any way, stop us and talk. We are here for you so let us know your thoughts.

Don Mitchell

Ridge Meadows Seniors Society, President of the Board

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

Butchart Gardens Holiday

Monday & Tuesday DECEMBER 12 - 13

Sightseeing \$349 dbl / \$399 sgl

Maple Ridge 8:45am - 8:00pm

Pitt Meadows 9:00am - 7:45pm

Spend 2 days and 1 night on Victoria's Inner Harbour to visit the capital city's landmark holiday traditions, sightsee local favorites and enjoy door to door service for downtown Christmas shopping. Spend one night at the Days Inn - Victoria On The Harbour, visit the Butchart Gardens as they are all dressed up for Christmas in glorious style with the 'Twelve Days of Christmas Displays' and carolers with a four-piece brass band contributing to the incredible atmosphere. This holiday getaway includes a visit to Craigdarroch Castle decked out in traditional Victorian Christmas to view period appropriate festive scenes, sightseeing at Ogden Point, Clover Point, Fan Tan Alley and dinner at Steamship Grill steps from the hotel .

Please Note: Additional \$16 ferry fee applies to those under the age of 65 and to non BC residents.

CUTOFF DATE FOR THIS TRIP IS

November 10th

Activity Level: Easy

Continued on next page.

BUS TRIPS

Butchart overnight trip continued:

PACKAGE INCLUDES:

- 1 night accommodation at Days Inn Victoria On The Harbour
- 1 breakfast, 1 dinner
- Butchart Gardens admission
- Craigdarroch Castle admission
- Sightseeing
- Shopping free time
- All ferry fees

Wednesday, December 7th

Carol Ship Dinner Cruise \$129

Pitt Meadows 5:30pm - 11:00pm

Maple Ridge 5:00pm - 10:45pm

The local waters of Vancouver come alive this holiday season aboard Harbour Cruises Carol Ships 'Parade of Lights'! The Parade is a flotilla of brightly coloured vessels, lit up on the outside and decked out in their Christmas best on the inside. This holiday tradition features a combination of private and public vessels all decorated. It is the only time of the year that vessels are allowed to display coloured exterior lighting. This tour included live Christmas Carolers to lead you in all the Yuletide favourites, song sheets at each table and a traditional dual-entree Holiday Buffet featuring slow-roasted Turkey and Honey Glazed Ham. **CUTOFF DATE FOR THIS TRIP IS NOVEMBER 10TH**

Activity Level: Easy

Fraser Downs Live Racing - Sunday, January 22 \$95

Maple Ridge 11:00am - 4:45pm

Pitt Meadows 11:15am - 4:30pm

The racetrack experience is very exciting! Travel to Fraser Downs Racetrack in Cloverdale for a thrilling afternoon of live harness racing and dining at the venue's generous buffet. Your reserved table awaits at Fraser Down's 'Homestretch' that offers a great view to watch live horse racing entertainment and a buffet lunch that has something for everyone. This tour includes a morning coffee stop at Tim Horton's in Cloverdale.

Activity Level: Easy

REFUND POLICY: no refunds will be issued after the **DEADLINE DATE** unless the trip is cancelled by RMSS or the Tour Company. If a trip is cancelled by the Tour Company or RMSS, a full refund will be given.

**Did you take a great picture on one of
RMSS bus excursions?**

Send it to

maria@rmssseniors.org



Maple Ridge Christmas Luncheon
Friday, December 9th
 Doors open at 12 noon, Lunch will be served at 12:30pm
 Tickets are \$14

Pitt Meadows Christmas Luncheon
*With mystery table gifts & items available for sale by the
 Pitt Meadows Craft Group from 11-3pm*
Tuesday, December 6th
 Doors open at 12:00 noon,
 Lunch served at 12:30
 Tickets are \$18



**Purchase your
 tickets at the
 Reception Desk**



We need your help....please don't let Frank decorate our Christmas Trees. Join us to help trim the RMSS trees:

Pitt Meadows

Thursday, December 1st at 1:00pm

Maple Ridge

Friday, December 2nd at 1:30pm



**"I'M ALL FOR RECYCLING, FRANK...BUT
 LAST YEAR'S CHRISTMAS TREE?!"**



Mark your calendars....

