

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
 May & June 2017 Issue



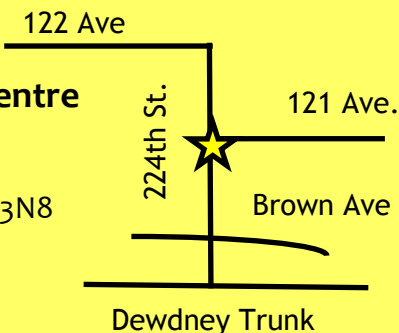
Variety Plus Presents
Y"ALL COME, EH! **May 5 & 6**

FACILITY HOURS

Maple Ridge

Seniors Activity Centre

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



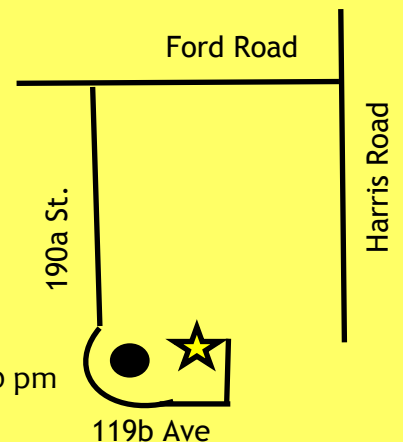
Hours of Operation

Monday-Friday 8:00 am - 10:00 pm
 Saturday 8:00 am-4:00 pm
 Sunday 9:00 am-12:00 pm
 Closed May 22, 2017

Pitt Meadows

Seniors Activity Centre

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



Hours of Operation

Monday-Friday 9:00 am-4:00 pm
 Saturdays Closed
 Sunday Closed
 Closed May 22nd, 2017

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.....	8-9
Drop in Programs– Maple Ridge.....	10-11
Drop in Programs– Pitt Meadows.....	12
Fitness Programs.....	14-17
Wellness	20-21
Driving Service.....	23
Computer Programs	26-27
Community Group Meetings.....	30

MESSAGE FROM THE RMSS PRESIDENT

Hello everyone. As the saying goes, “How time flies”. It’s been two months since the last Grapevine and my there is a lot going on.

As you know from our last Grapevine, our Operations Manager, Lori Freitas, has left us. For those that have not seen the announcement, I am very happy to tell you that Maria Perretta has been promoted to the position of Operations Manager. She is already bringing some new and exciting ideas to the table and we look forward to her continued growth with RMSS.

We are also actively seeking replacements for Maria’s old position as Coordinator of Activities, and for a Coordinator of Volunteers. Hopefully we will have people in place by the time you are reading this.

Our events are as usual being very well attended. St. Patrick’s Day in Pitt Meadows was a great success (were those meat pies great or what), and obviously based on the “Spring Fling”, some of our members missed their modeling career calling. Langara College student led “Country Fair” in Maple Ridge created a lot of fun, laughing and dancing with some great outfits. The “Mystery Table Tea” is always a fun time with the creativity of what members bring in the gifts. A fun two months in both centres in addition to our regular programs. Stay tuned – more to come.

I have mentioned in the past that we have been negotiating with both cities on new Operating Agreements. I am happy to say that by the time you are reading this, we will have long term agreements in place , with increased funding from both cities. In the case of Pitt Meadows, this additional funding will enable us to look at extending our hours of operation. So, if you have ideas of what you might like to see in an evening or Saturday morning program, talk to staff or board members and let’s see what we can come up with.

I am very happy to say that our Outreach Program, led by Bev Schmahmann, has received a New Horizons Grant towards a project called “Here We Are: Intensify Your Laugh Lines”. Please see page 6 for more details. This is a great opportunity for RMSS. As I said there is a lot going on with more to come. Do enjoy all of the activities at both our centres and if you get the chance, find a senior who is not a member and tell them about the good things we do.

And don’t forget summer starts on June 21.

