

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
July & August 2017 Issue



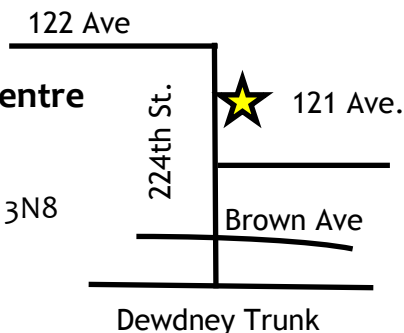
HAPPY 150TH CANADA!
*God keep our land glorious and free!
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.*

FACILITY HOURS

Maple Ridge

Seniors Activity Centre

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



Hours of Operation

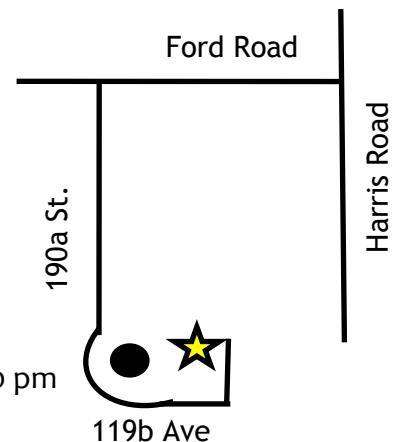
Monday-Friday 8:00 am - 10:00 pm
Saturday 8:00 am-4:00 pm
Sunday 9:00 am-12:00 pm

Closed July 1st & 3rd, and August 7th, 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 July 1st & 3rd, and August 7th, 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

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MESSAGE FROM THE RMSS PRESIDENT

Hello once again and welcome to the latest addition of the Grape Vine.

Another busy two months with the highlight being Seniors Week and the various activities RMSS had going on, as well as many others offered within our two cities. A good time, I think, was had by all.

As you know we have had various staff changes in roles and new people hired. Congratulations to Carmen Tischer stepping up to the Activities Coordinator role and welcome aboard to both Joys Sooley as Volunteer Coordinator and Jennifer Winning as Pitt Meadows Facility Attendant. There will be more to come as we have been able to expand Bev Schmahmann's Outreach Services hours.

We are working on various other projects. You will see people, at the Maple Ridge Activity Centre in particular, looking to the repair of our Hall A, B, and C doors, the replacement of the Lounge flooring (to all one surface and removal of the rug, in particular), and we will be starting the process of having the main interior repainted. As well, the outside of the building is currently being reviewed by the Corporate Strata. We should see some activity soon in that regard.

In Pitt Meadows we are working hard to expand the hours of operation and increase our capabilities coming out of the Pitt Meadows Activity Centre kitchen. I am hoping to have this accomplished for September roll out.

We have recently improved our computer capabilities and will be looking at a more digital database for our membership lists, and moving to an electronic membership card to scan in and out of our various activities as soon as possible.

So as you can see, there is a lot going on, not counting our regularly scheduled programs and special events that are selling out consistently. As the saying goes, more to come.

Enjoy the summer, and, find a senior that needs "people interaction" and get them out to our centres. It is well worth your time and their while.

Happy Canada Day to everyone, and hope you will or did enjoy all of the activities of the day being offered in both cities. And soon to come - Happy B.C. Day.

Don Mitchell Ridge Meadows Seniors Society, President of the Board

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.

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

Bard on the Beach - *Much Ado About Nothing*

Sunday, September 17th - \$129

Maple Ridge 11:30am - 6:15pm Pitt Meadows 11:45am - 6:00pm

Celebrating its 28th Season in 2017, Bard on the Beach is Western Canada's largest not-for-profit, professional Shakespeare Festival. Presented in a magnificent setting on the waterfront in Vancouver's Vanier Park, the Festival offers Shakespeare featuring *Much Ado About Nothing* on a late summer afternoon 2:00pm performance. *Much Ado About Nothing*: The search for perfect love and *la dolce vita* brings glamorous movie stars, outrageous behavior and plenty of laughs, as Shakespeare's popular romantic comedy plays out on an Italian film set in 1959. Arrive early to the Bard Village for The Bard Boutique offering a wide selection of Shakespearean books, mementos and clothing and reserved picnic area for Bard Picnic lunch by Emelle's. Don't miss the insightful free "In A Nutshell" talk before each play performance. *Activity Level: Easy*