Join us at Maple Ridge Seniors Centre
 Friday, January 27th at 2:15 for
 Chinese New Year Tea

Tickets are \$5 and will be available for
 purchase starting January 3rd

**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**

Rising Star: Karaoke Saturdays

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

Free Admission, refreshments available, sorry no minors



COMMUNITY GROUP MEETINGS AT MAPLE RIDGE SENIORS CENTRE

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

Caregivers Support Group

Bev 604-457-4771

Meets: Mondays at 1:00-3:00pm

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

Variety Plus Presents

THE MAKING OF A Christmas Variety Show

SHOW DATES

December 2nd & 3rd at 2:00 PM

LOCATION

MAPLE RIDGE SENIOR CENTRE
12150 - 224TH STREET,
MAPLE RIDGE



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

TICKETS
\$8 IN ADVANCE
\$10 AT THE DOOR



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
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 Help by Appt	10:30-12:30
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	1:30-3:30 pm
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–

Next presentation is January 20th – Egypt

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



Next 8 week **Reboot Your Brain Memory Class**

begins January 9th.

Find out more about this challenging class by calling

604-457-4771



Family, uninterrupted.

Introducing the world's first 24hr* rechargeable hearing aid. Stay connected to what's important.

Groundbreaking simplicity that adapts to your lifestyle.

Powerful – 24hrs* of hearing with one charge. Just put them on and go

Effortless – Forget the hassle of disposable batteries. Truly hassle-free

Automatic – AutoSense OS™ adapts to your specific listening situation.

Convenient – Compact charging station & travel accessories.

Call Us Today to Ask About
Our SPECIAL OFFERS

604-510-2299

*Expected results when fully charged. Up to 60 minutes wireless streaming time: www.phonakpro.com/evidence

absolutehearing.ca

Drop-In Service Clinics, 2nd Tuesday of each month
Pitt Meadows Seniors Activity Centre, 19065-119B Ave., Pitt Meadows, BC
Maple Ridge Seniors Activity Centre, 12150 - 224 Street, Maple Ridge, BC



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

OSTEOFIT



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

Next 4 week program begins November 7-November 30th

Mondays 9:00-9:45am & Wednesdays 9:15-10:15am

at the Pitt Meadows Seniors Centre

Call 604-457-4771 for more details. Registration is \$55.



Fitness & Rehabilitation Services

Our rehabilitation programs are created with the advice of physicians and other health care professionals, medical history, basis of initial assessment and independence. We offer pre-surgery conditioning as well as post-surgery rehabilitation. Our staff design the most appropriate and personalized program to meet the individual's needs and goals.

Program Features

- Personalized exercise programs
- Small group environment
- Comprehensive fitness testing
- Functional conditioning: balance, core, endurance, strength, flexibility, agility & stability
- Post surgery and/or injury rehabilitation

Costs

RMSS Membership fee \$25 per year. 8 individualized training sessions in a small group class environment, one hour per week with a qualified, experienced personal trainer is \$85.

For more information, please call 604-477-0425

Gentle Hatha Yoga

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.

Two class times to choose from starting Nov. 25th

**9-10am or 11:30am-12:30pm
(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.**



www.nursenextdoor.com ©2015 All Rights Reserved



ZUMBA® Perfect for active older adults who are looking for a modified Zumba class that recreates the **gold** 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.

Next 5 week pre-registered class starts

Tuesday, November 1. The cost is \$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 (must pre-register)
10:00 Chair Fit 1	9:30 Chair Yoga	10:30 Chair Fit 1 & 2	9:15 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 (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, rhumba, 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.



GREYSTONE MANOR
A PARK PLACE RETIREMENT RESIDENCE

Please join us for our many events this Christmas Season
Craft Fair Sunday, November 27 at 10:00 AM
Get your Christmas Shopping done early & visit with Santa!

Jingle Bell Dinner & Dessert Buffet Sunday, December 4th
Adults \$20, Seniors \$16, Kids \$1 per year (4-12)
Please RSVP by November 28th

Buffet Breakfast with Santa Sunday, December 18th
Visit with Santa plus a Cookie decorating station for kids!
Adults \$20, Seniors \$16, Kids \$1 per year (4-12)
Please RSVP by December 12th

11657 Ritchie Avenue, Maple Ridge
behind McDonalds on 228th

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

Loie M Hannah
Barbara Wagner



Golden Seniors Wellness Clinic

55+

DID YOU KNOW.....

the Wellness Clinic at RMSS Maple Ridge Seniors Activity Centre is staffed entirely by volunteers including retired registered nurses and licensed practical nurses. These volunteers provide blood pressure, pulse, height and weight monitoring. You don't even need an appointment to visit and speak at length with one of these nurses.

