

# GrapeVine



**RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows**  
January & February 2017 Issue



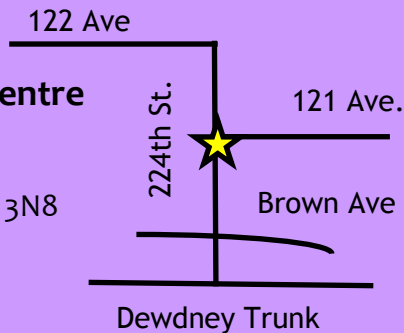
**RMSS History Project Volunteers** Photo Credit- Colleen Flanagan, The Maple Ridge Pitt Meadows News

## FACILITY HOURS

### Maple Ridge

#### Seniors Activity Centre

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



#### Hours of Operation

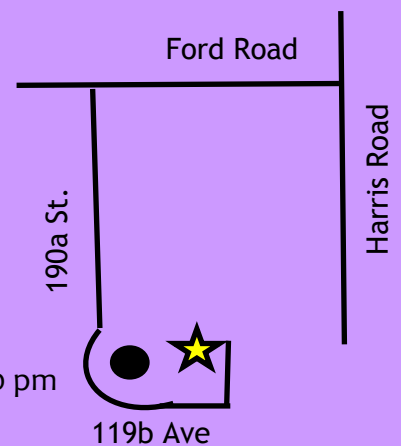
Monday-Friday 8:00 am - 10:00 pm  
Saturday 8:00 am-4:00 pm  
Sunday 9:00 am-12:00 pm

*Closed January 1st & January 2nd, February 13th*

### Pitt Meadows

#### Seniors Activity Centre

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



#### Hours of Operation

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

*Closed January 2nd, February 13th*

[www.rmssseniors.org](http://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
Drop in Programs– Maple Ridge.....	10-11
Drop in Programs– Pitt Meadows.....	12
Fitness Programs.....	16-17
Wellness .....	18-21
Driving Service.....	23
Computer Programs .....	26-28
Community Group Meetings.....	30

## MESSAGE FROM THE RMSS PRESIDENT

Happy New Year one and all. Hopefully the Christmas season was good to you, with family and friends.

At the writing of this, we have had the first blast of winter but we were able to have our annual Christmas lunches without too much inconvenience. We will be diligent in keeping the parking lots and sidewalks free of ice and snow but please do be careful where ever you are going.

In the last issue of the GrapeVine, I mentioned contracts with our two cities. Interim contracts were signed to take us to the end of 2016 in Maple Ridge, and to the end of March 2017 in Pitt Meadows. We have contracts in place with both cities to the end of 2017, but are fine tuning those to make sure wording is correct and any added value is included in them.

We will be holding open meetings in both centres early in January where you will be able to ask any questions you may have or make any suggestions. I know you see board members around the centres all the time but this will be an opportunity to hear what other members may think and perhaps spark an additional idea of your own. Due to the deadline for this issue, I don't have the dates yet but they will be posted in both locations and passed out around the buildings. Have a look - they may be there already.

I mentioned a fire alarm plan in the last edition as well. Meetings are under way to produce this plan and there will be a fire drill early in 2017. Please pay attention to the instructions that come up as it is for your safety. As you probably know there was an instance in Pitt Meadows in the fall that necessitated getting out of the building and in fact we were closed for several days.

One of the things that amazes me as I talk to various people at different functions in our two cities is the number of people that either don't know about RMSS or don't know about our activity centres. We are getting the GrapeVine distributed in more locations which is helping but we need more publicity on what we have to offer. As a board we have several ideas in mind, which I will share with you in subsequent GrapeVines, but there are a lot of creative people in our organization. What do you suggest?

On a similar note, one of our newer programs is our Outreach Services program. We have already been successful in helping new members overcome loss of a loved one, by getting them into our centres for the social interaction they need. More than a few of you have told me how RMSS was critical in your wellbeing after the loss of a spouse. But the challenge is to find the people that need our/your help, and how to get them out to the centres. If you know of anybody in this situation, even if just not able to get to our centres, please pass this information along so that we may contact them and initiate the dialogue. It will go a long way as it did for many of you, in keeping life active and meaningful.

That's all for now, but you will be hearing more as we develop the various projects we are working on.