Don Mitchell Ridge Meadows Seniors Society, President of the Board

BUS TRIPS

San Juan Islands, USA – Friday Harbor -

Friday, May 19 & Wednesday May, 24th \$139 (May 22nd– SOLD OUT)

Pitt Meadows 6:15am - 8:30pm

Maple Ridge 6:00am - 8:15pm

Bursting with beauty, elegance, and old-time charm, Friday Harbor is best known for its maritime living, shopping, elegant dining and wildlife. Visitors experience firsthand the most stunning and diverse landscapes that will leave you feeling breathless, relaxed, and content. Visit Lime Kiln State Park one of the best places in the world to whale watch from the shore with Minke whales, orcas, porpoises, seals, sea lions, and otters cruising the shoreline. The Lighthouse, built in 1919, is a centre for ongoing orca research and still serves as a navigational beacon for ships in the Haro Strait. This tour includes a guided Lighthouse Tour, lunch at the Cask and Schooner in Friday Harbor and free time in Roche Harbor for great walks and shops. *Activity Level: Easy. Must have a passport for this trip.*

Pemberton Valley Strawberry Tour - Tuesday, June 6 \$109

Pitt Meadows 8:00am - 6:15pm

Maple Ridge 7:45am - 6:00pm

It's that special time of the year again...strawberry picking time! The Pemberton Valley, population 2400, and 1 set of traffic lights is home to the best Strawberry fields in BC. The local strawberry picking season generally lasts less than a month so visit Camel's Back Harvest for their lush u-pick strawberry fields (coolers on the bus). Take a guided tour at North Arm Farms, a 60 acre organic family owned farm with u-pick strawberry fields and a bakery featuring fresh pies, artisan breads and handcrafted sweets. This tour includes a take home bag of fresh strawberries, a special strawberry field picnic lunch at North Arm Farms and sightseeing throughout the scenic Pemberton Valley. *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

Galiano Island - Tuesday, July 18 \$149

Maple Ridge 7:45am - 6:45pm

Pitt Meadows 8:00am - 7:00pm

Experience the magic of BC's Wild West Coast on the Gulf Island closest to Vancouver. Beautiful white shelled beaches, stunning views, marine park trails and local artisans await you on Galiano Island. Montague Harbour Provincial Marine Park, with its sheltered waters, towering forests and craggy headlands is rich in natural and cultural history. Take an escorted ocean side walk on Gray Peninsula featuring tidal lagoons and a spectacular rock ledge that was carved into rippling patterns by the movement of glaciers thousands of years ago. Enjoy a two course lunch at the Hummingbird Inn, meet local artisans Marcia Devicque at her Glassworks Studio, Sandra Dolph at Cedar Grove Pottery and finish the day at the well appointed Galiano Oceanfront Inn and Spa for afternoon dessert. Please Note: Additional \$20 ferry fee applies to those under the age of 65 and to non BC residents.

Activity Level: Moderate (short incline Gray Peninsula walk)

Mount Baker -

Wednesday, August 30 \$119

Maple Ridge 7:45am - 7:30pm

Pitt Meadows 8:00am - 7:15pm

Mount Baker has amazing views in summer, especially from Artist's Point. At more than 5,000 feet above sea level, this area is typically buried under snow and closed October through June . On clear days, visitors are treated to 360-degree views of Mount Shuksan and Mount Baker and stunning views of mountain lakes and glaciers. Take an escorted 1/2 mile walk at Picture Lake displaying Mount Shuksan's spectacular reflection and an escorted 2-mile loop walk around the Bagley Lakes. This gorgeous loop walk has it all: big views of Mount Baker, alpine lakes and well-maintained trail winding through meadows and heather with blueberry bushes for trail-side snacking in late summer. This tour includes lunch at Milano's Restaurant on the scenic Mount Baker Highway, bottled water and trail snack bar. Valid passport or Nexus pass or enhanced drivers license or enhanced BCID required.

Activity Level: Easy to Moderate depending on walk chosen.

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

HERE WE ARE! INTENSIFY YOUR LAUGH LINES

In March the Ridge Meadows Seniors Society was awarded a New Horizons Grant for funding towards a project called **Here We Are: Intensify Your Laugh Lines**. This is a wonderful opportunity for RMSS to aim a project to connect isolated seniors and community neighbours to enhance our seniors' well-being and reduce isolation.

What this project aims to do:

- ⇒ Challenge awareness in the community of the Ridge Meadows Senior Society – what is offered and available.
- ⇒ Reduce isolation among neighbours
- ⇒ Reduce the disconnect between the community and a stigma surrounding seniors and active living.

Many seniors are not familiar with the society and the multitude of programs and services provided to seniors in the community by seniors.

If you are interested in joining an Advisory Committee to assist with the project please contact Bev at info@rmssseniors.org

BIKES ON THE SIDEWALKS!

The Active Transportation Advisory Committee (ATAC) for the City of Maple Ridge is currently discussing the bylaw which allows bicycles on our sidewalks.