WHAT HAPPENS DURING YOUR FIRST VISIT?

A volunteer will take a short medical history and record height, weight, pulse and blood pressure. This will be kept on file at the clinic but you will also be given your own personal copy that you may offer to your family doctor to take a look at how you've been doing between appointments.

**The Golden Seniors Wellness Clinic is open every Tuesday
from 9-12 at the Maple Ridge Seniors Activity Centre.
Drop in and say hello!**



YOUR HEALTH IN MIND– Controlling your Blood Pressure

Lifestyle changes can help control your blood pressure. It is important to check with your doctor before making changes to ensure they do not have a negative impact on your health. For example if you have heart problems there may be certain exercises to avoid.

Losing 10 pounds, if overweight, can decrease your blood pressure. Eat a healthy diet high in fresh fruits and vegetables and low in fat. The DASH diet has been shown to reduce blood pressure. Information on the DASH diet can be found in the BC Health Guide.

Regular physical activity lowers your blood pressure, helps with weight loss and cholesterol. Whatever exercise you choose start slowly and build up to 30 or 40 minutes on most days of the week.

Reducing salt intake may help lower blood pressure. Do not add salt when cooking or eating, instead try using herbs and spices to add flavor to your meals. Use less processed and prepackaged foods. Avoid salt substitutes that contain potassium.

Limit alcohol to 2 drinks per day for men and 1 drink per day for women. If you smoke, stop.

Learn to manage stress. Try relaxation exercises such as deep breathing or progressive muscle relaxation. Exercise is a great stress buster. Laughter is another stress reliever; find a book or a movie that keeps you laughing.

When lifestyle changes are not enough to control your blood pressure your doctor will prescribe medication. Medications used for controlling blood pressure include diuretics, beta-blockers, calcium channel blockers, Angiotensin Converting Enzyme Inhibitors (ACE inhibitors), Angiotensin II Receptor Blockers (ARBs) and Alpha blockers. Your doctor will select medications based on your health situation and the response and side effects you experience. It may take up to four different kinds of medications to gain control of your blood pressure and it is important to take them regularly.

Elaine Cooke, Pharmacist and Certified Diabetes Educator,

Safeway Pharmacy elaine.cooke@sobeys.com

WELLNESS SPEAKER SERIES

THE WINTER BLUES PRESENTATION

Maple Ridge Seniors Centre on Tuesday, November 15th at 10:30-12

Learn more about Seasonal Affectiveness Disorder, who it can affect and what you can do to treat and prevent it. Particular emphasis will be placed on the difference between SAD and other common forms of depression. Please call 604-467-4993 to RSVP.

AGING 2.0: STRONG, SMART, SAVVY

Maple Ridge Seniors Centre on November 25th at 10:30-12

Learn more about the phenomenon on aging and receiving some practical to help you navigate your physical health, mental acumen, and overall perspective on aging. Please call 604-467-4993 to RSVP

Look out for more details in the next issue of the GrapeVine....

DEMENTIA FRIENDS WORKSHOP by the Alzheimer's Society

Monday, January 23rd from 7:00-8:30pm

LIFE IN RESIDENTIAL CARE WORKSHOP

Friday, February 24th at 10:30am.

POSITIVE AGING: 4 week pre-registered Program

Pitt Meadows Seniors Centre Fridays, Jan 27 - Feb 17 from 10 am - 12 noon

The second half of life brings numerous common challenges. Discover important insights and essential strategies for aging well with confidence, grace and dignity. Create your own personal plan for a future embracing psychological, physical, emotional and spiritual wellness. Enhanced vitality, joy and inner peace awaits in your next chapter of life!

\$60.00 for this 4 week program. Call 604-457-4771 for registration details.

SENIORS HELPING SENIORS– HISTORY PROJECT

News of this project was provided on page 28 of the May/June GrapeVine. Since then a committee has been formed, co-chaired by Bonnie Klovance and Michael Buckingham, to develop a history of Ridge Meadows Seniors Society and its predecessors, OAP and ECRA. Since the move to the present premises was finalized in October 1999, the year 2000 has been chosen as a starting point. We anticipate several of our members will undertake this task whilst others research the history of OAP and ECRA. A large number of photo albums, many newspaper cuttings and of course our own GrapeVine will assist.