*Don Mitchell*

Ridge Meadows Seniors Society, President of the Board

## BUS TRIPS



### **Cavalía Odysseo**

**Sunday, February 19 \$149**

**Maple Ridge 10:15am - 6:00pm**

**Pitt Meadows 10:45am - 5:45pm**

The internationally acclaimed Cavalía pushes the limits of live entertainment with its newest production Cavalía Odysseo. This 30-million dollar extravaganza will be presented under a 38 meter tall white Big Top at Olympic Village in Vancouver. Cavalía marries the equestrian arts, stage arts and high-tech theatrical effects at never-before-seen levels. A veritable revolution in live performance, Cavalía's Odysseo features 63 horses and 47 artists in a larger than-life theatrical production that sends hearts racing. Odysseo is a two and one half hour dream that will move the heart and touch the soul. It is a performance that the audience will never forget. This tour includes seats in the blue section, escorted seating and lunch at Calabria Bar Italian Cafe on Commercial Drive. Please note: lunch is included but anything else you would like to purchase at Calabria is cash only.

### **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.

## BUS TRIPS

### **Robert Bateman Centre and Victoria's Inner Harbour Monday, March 27 \$149**

**Maple Ridge 7:00am - 7:45pm**

**Pitt Meadows 7:15am - 7:30pm**

Robert Bateman Centre displays the definitive collection of Robert Bateman's work. This display shows the major themes of his life's work, including paintings, drawings, sculptures, etchings, and lithographs providing a refreshing and inspiring view of our natural and man-made heritage. Take a 45 minute guided tour through the gallery with a Bateman expert on the "Nature Tour" focusing on the species and ecosystems that Robert has painted. Following your tour you will have time to stroll through the gallery at your leisure. This tour includes a three course lunch at the Parliament

### **Victoria Cont'd**

Buildings Legislative Dining Room, an optional guided tour of the Parliament Buildings, and the afternoon free to explore Victoria's Inner Harbour. Please Note: Additional \$16 ferry fee applies to those under the age of 65 and to non BC residents.

*Activity Level: Easy*

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

**Send them to  
[maria@rmssseniors.org](mailto:maria@rmssseniors.org)**

### **Photo Credit: Eddie Sung**

*This photo was taken on the  
Mount Baker trip August 2016*






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





# THE WESBROOKE

SENIORS LIVING COMMUNITY



## Imagine...

*The Freedom & Security You Deserve  
Independent Living...*

ALL INCLUSIVE RENTAL ACCOMMODATIONS:  
JUNIOR STUDIO, STUDIO, 1 & 2 BEDROOM SUITES

*Assisted Living...*

*The Care & Comfort You Deserve*

**Our Manor experience has...**

- A registered 30 suite assisted living residence
- Certified nurse on staff
- 24 hr. staffing for security & comfort



*Join us for our special*

## Alzheimer's Society Tea

January 28, 2017 2:00 - 4:00pm

Limited tickets \$10. RSVP by January 20.

All money raised goes to Alzheimer's Canada

*\*Also, join us every second and fourth Thursday of each month and meet with the Purple Angels of Alzheimer's Canada!*



**CALL TODAY OR REGISTER ONLINE FOR YOUR PRIVATE SHOWING**

## THE WESBROOKE

12000 190A Street,  
Pitt Meadows BC  
Open 9 am - 4 pm Daily

[www.thewesbrooke.com](http://www.thewesbrooke.com)

**604.460.7006**

Developed by ALLEGRO PROPERTIES INC. Managed & Operated by CASA GROUP

# **RMSS SENIORS OUTREACH SERVICES**

## **Connecting You to Your Community**



The Seniors Outreach Services Program provides support services to seniors in Maple Ridge & Pitt Meadows. Helping seniors stay connected to community and maintain independence is the goal.

Need information or access to care and services in Maple Ridge & Pitt Meadows?

Need support with financial concerns?

Need assistance with health problems?

Need information on recreational activities and wellness programs available?

Need a good listener to sort things out?

Need transportation?

Need a friendly visitor, hospital visit or a telephone call from a peer?

Need a meal delivered to your door?

Need housing assistance?

Need help with government program inquiries?

Need in home support with cleaning?