If you or a friend or loved one has experienced an incident with near misses or unpleasant experiences involving bicycles on the sidewalks, please contact the Maple Ridge Mayor and Council at mayorandcouncil@mapleridge.ca

Or by mail

Mayor & Council

11995 Haney Place

Maple Ridge, BC V2X 6A9

Or by phone/fax:

Tel: 604-463-5221

Fax: 604-467-7329

Variety Plus Presents

Y'ALL COME, EH!

Celebrating Canada's 150th Birthday With Country Music



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

SHOW DATES

Friday, May 5th at 7:00 PM
Saturday, May 6th at 2:00 PM

DOOR PRIZES!

INTERMISSION

**REFRESHMENTS
BY DONATION**

LOCATION

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



FOR MORE INFORMATION:
Facebook.com/VarietyPlus
Phone: (604) 467-4993

PRESENTED BY VARIETY PLUS AND THE RIDGE MEADOWS SENIOR SOCIETY



SENIORS WEEK: June 5-11, 2017

Musical Variety Tea

to kick off Seniors Week!

Monday, June 5th at 1:30pm

Check bulletin's for more details

No charge for tickets





Wed, June 7th
10am –noon
Maple Ridge
Seniors Centre

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

There are eight activities for member's participation:

Egg/Spoon Relay	Walker Race
Target Game	Obstacle Course
4x1 relay	Table Tennis
Carpet Bowling	TP Bowling

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

Ridge Meadows Seniors Society
Invites you to the
Annual Seniors Week

Strawberry Tea

Thursday, June 8th at 2pm

**At the Pitt Meadows
Seniors Centre**
19065 119b Ave
Pitt Meadows

Tickets are \$6

50/50
and a ton of great Door Prizes!

More details to come....





**RUNWAY
SHOW
&
TEA**

A Fashion Fundraiser
with proceeds benefiting
The Ridge Meadows Hospice Society
&
The Ridge Meadows Seniors Society

featuring:
Mens, Ladies & Kids
Pre-loved fashion

Tea Social

Exclusive After-Show
Clothing Sale
hosted by the Ridge Meadows Hospice Thrift Store

Sunday June 11, 2017
1:00 - 3:30pm
12150 224th Street, Maple Ridge

Tickets \$10.00
available now at:

Ridge Meadows Seniors Centre 12150 224th Street Maple Ridge	Ridge Meadows Hospice Thrift Store #3 - 12011 224th Street Maple Ridge	Pitt Meadows Seniors Centre 19065 119b Avenue Pitt Meadows
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online: www.ridgemeadowshospicesociety.com



UPCOMING SPECIAL EVENTS

Christmas in July

Gala Fashions Throughout the Years

**A fundraising event supporting
the Seniors Helping Santa
project**



The Seniors Helping Santa project is made of volunteers who put together Christmas packages so that local seniors, who may be alone or struggling to make ends meet, receive a little Christmas cheer from some senior Santas with big hearts.

Saturday, July 22 at 1:00pm

Maple Ridge Seniors Centre

12150 224th Street

**Tickets will be available for
purchase in June!**

\$8 in advance or \$10 at the door

Light Refreshments will be served



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
Crafts & Needlework	9:00-11:30 am
Health & Wellness	9:00-noon
Chair Yoga	9:30-10:30 am
Line Dancing (Level 2)	10:15-11:15 am
Tap/Jazz Dance Lessons	11:00-2:30 pm
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
Tai Chi
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

	THURSDAY CONT'D	
7:00-8:30 pm	Carpet Bowling	1:00-3:00 pm
7:00-8:30 pm	Duplicate Bridge	1:00-4:30 pm
7:00-9:00 pm	Gentle Joint and Yoga Fit	6:30-7:30 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	8:00-4:30 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 (Level 1)	1:00-2:00 pm
	Scrabble	1:00-3:00 pm
	Poker	1:00-4:00 pm
8:00-4:30pm	Partnership Bridge	1:00-4:30 pm
8:30-9:30 am	Line Dancing (Level 2)	2:00-3:30 pm
10:00-11:00 am	Whist	7:00-9:00 pm
10:30-11:30 am	SATURDAY	
1:00-2:00 pm	Snooker	8:00-4:30 pm
1:00-3:00 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-12:30pm
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
Stay Fit 1	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
Computer Help By Appt	1:30-3:30 pm

See Pages 14 & 15

for Hatha Yoga, OsteoFit &
Reboot Your Brain

Registered Program Information

THURSDAY

Walking Club	8:30-9:30 am
Chair Yoga	9:15- 10:15 am
Rhythm & Dance	10:30-11:30 am
Computer Drop In	10:30am-12:30pm
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

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

Come and experience an
hour of healing touch and
meditation
with Monique Wilson
11.45am to 12.45pm
on the 3rd May and 7th June
At the Pitt Meadows Centre
Moniques Meditation CD's will be on
sale those two days as well.