Museum of Glass (Tacoma, USA)

Tuesday, October 24th - \$89

Maple Ridge 7:45am - 8:30pm

Pitt Meadows 8:00am - 8:15pm

Visit the Museum of Glass in Tacoma, Washington featuring world class exhibitions. Take in a guided tour of the museum's current exhibits and visit "The Cone" showcasing a live demonstration in the 90 ft. Cone glassmaking studio "Hot Shop Amphitheater". See Dale Chihuly glass works on the "Bridge of Glass" which provides the ultimate walkway to our next stop - Union Station -where many Chihuly glass works are on display. This tour includes a morning stop at Haggen's in Ferndale with lunch options at the Museum Cafe or Social Restaurant (on your own). Valid passport or enhanced drivers license or Nexus pass or enhanced BCID required.

Activity Level: Easy

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



Kiln State Park: Photo taken by Kathleen Spiess on May bus trip to San Juan Islands

HERE WE ARE! INTENSIFY YOUR LAUGH LINES

As many seniors are not familiar with RMSS and the multitude of programs and services provided for seniors by seniors, thanks to the New Horizon's Grant, we have a project running from June to December 2017 to highlight our two seniors' activity centres. We hope to meet with seniors who need support in connecting with community resources: to enhance seniors' well-being and reduce isolation, to promote an active lifestyle that encompasses socialization, to encourage wellness and knowledge, and to provide a sense of security and friendship.

Be on the look-out for our volunteers in July and August "out and about" in both Pitt Meadows and Maple Ridge, handing out our GrapeVine calendar of events and activities, as well as our brochures on community supports and resource information.

Canada Day – July 1st, 8am–2pm, Downtown Maple Ridge Memorial Peace Park

Canada Day – July 1st, 9am–3pm, Pitt Meadows Spirit Square

Music on the Wharf – Mondays: July 10th & 24th, and August 7th & 21st, 6:30-7:30pm, Maple Ridge

Bruce James Orchestra - July 12th, 6-7pm, Pitt Meadows Spirit Square

Bard on the Bandstand – July 13th-15th, 6:30-7:30pm, Maple Ridge Memorial Peace Park

Bard on the Bandstand – July 20th-22nd, 6:30–7:30pm, Pitt Meadows Spirit Square

Country Fest – July 29th-30th, Albion Fairgrounds, "Canada 150 Stage"

Haney Farmers Market - August 26th, September 16th and October 7th, 9am-2pm

For more information please contact Bev at info@rmssseniors.org.



Saturday, November 18th, 2017 -

HERE WE ARE! Intensify Your Laugh Lines Event

- Seminars
 - Workshops
 - Vendors
 - Music
 - Crafters
 - Lunch
 - And more!
- More information to come



Interested in learning how
to make

BEADED BAREFOOT SANDALS?

Thursday, July 6th 1pm

Cost: \$25

includes complete
assembly package for one pair
of barefoot sandals
and on-site instruction

Pre-register at Pitt Meadows
Senior Centre 604-457-4771



THANK YOU!!! To both of our RMSS Craft Groups who give of their time and energy to produce such lovely hand-crafted items for charity and for on-site sales - which proceeds the groups then donate back in support of our activity centres. The Maple Ridge group recently contributed a lovely lap blanket for our Seniors Week Raffle Comfort Basket, and the Pitt Meadows group sewed some beautiful table squares to accent the centre. Thanks for all you do!



REMEMBERING SENIORS WEEK 2017



UPCOMING SPECIAL EVENT

Christmas in July

Celebrating 150 Years of Gala Fashion

**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 available now!

\$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
<i>*Caregivers Support Gr.</i>	<i>1:00-3:00 pm (Not in August)</i>
Gentle Joint & Yoga Fit	4:00-5:00 pm
Duplicate Bridge	6:30-9:30 pm