**Call Bev with your questions 604-961-5964  
or email [info@rmssseniors.org](mailto:info@rmssseniors.org)**



**TRADE-IN  
DAYS SAVINGS  
EVENT!**

**RECEIVE  
UP TO \$1000 OFF**

A new set of hearing aids when you bring in your old hearing aids before February 28, 2017

**SPACE IS LIMITED  
SCHEDULE AN APPOINTMENT TODAY!**

**604-510-2299**

**Drop-In Service Clinics: 2<sup>nd</sup> Tuesday of Each Month**

Pitt Meadows Seniors Activity Centre:  
19065 - 119B Avenue, Pitt Meadows, BC  
Maple Ridge Seniors Activity Centre:  
12150 - 224 Street, Maple Ridge, BC

[www.absolutehearing.ca](http://www.absolutehearing.ca)

*Helping you with life's ups and downs!*

**\$24.99  
A LOVING GIFT**

**EZ-RISER  
MOBILITY TOOL**



Check your local garden centre or call **604.465.0913**

**Web: [easyrisertools.com](http://easyrisertools.com)**

## 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  
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

	<b>THURSDAY CONT'D</b>	
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	<b>FRIDAY</b>	
8:30-11:30 am	Snooker	8:00-4:30 pm
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
8:00-4:30pm	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	<b>SATURDAY</b>	
	Snooker	8:00-4:30 pm
	Karaoke	1:00-4:00 pm
	<b>SUNDAY</b>	
	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-12:30pm
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	10:30am-12:30pm
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.

See Pages 14 & 15  
for Hatha Yoga, OsteoFit &  
Reboot Your Brain  
Registered Program  
Information



## POSTCARD FROM ABROAD



Be transported around the world without even leaving the seniors centre. One Friday a month at 10:30am **The Pitt Meadows Seniors Centre** will host a new destination. A presenter will join us to speak about their past travels with an opportunity to present a slideshow of photos.

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

### **January 20th– Egypt**

Avril Betts presents her specialized travel to Egypt & Jordan. She's been there 23 times.

### **February 17th– Ontario**

Okay, so it's not super glamorous but Sue Flemming always presents a great destination!

### **March 24th– Greece, Italy & Spain**

John Barnes presents all the highlights of these countries so rich in history.

*If you are interested in presenting,  
please contact Maria at 604-477-0425*

## what's cooking with Woody

Learn the basic principles of Chinese cooking for health and taste during this 4 week registered program with Pitt Meadows Seniors Centre's very own **Woody Tam**.

**Wednesdays starting February 8th to March 1st at 12noon-1:30pm  
at the Pitt Meadows Seniors Centre**

Bring a small bowl and cutlery to each class, with your appetites as well!

Register today, as space is limited. The cost of this 4 week class with the possibility of a bonus class is \$12. For more information, call 604-457-4771.

# OSTEOFIT



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

**Next 4 week programs begin: January 16th & February 20th**

**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 January 27th– March 24th**  
**9-10am or 11:30am-12:30pm**  
**(8 Friday Sessions)**



## Reboot your Brain

Maureen leads you in a 8 week workshop 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**

**January 9th-March 6th**

**The cost of this program is \$20.**

**Register at the Reception Desk at Pitt Meadows Seniors Centre**



**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.

Next 5 week pre-registered class starts

**Tuesday, January 3rd thru 24th. The cost is \$25**

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

<b>FITNESS PROGRAMS– Drop in fee ranges from \$2 - 2.25 per class</b>
---

**GRAY BACKGROUNDS– PITT MEADOWS FITNESS PROGRAM**

**WHITE BACKGROUNDS– MAPLE RIDGE FITNESS PROGRAM**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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)
<b>WHITE=</b> <b>MAPLE RIDGE</b>	<b>GRAY =</b> <b>PITT</b> <b>MEADOWS</b>		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.

### **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.



# Fraser Health Falls Prevention Clinic



Seniors with a history of falls have the opportunity to sit one-on-one with a Physiotherapist, a Pharmacist and a Kinesiologist to receive an individualized assessment and recommendations for improving health and preventing falls.