Helping you with life's ups and downs!

\$24.99
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MOBILITY TOOL



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garden centre or call
604.465.0913

Web: easyrisertools.com



More than cruises! Let us help plan your next vacation over land, sea and air, including customized trips, coach and rail tours and insurance.

Visit our office at 110—22550 Dewdney Trunk Road

Appointments at your convenience

For more information contact: Marjorie Locke , CD

Mobile: (604) 839—7933 Office: (604) 380—0820

mlocke@cruiseshipcenters.com [www.cruiseshipcenters.com/Marjorie Locke](http://www.cruiseshipcenters.com/Marjorie%20Locke)



Learn & Have Fun with **OSTEOFIT**



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

Next 4 week programs begin
July 5-28 and August 2-25
Wednesdays & Fridays 1:30-2:30
at the Maple Ridge Seniors Centre
Call 604-467-4993 for more details.

Pre-registration is \$55 (for 8 classes). Medical Clearance forms are given out at registration time. The form is valid for one year. A new form must be done after one year or if your medical history has changed.

*Last minute OsteoFit addition
at Pitt Meadows
Mondays & Wednesdays
June 12th– July 5th*



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
- **One on One training**
- 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. 6 individualized personal training sessions one hour per week with a qualified, experienced personal trainer is \$210.

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 \$30 pre-registered class at Pitt Meadows Seniors Centre.

**Two class times to choose from starting May 19th & July 7th
9-10am or 11:30am-12:30pm
(6 Friday Sessions)**



Fraser Health

Falls Prevention Clinic

fraserhealth
Better health. Best in health care.



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 May 16, 2017

Ridge Meadows Seniors Society

FREE
PRE-REGISTRATION REQUIRED

Contact 604-587-7866 for an Appointment

Registration is required. Seats are limited and fill up quickly.



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

Ridge Meadows Seniors Society:
12150 224 St, Maple Ridge





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 June 27th at 10am.

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
9:00 OsteoFit (must pre-register)	9:30 Chair Yoga	9:15 OsteoFit (must pre-register)	9:15 Chair Yoga	9:00 Hatha Yoga (must pre-register)
9:15 Stay Fit 2		10:00 Chair Fit		
10:00 Chair Fit	10:00 Zumba Gold	10:30 Stay Fit 1	10:00 Fit & Fun after 55	10:00 Chair Fit
4:00 Gentle Joint & Yoga	7:00 Tai Chi (advanced)	2:00 Tai Chi (beginners)	10:30 Rhythm & Dance	10:15 Tai Chi
WHITE= MAPLE RIDGE	GRAY = PITT MEADOWS		6:30 Gentle Joint & Yoga	11:30 Hatha Yoga (must pre-register)

FITNESS PROGRAMS– Maple Ridge & Pitt Meadows

Chair Fit

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.

Stay Fit 1

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

Stay Fit 2

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

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.

Fitness Class updates:

The Stay Fit 1 class at Maple Ridge has been cancelled due to low participation.

The Chair Fit 1/2 Class at Pitt Meadows is now called Stay Fit 1. Folks looking for a chair exercise class can continue taking the OsteoFit pre-registered class.

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.



Mothers Day Brunch

Sunday, May 14th

Open to arrive from 10am– 12:30pm

Join us for an incredible buffet
of all your favourite sweet and savoury dishes.

Residents & Seniors \$17 Adults \$20 Children 4-12 \$1 per year

11657 Ritchie Avenue, Maple Ridge
behind McDonalds on 228th

**PLEASE BE SURE TO RSVP BY MONDAY, MAY 8TH
by calling Greystone Manor at 604-467-2808**

ONE YEAR TRIAL MEMBERSHIP

Explore the Member Experience –
with Pitt Meadows Golf Club! Enjoy exclusive
tee times, member benefits and access to over
20 reciprocal courses. Membership categories
from just \$210 per month!