TUESDAY

Snooker	8:00-4:30 pm
Crafts & Needlework	9:00-11:30 am
<i>*Health & Wellness</i>	<i>9:00-noon (Not in August)</i>
Chair Yoga	9:30-10:30 am
Line Dancing (Level 2)	10:15-11:15 am
Flamenco Dance	11:00-noon
<i>*Tap/Jazz Dance Lessons</i>	<i>1:00-2:30 pm (resumes Sep 12)</i>
Line Dancing (Level 3)	11:15-12:15 pm
Scrabble	1:00-3:00 pm
<i>*ECRC Bingo</i>	<i>1:00-3:30 pm (Not in August)</i>
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
Fit & Fun after 55
**Silvertones Senior Choir*
**Hawaiian Dance Lessons*
Mah Jong

*** please note: as most of our activities are volunteer run, we may have limited programming or "on hiatus" over the summer months. In case of doubt, call ahead to confirm.**

DROP IN PROGRAMS AT MAPLE RIDGE – Drop in fee applies

<p>7:00-8:30 pm</p> <p>6:30-8:00 pm</p> <p>7:00-9:00 pm</p> <p>8:00-4:30pm</p> <p>8:30-9:30 am</p> <p>8:30-11:30 am</p> <p>10:00-11:00 am</p> <p>12:30-4:30 pm</p> <p>1:00-4:00 pm</p> <p>2:00-3:00 pm</p> <p>8:00-4:30pm</p> <p>9:00-10:00 am <i>(new time)</i></p> <p>10:30-11:30 am <i>(resumes Aug 17)</i></p> <p>1:00-2:00 pm <i>(resumes Aug 24)</i></p> <p>1:00-3:00 pm</p>	<p>THURSDAY CONT'D</p> <p>Carpet Bowling 1:00-3:00 pm</p> <p>Duplicate Bridge 1:00-4:30 pm</p> <p>Gentle Joint and Yoga Fit 6:30-7:30 pm</p> <p>Crib 7:00-10:00 pm</p> <p>Table Tennis 7:00-10:00 pm</p> <p>FRIDAY</p> <p>Snooker 8:00-4:30 pm</p> <p>Stay Fit 3 8:30-9:30 am</p> <p>Table Tennis 8:30-11:30 am</p> <p>Chair Fit 1 10:00-11:00 am</p> <p><i>*Novice Line Dancing noon-1:00pm (resumes Sep 8)</i></p> <p><i>*Line Dancing (Level 1) 1:00-2:00 pm (resumes Sep 8)</i></p> <p>Scrabble 1:00-3:00 pm</p> <p>Poker 1:00-4:00 pm</p> <p>Partnership Bridge 1:00-4:30 pm</p> <p><i>*Line Dancing (Level 2) 2:00-3:30 pm (resumes Sep 8)</i></p> <p>Whist 7:00-9:00 pm</p> <p>SATURDAY</p> <p>Snooker 8:00-4:30 pm</p> <p>Karaoke 1:00-4:00 pm <i>(not Jul 1 & 22)</i></p> <p>SUNDAY</p> <p>Snooker 9:00-12:30 pm</p> <p>Gals' Coffee Group 9:30-11:00am</p>
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**teer led, italicized programs
the summer months. If in**

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 1:00pm-2:30pm
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
<i>*Ballet & Flamenco Dance</i>	1:00-2:30pm (resumes Sep 6)
Ladies Snooker	1:00-3:00 pm
Whist	1:00-3:30 pm
Table Tennis	1:00-3:30 pm
<i>*Ukulele for Beginners</i>	1:30-3:00 pm (resumes Sep 6)
<i>*Computer Help By Appt</i>	1:30-3:30 pm (resumes Sep 13)

** please note: as most of our activities are volunteer led, italicized programs reflect limited programming or "on hiatus" over the summer months. If in doubt, call ahead to confirm.*

THURSDAY

Walking Club	8:30-9:30 am
Chair Yoga	9:15- 10:15 am
Optimizing Brain Fitness	10:30-11:45 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.

Remember: Everything in moderation!

After all that exercise, join us the last Wednesday of every month at **2pm** for

Pie, Ice-Cream & Coffee - only \$3.50!

Pitt Meadows Seniors Activity Centre



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

**WE WOULD LIKE TO
ACKNOWLEDGE**



**FOR DONATING ANOTHER FOOD TRAY
TROLLEY FOR OUR SENIORS AT OUR
RMSS 224th LUNCHROOM**

THANK - YOU!!!