Anyone interested in joining the group and/or providing information, written or oral, please do not hesitate to call Michael Buckingham at 604-467-4901 or the Maple Seniors Centre Reception Desk at 604-467-4993.

Seniors Helping Seniors is a group that provides assistance to other seniors in need.

Next meeting is scheduled for

November 3rd at 9:30am

in the Library Room

at Maple Ridge Seniors Centre.

Newcomers welcome!

RMSS 'SENIORS HELPING SENIORS' DRIVING SERVICE

NEED A RIDE? It's simple!

1. Become an RMSS member: \$25 a year or free for those 90+ (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

**If you find that none
of the drivers are
available please try

Gillian Hodge

604-476-2109**

**VOLUNTEER DRIVER
OPPORTUNITIES AVAILABLE**
**Have you considered becoming
a volunteer driver?**

A rewarding experience,
 adapted to your schedule
 requiring a small time commitment.

Contact Maria at 604-477-0425



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 Santas 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, a 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 Centres. 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.

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

***Last day for donations
Friday, November 25th***



JOIN US TO SUPPORT *SENIORS HELPING SANTA*



MAPLE RIDGE
SENIORS VILLAGE

22141 119th Avenue, Maple Ridge



TUESDAY, NOV 8TH 2-4PM

Attend tea and silent auction with a donation of \$2.00 or more per person.

RMSS volunteers work diligently throughout the year to create Christmas Cheer Packages to give to seniors who may be alone or struggling to make ends meet. This 2016 Christmas season the group plans to put together over 100 Cheer Packages for low income and isolated seniors in the community. The packages include cookies baked by the culinary arts students at a local high school; mincemeat tarts from the RMSS kitchen, a handmade card by a local elementary school student, items donated from our craft group, and small items like toothpaste, toothbrushes, puzzles, scarves, gloves, candies and much more. Everything is made possible by donations by locals and local businesses.

TO REGISTER PLEASE CALL
1 844 603 HOME OR 604 764 8877

www.retirementconcepts.com

‣ *A Retirement Concepts Community*

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

**Group Computer Lessons with Ted
at Maple Ridge Seniors Activity Centre**

Tuesdays from 10am to 11:30am

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

November 8- Downloading & Managing Photos

November 15- Internet Searching Basics

November 22- Email Basics

November 29– Facebook Basics

COMPUTER LAB– Pitt Meadows

Our labs are available throughout the day for tutorials or open use.

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

Monday	Tuesday	Wednesday	Thursday
<p>Drop in Lab- No instructor</p>	<p>10:30-12:30 One on One computer help by appointment \$2</p>	<p>1:30-3:30 One on One computer help by appointment \$2</p>	<p>10:30-12:30 Drop In Lab: computers, tablets, laptops Pitt Meadows \$1</p>
<h1 style="margin: 0;">PITT MEADOWS</h1>			



One on One Personalized Computer Help at PITT MEADOWS

Tuesdays & Wednesdays from 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)



RMSS SOCIAL BRIDGE FUNDRAISER

Our next tournament is on Saturday, Feb 18th, 2017, Please reserve your seat no later than February 15th, 2017.

The top prizes are:

First: \$150.00

Second: \$130.00

Third: \$110.00

Fourth: \$90.00

Fifth: \$70.00

Sixth \$50.00

Seventh \$30.00

Small Slams: \$10

Grand Slams: \$20

Slam Prizes given out during lunch

COST: \$20.00 PER PERSON lunch included

ADDRESS: 12150 224 St. Maple Ridge, BC

TIME: 9:30 am Coffee, 10:00 am Start Playing

SCHEDULE: 5 Rounds, lunch, 5 more rounds & prizes given

REGISTER: Sue Thiessen

Phone 604 467 6662

Email suetee2001@yahoo.ca

Bridge Tournament Winners– October 1st



- 1-Joan Olson & Pat Carruthers
- 2- Ed & Shirley Nelson
- 3- Joan Glover & Carole Murphy
- 4- Ann Clark & John C
- 5- Norris Doreen & Manohar
- 6- Ann Audette & Ron Ridler
- 7- Rose Anderson & Marline Lawler

Next tournament is February 18, 2017

Contact Sue Thiessen suetee2001@yahoo.ca

NEWS FROM THE INTERGENERATIONAL GARDEN

Students and Seniors FALLing in love with gardening

Even though fall has arrived we are still very busy at the garden on the corner of Edge Street and 121 Ave. There are six classes from St. Patrick's Elementary and nine from Eric Langton Elementary coming each week to harvest the crops they planted in the spring and to prepare the soil for planting next year. Maintaining some plants to harvest their seeds for next year's planting has been very rewarding. The many sunflowers have yielded a wonderful supply of seeds both for replanting and for the birds. Some classes or their senior support person have planted some fall and winter crops so the children know that gardening is a year-around activity.