Contact cwallace@pittmeadowsgolf.com
or 604-465-5431 to inquire.



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GOLF CLUB**

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MAPLE RIDGE CHORAL SOCIETY
CHOIR

www.lovetosing.net

ANNUAL SPRING CONCERT

CANADA

in

SONG

Sunday, May 7th, 2017

3:00 p.m.

Maple Ridge Christian Reformed Church

20245 Dewdney Trunk Road

Maple Ridge

Tickets-\$15.00 At the door

Children under 12 FREE



Did You Know?.....

A Visually Impaired Group meets at the Maple Ridge Seniors Centre the first and third Wednesday of each month.

Participants include those who are visually impaired as well as individuals dedicated to assisting them. Discussions are held regarding assistance and equipment available and everyone enjoys socializing with one another. The group is helpful to those who have recently experienced visual challenges as they can hear about how others have met their needs.

**If you or someone you know is interested please contact
Kristi 604-477-1477**

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

Gerald Barnes

Joy Forbes

Ron Salmons

Rick Soroka

GOLDEN SENIORS WELLNESS CLINIC- Keeping our Brain Sharp

While memory loss is considered a normal part of growing older, it varies in severity. Dementia is diagnosed when someone has problems with memory and at least one other area of mental function, including: language, movement coordination, recognition of people or objects or doing complex mental tasks, such as solving problems and making decisions.

Age appears to be the biggest risk factor, along with family history of dementia. High blood pressure, elevated cholesterol, diabetes, obesity and smoking, all of which can damage blood vessels increase the risk of memory loss. Results from studies on medications and supplements to treat or prevent dementia have not been conclusive as to effectiveness or long term benefits.

Evidence suggests that more physical and mental activity, as well as social interaction, may help maintain mental function. A large study incorporated cognitive training with healthy adults over the age of 65. The resulting improved mental abilities continued for at least five years. The training included many sessions of one of:

- Memory training (learning ways to remember, such as lists)
- Reasoning training (finding patterns in letter or word series)
- Speed of processing training (improving visual search and attention skills by following objects on a computer screen).

Continuing to gain new skills and information may help the brain to constantly remodel itself. In turn, this promotes mental health. Physical activity and social interaction may help increase production of various brain chemicals. Lifelong learning is critical. The key to brain growth is challenge—challenge that might take you out of your comfort zone. Always doing the same thing, like puzzles, does not grow new brain cells.

Here are some ideas to help you to stay sharp:

- Find a hobby, such as origami or a new craft, and become good at it.
- Learn to play a new musical instrument, and join the community band.
- Join a book club and start reading.
- Write your own book and share it with others.
- Invite the neighbours over to play cards.
- Take your cards over to the neighbours and do not leave until you win.
- Volunteer for an organization you believe in.
- Learn how to use a new piece of technology and teach it to a friend.
- Start walking with a partner. Try a different route each time, but don't get lost!
- Have adventures – travel to a place you have never been. Even better, learn the language before you go.
- Find something the world needs and invent it!

At this time, no super pill can prevent the start of memory loss. Although easy solutions to the problem may seem promising, they could harm either our health or our pocketbooks. The best strategy involves protecting blood vessels.

GOLDEN SENIORS WELLNESS CLINIC

Talk to your healthcare professional about gaining control of your blood pressure, cholesterol or diabetes and for help with weight loss and smoking cessation. Time and again, it has been proven that a healthy diet and regular exercise are the best place to start. It's common knowledge that we can improve our physical health with physical activity. Our current understanding suggests that we may be able to improve mental health by doing challenging mental activities. However, no particular exercises are suggested. In light of all the options, this seems a safe low-cost and fun way to promote mental fitness for years to come.

Elaine Cooke, Pharmacist and Certified Diabetes Educator



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 noon at the Maple Ridge Seniors Activity Centre. Drop in and say hello!

SENIORS HELPING SENIORS– HISTORY PROJECT

The History Project is rolling right along. The 14 member committee is working very hard to complete a draft of the project this year.

Over 30 contact people for activities being held at the Maple Ridge Centre are completing questionnaires and being interviewed about the history of their events. Linda Gardin, Mike Buckingham and Colleen McParland are assisting Bonny Klovance and Bob Foster with this aspect of the project. A luncheon is being planned to interview surviving members of the 1999/2000 RMSS Board of Directors. The library, museum, Historical Society and city are being approached for input. We are particularly searching for information about seniors activities in Maple Ridge/Pitt Meadows previous to and after the opening of the Centennial Hall. Anyone who has any information about this is asked to contact a committee member.