**Tuesday February 7, 2017**  
Ridge Meadows Seniors Society

**FREE**  
**PRE-REGISTRATION REQUIRED**  
**Contact 604-587-7866 for an Appointment**



*Nothing is more  
valuable than your  
independence...  
So why risk it?*

**Ridge Meadows Seniors Society:**  
**12150 224 St, Maple Ridge**



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**

**Maurice Collette**

**Sheila Klassen**

**Marie Rogers**

## WELLNESS SPEAKER SERIES

### *Positive Aging (4 Session series)*

**Fridays, Jan. 27 - Feb. 17, 2017**

**10:00 am –noon at Pitt Meadows Seniors Centre**

The second half of life brings numerous common challenges as well as many blessings, including wisdom and creativity. Join engaging discussions to learn key insights and essential strategies for:

- Releasing limiting thoughts, beliefs and habits;
- Developing more confidence and creative wellness in daily life;
- Experiencing greater joy, vitality and compassion!

**Cost: \$60 (Minimum 6 participants)**

**Register at the Pitt Meadows Seniors Centre**

When I get old I don't want people thinking  
"What a sweet little old lady"...  
I want 'em saying  
"Oh Crap! What's she up to now?"



**Alzheimer Society**  
BRITISH COLUMBIA

### Life in Residential Care

**February 2017 Workshop**



This session focuses on the process of adjustment after a person with dementia has moved into a residential care facility. Learn about the changes to your role as a caregiver that this transition can bring, and how to enhance your visits. The session will also review strategies for working effectively with a care team and offers tips for acting as an advocate within a residential care setting.

**Date:** Friday, February 24th, 2017

**Time:** 10:30 a.m. – 12:30 p.m.

**Location:** Ridge Meadows Seniors Activity Centre  
12150 224th Street, Maple Ridge

**Cost:** By donation

*\*Pre-registration is required. Programs with insufficient registrants will be cancelled.\**

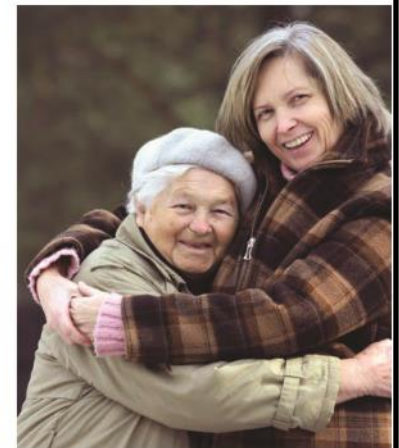
**Call to register:** 604-298-0780

**E-mail:** kmckercher@alzheimerbc.org

*Partially funded by:*

Province of B.C., Provincial Employees Community Services Fund, RBC Foundation, Seaciff Foundation, The Phyllis & Irving Snider Foundation, The 1988 Foundation, Paul Lee Family Foundation, Margaret Rothweiler Charitable Foundation, Tony & Mignon Fenton Trust, Newport Sales Co. Ltd., R.K. Grant Family Foundation, Frank & Yvonne McCracken Foundation, Cadillac Fairview, London Drugs Foundation, Division 15 Mechanical Ltd., Colin & Lois Pritchard Foundation, Lohm Foundation, Djavad Mowafaghian Foundation, Victoria Foundation,

### 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:** Monday, January 23rd, 2017

**Time:** 7:00 - 8:30 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**  
BRITISH COLUMBIA

## **YOUR HEALTH IN MIND– Lifestyle choices to lower cholesterol levels**

LDL cholesterol in the blood can build up and over time can block the arteries. Research suggests HDL cholesterol carries cholesterol away from the arteries back to the liver where it passes from the body. Your goal should be to lower your LDL cholesterol and raises your HDL cholesterol.

- Get regular exercise. Canada's guide to physical activity recommends a minimum of 150 minutes of moderate to vigorous aerobic activity per week, in segments of at least ten minutes duration. Exercise lowers bad LDL cholesterol and raises the good HDL cholesterol.
- If you smoke, STOP.
- Limit alcohol consumption, men should have no more than 2 drinks per day, and women no more than one per day.
- Limit your total fat intake. No more than 30% of daily calories from fat and no more than 7% of the fat you eat should be from saturated fat. All fats are high in calories. Using good fat is not an excuse to use more.
- The Mediterranean diet decreases cardiovascular risk. Features include a high consumption of fruits, vegetables, legumes, nuts, seeds, cereals and whole grains; moderate-to-high consumption of olive oil (as the principal source of fat); low to moderate consumption of dairy products, fish and poultry; and low consumption of red meat, as well as low to moderate consumption of wine, mainly during meals.
- Trim visible fat from meat and remove skin from poultry.
- Use lower fat milk (2% or less) and milk products. Look for cheese that has 20% milk fat or less.
- Use a high quality soft margarine that has not been hydrogenated. Margarine and oils made from canola and olive oils have monounsaturated fats.