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.

Interested in:

- How Your Brain Works, and Changes? Focusing Your Brain?
- The Care and Feeding of Your Brain? Enhancing Your Memory?
- Creativity and the Playful Brain? ...and more???



Join in our next DVD series: **OPTIMIZING BRAIN FITNESS**

A 12-part series covered in 6 weeks!

Format: 30 minutes of DVD (one session)
15 minute break (coffee break)
30 minute of DVD (second session)

Thursday mornings: July 6th - August 10th

10:30-11:45am

Drop-in fee: \$1.00

RSVP: RMSS Pitt Meadows Seniors Activity Centre 604-457-4771

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 Activity Centre.

**Summer session starts July 7th
please note: 9-10am class only
(6 Friday Sessions)**



Have YOU got programming ideas to attract the younger demographic of the 55+ crowd?

RMSS is looking for programming suggestions you feel would encourage the younger "senior" to consider membership.

*Bring your ideas on to our **focus group** and let's brainstorm over a cup of coffee.*

**Pitt Meadows Seniors Activity Centre
Lounge, Thursday, September 7th, 7pm**

**Maple Ridge Seniors Activity Centre
Social Activity Room, Wed., Sept. 13th, 7pm**



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.

Summer Sessions: Tuesdays, July 11, 18, 25 & August 22, 29 10-11am.

Drop in Fee: \$5.00

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

FITNESS PROGRAMS – Drop in fee ranges from \$2 - 2.25 per class
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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	9:00 Fit & Fun after 55*	10:00 Chair Fit
4:00 Gentle Joint & Yoga	6:30 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)

** please note new earlier start time for Fit & Fun after 55*

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.

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.



EST. 1963
**PITT MEADOWS
GOLF CLUB**

pittmeadowsgolf.com • 13615 HARRIS ROAD, PITT MEADOWS, B.C.



Thank you to Pitt Meadows Golf Club for their sponsorship of the Pitt Meadows Seniors Activity Centre's desserts for our teas this year. Each one has been beautiful, delicious, and so very much appreciated!!!

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

Al Murphy

Georgette Perry

Robert Wardrop

SENIORS WEEK



RAFFLE WINNERS:

Comfort Basket:

Lynda Jensen

Gourmet Food Basket:

Maureen Andrews

Scratch & Win Tickets:

Jeanette Hawley

THANK YOU to all who participated. Total proceeds raised were \$1007.00 which will be used towards the purchase of Recreational Equipment.



VARIETY PLUS



**"ALL THE WORLD'S A STAGE AND MOST OF US
ARE DESPERATELY UNREHEARSED."**

SEAN O'CASEY



Come and be part of the fun!

Variety Plus is currently welcoming new members. If you sing, play an instrument or just want to have fun, we have a place for you. Our goal is: "having fun with music, dance and comedy". We are looking for help with the production of our next show - singers, musicians, stage hands, ticket sales, promotions... **Let us know if this interests you!**

**Resuming Wednesday, August 30th in Hall C at 1:00pm
Maple Ridge Seniors Activity Centre.**

Contact: Carmen at 604-477-0425
or email carmen@rmssseniors.org

...and the
WINNERS
are...

- 1 Manhar and Dave
- 2 Kathy Bye and Rhoda Taflor
- 3 Eileen Ross and Marion Cockrill
- 4 Laura Low and Donna Lycett

From the June 10th Bridge Tournament

- 5 Walter Schmid and Mike
 - 6 Robert Bonkowski and Lou Huberman
 - 7 Arline Browning and Roz Richardson
- Winner of the 50/50 was Sharon Drysdale

GOLDEN SENIORS WELLNESS CLINIC - DIZZINESS (Vertigo)

Dizziness is a major cause of falls in seniors. Often it is a vague symptom which can interfere with daily activities. Three things help us maintain a stable upright posture: the vestibular labyrinth in the inner ear, good vision, and intact brain function (including brain, spinal cord and sensory input, especially from our joints). These change with age increasing the incidence of dizziness. There are four types of dizziness: True Vertigo, Lightheadedness, Anxiety, and Disequilibrium.