The format of the publication is being examined and we have a published author, Dick Drew, assisting us with this.

The picture albums have been collated and are on display in the lobby every second Wednesday thanks to Joys Sooley and Colin Burdall. Everyone is welcome to come by and have a look.

The News is being approached to publish a further article about the project.



As you can see, there is a great deal of work going on and our committee could use more help. If you would like get involved with this project please contact:

Bob Foster 604-463- 3034

**or Bonny Klovance 604-467-0657,
email bklovanc@hotmail.com.**

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. If you call a driver and there is no answer, please leave your name and number.
5. **Rides outside of Maple Ridge/Pitt Meadows: call Community Services 604-467-6911**

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ron 604-467-2026		Claudia 604-467-8385	Anne 604-763-5623	Claudia 604-467-8385 Ron 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



Make More Memories with Better Hearing

It's Time To Hear What You've Been Missing!

604.510.2299

Buy 1 Box
of Batteries
& Receive
2nd Box

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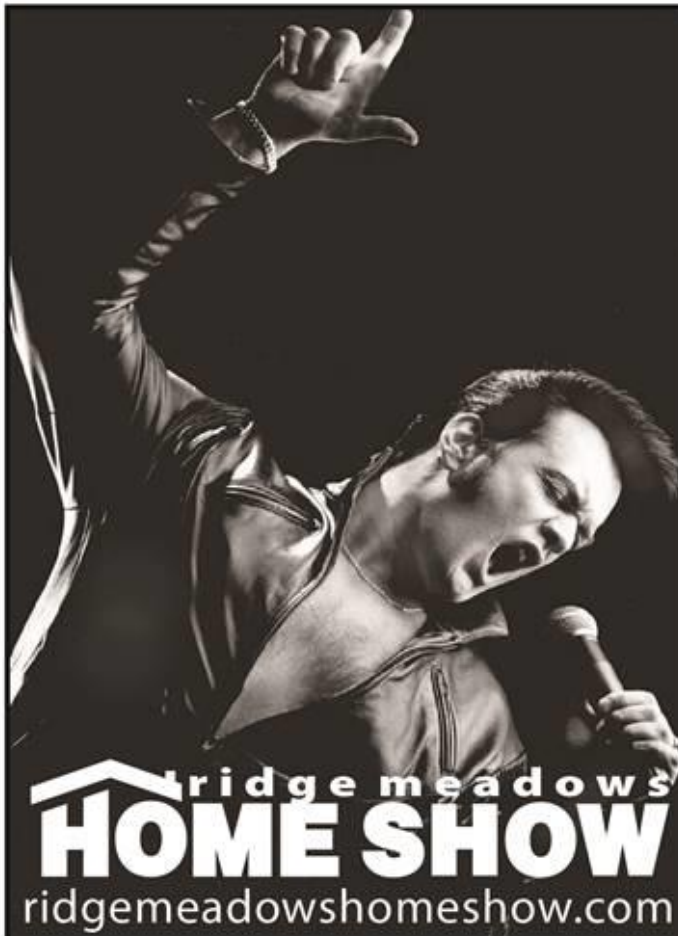
Limit one per person



absolutehearing.ca

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

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



Especially for Seniors

**RANDY
ELVIS
FRISKE**

Proud event sponsor, Revera Retirement Living Sunwood invites you to walk down memory lane with tribute artist Randy Elvis Friske at this year's home show. First 250 seniors will enjoy tea and coffee served with cookies, courtesy McDonald's Restaurants.

Saturday, May 6 1:30 pm

**ridgemeanow's
HOME SHOW**
ridgemeanowshomeshow.com



Maple Ridge
Fairgrounds

Adult 55 Plus Programs

available at the Maple Ridge Leisure Centre

Fitness - TRX® - Small Circuit Training for 55yrs+

Staff trained on the TRX® Suspension Training® system will lead you through a series of moves in a small group setting for Active Adults. In this class you are in control of how much you want to challenge yourself as you learn to use your body's own weight to fire key core muscles to help improve your range of motion and build strength and flexibility in areas such as ankles, knees, hips, torso, shoulders and more. Trainers will modify exercises to assist you with your fitness levels.