**Continued....**



**SENIORS HELPING SENIORS– HISTORY PROJECT**

# WANTED

*Are you interested in people?  
Do you like history? Are you are writer?*

The RMSS History Project is compiling a history of RMSS since its inception. People who were involved in RMSS from 2000 to present are being interviewed and the information compiled.

Anyone who would be interested in interviewing and documenting the information gathered is invited to volunteer.

If you are interested in people, history and writing this might be something that you would enjoy doing.

For more information, please contact Bob Foster at 604-463-3034 or Bonny Klovance 604-467-0657 or email [bklovance@hotmail.com](mailto:bklovance@hotmail.com)

## **PENSION & TAX OPTIONS PRESENTATION:**

### **INVOLUNTARY SEPARATION, CAREGIVER AND DISABILITY TAX RULES**

Join Seniors Helping Seniors & COSCO for this free presentation Thursday, January 12th at 10:00am at the Maple Ridge Seniors Centre. Please RSVP at 604-467-4993. Seating is limited. Refreshments will be served when doors open at 9:30am, so please be on time.

## 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 604-463-0482	Joys 604-726-8868	Claudia 604-467-8385	Anne 604-763-5623	Ron Tucker 604-467-2026

### A Relief driver

**Gillian Hodge may be available only if you find that none of the drivers are available**

**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

Thank you to everyone who helped to make the 2016 Seniors Helping Santa Gift Bag project a success... Especially the hardworking Seniors helping Santa Committee. Principal donors are listed on the opposite page but many others also made important contributions.

RMSS members generously donated time, gifts and cash. The money was used to purchase appropriate items for the gift bags, supplementing the items donated at both centres.

Distribution was through:

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

The Community Services 'Better at Home' outreach program

The Katzie Elders

A special thank you to the Maple Ridge Seniors Village who hosted an incredible high tea fundraiser, with all proceeds going to this special project.

### Just one contributor of many to the Seniors Helping Santa Gift Bags



Gwenn Thomas, a member of the RMSS Maple Ridge Craft Ladies for the past 4.5 years was busy!

After being approached to donate to the gift bags again this year, there was a discussion about what we, The Craft Ladies, could make to donate. Gwenn suggested "mug rugs", and volunteered to make them. Unbeknownst to her at the time, the project would require 100 of them, and Gwenn, in typical Gwenn style, took on the task with a fervor and had completed all 100 in no time at all.

What is a mug rug? It is a quilted place mat made of 16 - 18 different fabrics measuring about 7" x 9". A Rug for your mug of coffee, tea or a place to put a cookie or two, even your medication and a glass of water.



*Thank you to all of the following for their contributions  
to the Seniors Helping Santa Project!*

**RMSS Seniors Helping Santa Committee**

Ridge Meadows Seniors Society members & staff

Panorama Senior Ladies

Craft Ladies

Silvertones Choir

Maple Ridge Secondary School Culinary Arts Students

Stardom Childcare

Sure Copy and Print Centre

Dr. Blaine Cairns

Dr. Steven Sangha

Friends in Need Foodbank

Save On Foods- Valley Fair

ICBC

Ward Watkins Insurance

Canadian Freightways

Residents and Staff of Maple Ridge Seniors Village

...and many anonymous donors



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

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

**Tuesdays from 10am to 11:30am**

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

## 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
<b>Drop in Lab-</b> No instructor	<b>10:30-12:30</b> <b>One on One</b> computer help by appointment \$2	<b>1:30-3:30</b> <b>One on One</b> computer help by appointment \$2	<b>10:30-12:30</b> <b>Drop In Lab:</b> computers, tablets, laptops Pitt Meadows \$1
<h1>PITT MEADOWS</h1>			



### One on One Personalized Computer Help at PITT MEADOWS

Tuesdays & Wednesdays.