True Vertigo is a feeling of disorientation combined with a sensation of rotary motion. The person may experience nausea and vomiting, tinnitus, sweating, difficulty maintaining balance and may fall during an episode of vertigo. Nausea and vomiting resolve in a few days but some imbalance may persist for a few weeks. A viral infection in the inner ear may cause spells of vertigo. Benign positional vertigo is brought on by movement, such as rolling over in bed, and is a frequent cause of dizziness in the elderly. Symptoms may last less than a few seconds to less than one minute, then stop. Cawthorne balance exercises for vertigo have been shown to help. (<http://foothillentcare.com/cawthorne.pdf> or check with a physiotherapist.)

Meniere's disease is a disorder that affects the inner ear causing vertigo, hearing problems, and often a ringing in the affected ear. Individuals with Meniere's can have intermittent, chronic and recurrent attacks of vertigo lasting from a few minutes to 24 hours. The attacks may recur weekly, monthly or yearly. Medication may be helpful in reducing some of the symptoms. Strokes are another common cause of vertigo. Taking high blood pressure, blood thinner or cholesterol medication regularly, and healthy lifestyle changes are important in preventing stroke.

Lightheadedness causes a sensation of feeling faint, as if a blackout may occur. It is due to a decrease in the quality or quantity of blood going to the brain. Low blood sugar in someone with diabetes is one cause of poor quality of blood going to the brain. An irregular pulse or medication that causes the blood pressure to drop on standing may reduce the quantity of blood going to the brain.

Anxiety and depression may cause dizziness, check with your doctor.

Disequilibrium dizziness is described as the feeling of unsteadiness, not vertigo, and difficulty maintaining balance when walking or turning. There can be many reasons for this unsteadiness. There are sensors in the spinal joints of the neck.

GOLDEN SENIORS WELLNESS CLINIC

Dizziness associated with rotating the head may be caused when these sensors are not working properly. Doing exercises to improve the range of neck motion and relying more on vision can help. Poor vision can contribute to impaired balance; have your eyes checked regularly. Medications which dull brain function (alcohol, benzodiazepines, sleeping medications and anti-anxiety medications) can impair walking and balance. Ask your pharmacist.

Check with your doctor to help you understand and manage dizziness symptoms.

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!

** please note: Wellness Clinic will be closed during the month of August*

SENIORS HELPING SENIORS – HISTORY PROJECT

Our History project has been gathering steam, and we have been able to gather many interviews from RMSS members reaching back into early years. Many people have given huge amounts of their time as volunteers, or willing helpers with the routine operations of the centre, and are in the process of being interviewed, they also bring their own interpretation of certain happenings that have taken place over the years.

Line dancing became quite popular 30 years ago and Peter Rogers took it upon himself to run regular sessions to the enjoyment of many people at the time. Many years ago there were also regular times for Square dancing, this was also well attended. Bonny Klovance is now in possession of interviews that have been concluded.

The project is always looking for **stories from any past members, or past directors**, as they will be closer to the event than anyone. Of particular focus is the crucial time of transition from the old E.C.R.A. Building (where the Leisure centre now is) to the present building complex. With this in mind we were able to bring some of the members who were on the Board at the time to a luncheon. There, we could bring back some of the anecdotes, and the recollections of one person would jog the memory of another. The project is moving on to where will be considering how to find funds to put it all into easily readable context and have it published. Our local paper will be contacted as to a follow-up story on the progress of this project.

Our committee consists of some very enthusiastic members that are taking it upon themselves to gather stories that are still hanging around in the ether and more attention will be paid to stories from the seniors of our neighbour city to the West.

If you would like to get involved with this project please contact:

Bob Foster 604-463-3034
or Bonny Klovance
604-467-0657
email:
bklovance@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**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ron 604-467-2026	Jeri 604-842-6595	Claudia 604-467-8385	Anne 604-763-5623	Claudia 604-467-8385
Michelle 778-288-1538	Michelle (afternoons only) 778-288-1538	Michelle 778-288-1538		Ron 604-467-2026