Location: Leisure Centre

5 Sessions: Fee \$45.94 Tuesdays 8:00 am-9:00 AM#225775 May 2-30

4 Sessions Fee: \$36.75 Tuesdays 8:00 am-9:00 AM#225776 Jun 6-27

TIME – Together In Movement & Exercise

Improve your mobility with TIME! This is a new exercise program designed for adults with stroke, acquired brain injury, multiple sclerosis or other mobility concerns. The program is in partnership with the Fraser Health Authority and is overseen by BCRPA registered instructors. Participants must be able to walk 30 feet with or without a walking aid.

Location: Leisure Centre

4 Sessions: Fee: \$42.00

Thursdays 3:00pm -4:00pm #225303 May 4-25

Tuesdays 3:00PM-4:00pm #225304 Jun 6-27

5 Sessions: Fee \$52.50

Tuesdays 3:00pm -4:00pm #225302 May 2-30

Thursdays 3:00pm -4:00pm #225305 Jun 1-29

Please call the Maple Ridge Leisure Centre to Register
604-467-7322

COMPUTER LAB– Maple Ridge & 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
Pitt Meadows Drop in Lab- No instructor	Pitt Meadows 10:30-12:30 One on One computer help by appointment. Call 604- 457-4771 \$2	Pitt Meadows 1:30-3:30 One on One computer help by appointment. Call 604-457-4771 \$2	Pitt Meadows 10:30-12:30 Drop in Lab: computers, tablets, laptops \$1
Maple Ridge 10:00 Basics: Email, Internet, Camera, Spreadsheets Call Walter 1-604-820-2885			Maple Ridge 10:00 Basics: Email, Internet, Camera, Spreadsheets Call Walter 1-604-820-2885

It Won't Byte

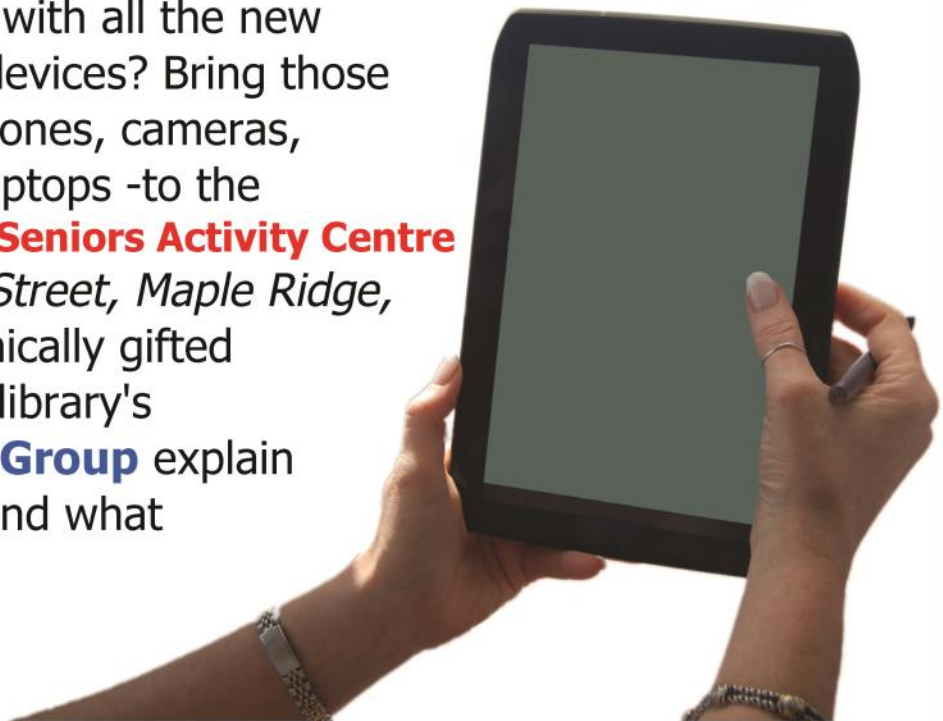
@ the Ridge Meadows Seniors Centre

Tuesdays,

May 2, Aug 1, Sept 5, Oct 3, Nov 7

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 | 604-467-7417
[Read. Learn. Play. | www.fvrl.ca](http://www.fvrl.ca)



INTERGENERATIONAL GARDEN

Gardening is all about balance, timing and... patience!