During the summer we have been harvesting crops, preserving some for use by the students, and taking some produce to the Food Bank for which they are very grateful and the students are very proud.

Garden cleanup has been undertaken with the students being competent, enthusiastic pullers of weeds and removers of the stalks which they take to the composters. They have also returned the processed compost to their garden beds so they understand the cycle of food production.

Working with our Coordinator, the teachers and their assistants, seniors and others who participate, and especially the students, has been a fun experience for me. I would encourage any senior - or others who may be interested - to consider volunteering at our garden as it is an educational, enjoyable and rewarding experience.

The highlight of my experience was walking through the mall and hearing a child say to her mother, "That's the gardening lady" and the mother thanking me for the enthusiasm for gardening the child now has.

Try it. You'll like it. I do. **Written by Bonny Klovance**

For more information, please contact

Heather Jonatschick

Intergenerational Garden Coordinator (604) 837-8915

or email: gardencoord@gmail.com



TD Friends of the
Environment
Foundation

SPECC-tacular Productions
brings you the magic of Pantomime

Jack and the Beanstalk

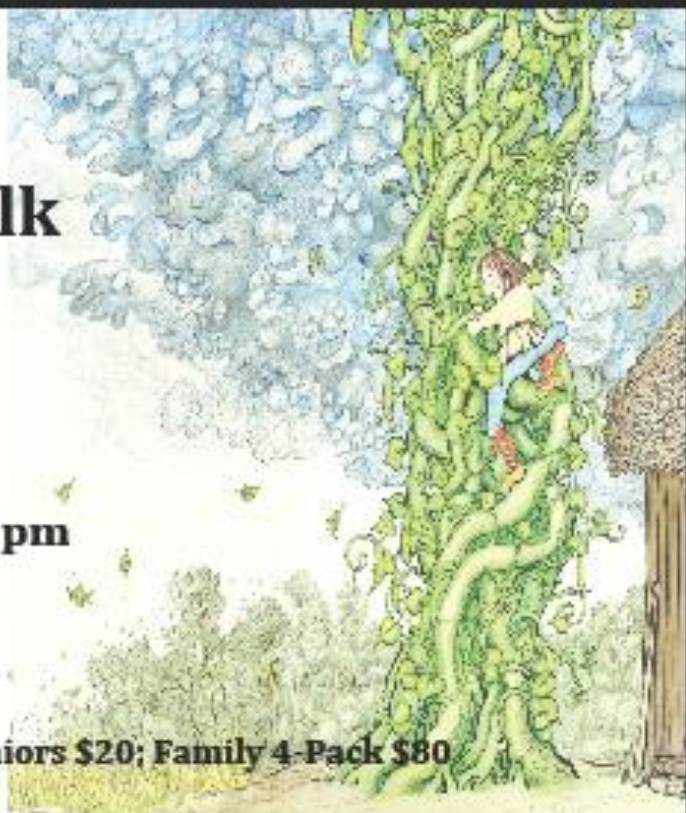
at

THE ACT Maple Ridge

Thursday & Friday
December 15 & 16, 2016 - 7:30 pm

Sat. December 17 – 3 shows
11:00 am, 2:30 pm & 7:30 pm

Tickets: Adults \$25; Kids up to 12 and Seniors \$20; Family 4-Pack \$80



For tickets call The ACT Box Office - 604-476-2787
 or online at: <http://www.theactmapleridge.org/buy-tickets>



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

Ukulele Class at Pitt Meadows Seniors Centre



RIDGE MEADOWS SENIORS SOCIETY BOARD OF DIRECTORS 2016/2017



- President.....Don Mitchell
- Vice- President..... Geoff Hampson
- Treasurer.....Noel Rehaume
- Director..... Vivian Dubrovic
- Director..... Wayne Humphreys
- Director..... Cindy Juker
- Director..... Margaret Kraemer
- Director..... Fran Preston
- Director..... Gaetan Rutherford