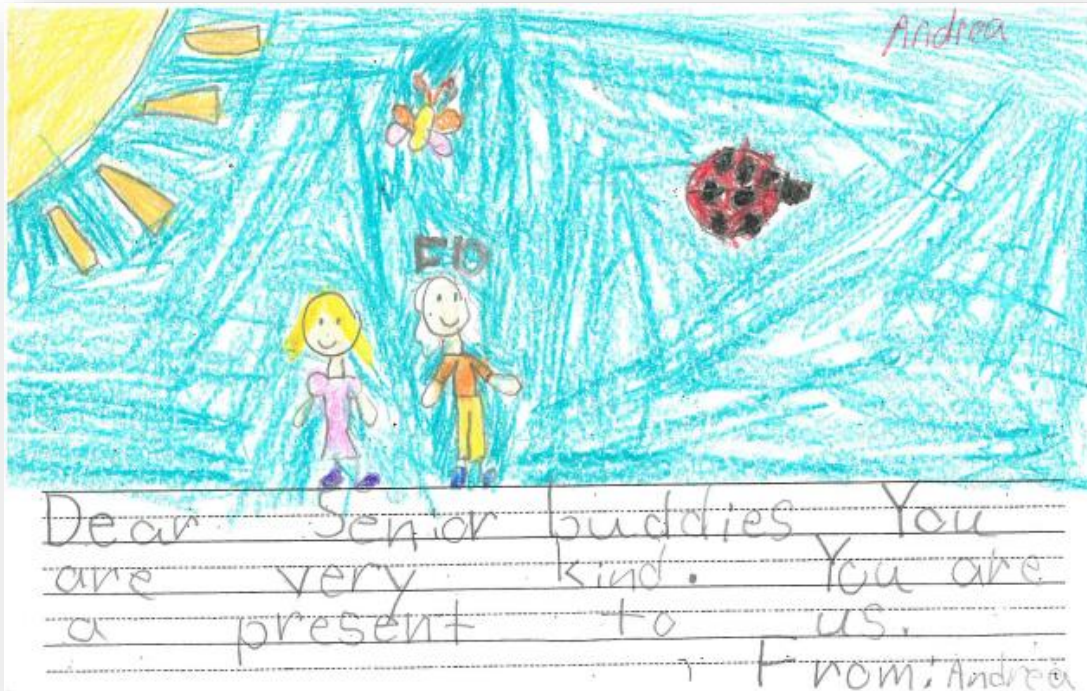
**A relief driver
Gillian Hodge may be
available only if you
find that none of the
drivers are available
604-476-2109**