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

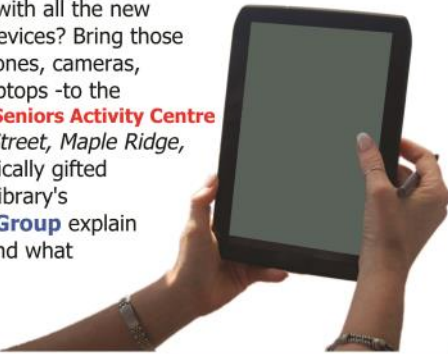
The drop in fee for this program is \$2

# It Won't Byte

@ the Ridge Meadows Seniors Centre

**Tuesdays,**  
**Jan 3, Feb 7, Mar 7, Apr 4**  
**3:30 pm - 4:30 pm**

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, Maple Ridge | 604-457-7417  
 Read. Learn. Play. | www.fvrl.ca



Friday, Feb 10th  
 Doors: 5:30 pm  
 Dinner:  
 6:30 pm

Chicken Cordon Bleu  
 or New York Steak  
 And one complimentary  
 drink ticket

**FARMERS  
 HELPING  
 SENIORS**

**PUB  
 NITE**  
**\$25**

Royal Canadian  
 Legion, 12101  
 224th Street  
 Maple  
 Ridge

Tickets \$25 at  
 Community Services  
 11907 228th St,  
 Maple Ridge  
 Before  
 February  
 5th

Silent Auction  
 Toonie Toss  
 Door Prizes



## It's Not Right!

**February 23rd or 24th**

**Pitt Meadows Seniors Centre**



You will learn to:

- Recognize the warning signs and risk factors of senior abuse.
- Recognize the role ageism plays in abuse.
- Recognize the impact of abusive behaviour.
- Hold supportive and respectful conversations.

**Look out for  
 posters  
 confirming the  
 date of this free  
 presentation.  
 Everyone should  
 attend!**

**RSVP AT 604-457-4771**

## 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

**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](mailto:suetee2001@yahoo.ca)

*Slam Prizes given out during lunch*



### Come and be part of the fun!

Variety Plus is currently welcoming new members to help with the production of our next show. Having fun with Music, Dance and Comedy. Starting Jan 11th, we meet at 1:00pm on Wednesday afternoons in Hall C at the Maple Ridge Seniors Centre. If you think you are interested contact Maria Perretta 604-477-0425.

## 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](mailto: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**

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

Contact Bev S. 604-457-4771

### **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

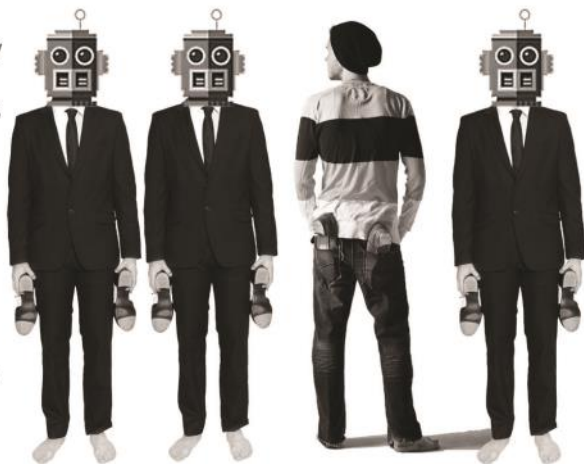
Intermediate Meets: 8:30-9:30pm

# Love. Be. Best. Free.

Friday  
March 10, 2017  
8pm | Main Theatre

You don't want to miss this high energy performance fusing storytelling, comedy, athleticism and tap dance with virtuoso **Danny Nielsen!**

**OPENING ACT** • Be the first to see the massive contraption known as *ALICE* by Vancouver's best kept circus secret, **The Underground Circus!**



# Free Tap Workshop

Join an engaging and hands on tap workshop led by rising young tap talent, Danny Nielsen.

Experience tap dance and its connection to live music and be ready to learn the basics of tap!



**FREE Admission, No Experience Necessary!**

March 7, 2017 from 1:00<sup>PM</sup> - 2:00<sup>PM</sup>  
Ridge Meadows Senior Society  
12150 - 224 Street, Maple Ridge

Please RSVP at the  
**Ridge Meadows Seniors Society**  
or by calling **604-467-4993**



[theactmapleridge.org](http://theactmapleridge.org)

[mapleridgeact](https://www.facebook.com/mapleridgeact) [@mapleridgeact](https://twitter.com/mapleridgeact)

The ACT Arts Centre  
11944 Haney Place  
Maple Ridge, BC V2X 6G1  
604.476.2787



## 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](http://www.mapleridgeeyecare.ca)

## Pitt Meadows Seniors Centre Special Events Committee



### **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