The Intergenerational Garden volunteers have been happily working with the students from Eric Langton and St. Patrick's schools to learn about the steps required to grow their gardens from the ground up. We have been learning about the importance of having well balanced soil and the do's and don'ts of composting. Gardening requires preparation like cooking a large family meal - it comes down to having a plan or (recipe) and executing it to the best of our ability. Sometimes we are successful and other times we learn a valuable lesson and try it a little differently the next time.

Timing is also important and sometimes timing can be one of the biggest hurdles we face. Luckily companies like West Coast Seeds offer us planting guides as a helpful tool for knowing when to start our seeds for the upcoming season. Once we have our plants and seeds started in healthy soil all we need is water, sunshine and patience.

No matter where you live you can continue to garden on some scale. Indoor plants, patio containers, vertical gardening or joining an organization like the Intergenerational Garden can help keep the joy of gardening alive through every stage of our lives.

*A gardener's tip. If you feel like you have gotten off to a late start this year, purchase starter plants from a local garden centre. May and June are the best months to plant most vegetables for summer and fall harvesting. Good luck and Happy Gardening

The Intergenerational Garden located on the corner of 121st and Edge Street. Please stop by for a visit to appreciate our volunteers and students hard work.

Heather Jonatschick, Coordinator. email:
gardencoord@gmail.com or call (604) 839-8715.



ROOM RENTALS

Need a place for a business meeting? AGM? Wedding or Special Event? Room rentals are available at both the Maple Ridge and Pitt Meadows Seniors Centres. Our prices are the best in town!

There are three large halls that can accommodate 60-275 people. Our smaller meeting rooms can accommodate up to 50 people and are perfect for that smaller meeting.

For more information on room rentals at the Maple Ridge Centre, call Nancy at (604) 467-4593 rmsscoordinator@shaw.ca

For information about rooms at the Pitt Meadows Centre, contact Bev or Carmen at (604) 457-4771 pmadmin@shaw.ca

Personal Touch Hair Care

604-467-8284

Open Mondays
thru Saturdays

Gift
Certificates
Available



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

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Manicure,
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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

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 Committee

Meets 1st Thursday each month.

Time: 9:30 am

Contact: Bob 467-4993

Seniors Helping Seniors: History Project

Meets the 2nd Thursday of each month

Please contact Bonny 604-467-0657

Stroke Recovery Program

Meets: most Fridays

Time: 10:00 am-1:00 pm

Contact: Allison 604-367-8782

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

Family Caregiver Series

May 2017 Workshop



A four-session series

A four-session series for family members who are caring for a person with dementia. Learn about dementia, practical coping strategies, and early planning.

The Family Caregiver Series covers the following topics:

- Understanding Dementia
- Understanding Communication
- Understanding Behaviour
- Planning for the Future
- Self-Care for Caregivers

Dates: Four Wednesdays: May 3 - 24, 2017

Time: 6 - 8:30 p.m.

Location: Ridge Meadows Activity Centre (Craft Room)
12150 - 224th Street, Maple Ridge

Cost: Free Admission, Donations Appreciated

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

Call to register: 604-298-0780

E-mail: info.burnaby@alzheimercbc.org

SHAPING THE JOURNEY: *living with dementia*[®]



Shaping the Journey: *living with dementia*[®] is an educational program designed specifically for people experiencing the early symptoms of Alzheimer's disease or another dementia as well as a care-partner family member, or friend.

It is for people who want to explore the journey ahead in a positive and supportive environment.

Five sessions (2 hours each) will cover:

- The Brain and Dementia
- Hearing the Diagnosis
- Maintaining your General Health
- Life After Diagnosis
- Planning Ahead
- Maintaining your Spirit

Dates: 5 Tuesdays, May 30 - June 27, 2017

Time: 1:30 - 3:30 p.m.

Location: Pitt Meadows Seniors Centre (Craft Room)
19065 119B Avenue, Pitt Meadows

To Register Contact: Kim at 604-298-0780

Pre-registration is required.



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.

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eye health exam.

101-23015 Dewdney Trunk Rd.
Maple Ridge, BC V2X 3K9

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



The Maple Ridge Senior “B” league snooker team went through the 2016/2017 season without a defeat in team play. The league consists of eleven teams from the lower Fraser valley. They play double partners and play sixteen games in a match, and to win a match you must win at least nine games. Thru-out the season they never lost a match! They went to play-offs with the top four teams and also won all matches. This is a very spectacular feat.

RIDGE MEADOWS SENIORS SOCIETY
BOARD OF DIRECTORS 2016/2017



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