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

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

 Contact Joys at 604-477-0425

INTERGENERATIONAL PROGRAM

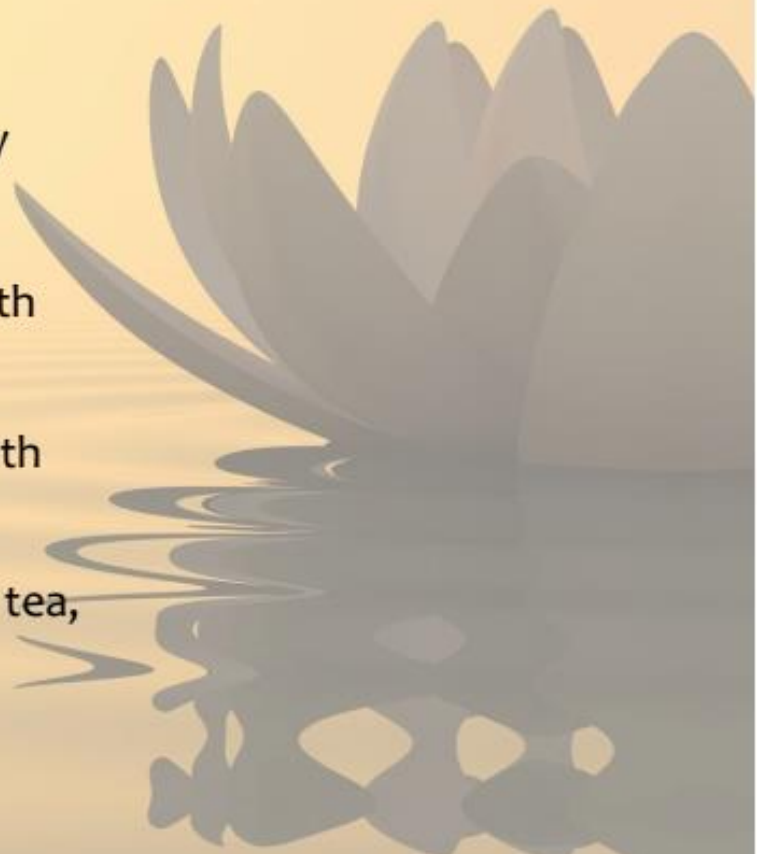


Another year of the Pitt Meadows Reading Buddies Program with Highland Park Elementary School has come to a close. Monthly, during the school year, some of our seniors had given an hour on a Friday morning to read to small groups of children. A great time was had by all - and appreciation has been expressed as seen in these drawings. Thank you to our senior Reading Buddy Volunteers! You truly ARE a present to us!



UPCOMING SPECIAL EVENT**MOVE, BREATHE and FREE YOUR SPIRIT****Sunday, September 17th, 2017****2-4:30pm****At Pitt Meadows Seniors Activity Centre****19065 119B Avenue, Pitt Meadows****Pre-registration required: 604-457-4771****Cost \$15.00****SCHEDULE:**

- 30 minutes TAI CHI with Kay
- Break: tea & muffins
- 30 minutes CHAIR YOGA with Lynda
- 30 minutes MEDITATION with Bev
- Wrap Up: time to visit over tea, cheese & crackers



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
<p>Pitt Meadows</p> <p>Drop in Lab- No instructor</p>	<p>Pitt Meadows</p> <p>10:30-12:30</p> <p>One on One computer help by appointment.</p> <p>Call 604-457-4771</p> <p>\$2</p>	<p>Wednesday</p>	<p>Pitt Meadows</p> <p>10:30-12:30</p> <p>Drop in Lab: computers, tablets, laptops</p> <p>\$1</p>
<p>Maple Ridge</p> <p>10:00 Basics: Email, Internet, Camera, Spreadsheets</p> <p>\$1</p> <p>Call Walter</p>	<p>Pitt Meadows</p> <p>1:00-2:30</p> <p>One on One computer help by appointment.</p> <p>Call 604-457-4771</p> <p>\$2</p>	<p>Pitt Meadows</p> <p>1:00-2:30</p> <p>One on One computer help appointment</p> <p>Call 604-457-4771</p> <p>\$2</p>	<p>Maple Ridge</p> <p>10:00 Basics: Email, Internet, Camera, Spreadsheets</p> <p>\$1</p> <p>Call Walter</p>

Gone fishing until September



*PLEASE NOTE: The Maple Ridge Computer Room has moved
across the hall and now resides in the Library.
Please remember to call Walter to book an appointment.*

It Won't Byte

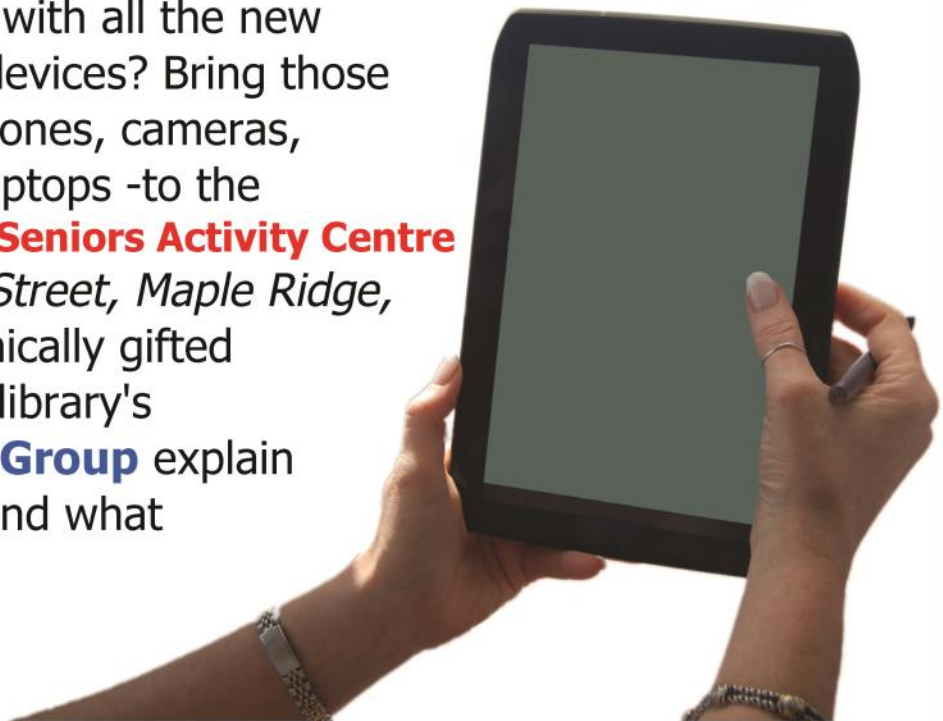
@ the Ridge Meadows Seniors Centre

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

Celebrating our Canadian Heritage in the Garden

Summer has officially arrived and we are excited to start the beginning of a new season by celebrating Canada's 150th birthday. The garden was honoured to be selected as a recipient of a 150th Tulip Garden. Last fall, the student and senior volunteers worked hard to plant the bulbs so they could stay protected beneath the ground during the snowier than average winter. The excitement grew this spring as the garden became a vision of red and white leading up to our Blooming Ceremony to celebrate Canada, our diversity and all the commonalities that bring us together. Gardening is a universal language that allows us to tune into nature and to share a sense of pride as we work together. As we grow and harvest our fresh fruits and vegetables, it fills our hearts and souls with a sense of accomplishment.

Canada's 150th birthday brings a chance for me to personally reflect on all the generations that have gone before making it possible for me, and others, to learn from their perspective and experience - how crops adjust thru the tough times and how resilient plants continue to thrive in varying conditions. Recent gardening trends are toward a multiple season productive garden. For this to be possible, gardeners must always try to remain a step ahead. In recent years, for many home gardeners, July and August were a time of year to worry primarily about watering and harvesting.

Additionally, now is the time we must begin planting our fall and overwintering veggies, and begin seed harvesting for next year's garden. We are learning the skills to become more self sufficient like the generations of the past.

***Gardeners tip:** Remember to dead head, pinch back and fertilize your summer flowering annuals to keep them looking good right through until fall's first frost. Happy Gardening!

If you are interested in learning more about us, please contact Garden Coordinator Heather (604) 837-8915 or email gardencoord@gmail.com.

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, call Jennifer at (604) 457-4771
padmin@shaw.ca

Preventive Dental Care for Seniors
at
Ridge Meadows Seniors Society
12150 224th Street, Maple Ridge, BC V2X 3N8



Ridge Meadows Seniors Society
On Fridays by Appointment

604-790-8814

Kornelia, Registered Dental Hygienist

Accepting most of the insurance carriers

Rising Star: Karaoke Saturdays (not on July 1st or 22nd)

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 (**not Jul/Aug/Dec*)

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. 604-961-5964 (**not during Aug*)

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 (**on summer break*)

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: Nicole 604-367-0459

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

Getting to Know Dementia

An introductory session for the person with dementia, care partners and family members.

July 2017 Workshop



This introductory session reviews basic information about Alzheimer's disease and other dementias and the impact of receiving a diagnosis. Participants will learn about the different types of support available throughout the dementia journey, including an introduction to programs and services offered by the Alzheimer Society of B.C.

This session is only intended for people experiencing early symptoms of dementia, as well as family members or friends who have recently begun supporting a person with dementia.

Date: Tuesday July 4, 2017

Time: 1:30 – 3:30 p.m.

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

Cost: By donation

Call to register: 604-298-0780

E-mail: info.burnaby@alzheimercbc.org

Partially funded by:

Province of B.C., Provincial Employees Community Services Fund, RBC Foundation, NWM Private Giving Foundation, Seaciff Foundation, The Phyllis & Irving Snider Foundation, The 1988 Foundation, Margaret Rothweiler Charitable Foundation, Tony & Mignon Fenton Trust, R.K. Grant Family Foundation, Frank & Yvonne McCracken Foundation, Cadillac Fairview, London Drugs Foundation, Division 15 Mechanical Ltd., Jack Brown & Family Alzheimer Research

Grieving Losses During the Dementia Journey

July 2017 Workshop



The dementia journey requires ongoing adjustment to many changes that occur throughout the early, middle and late stages of the disease. Grief is the natural and necessary process to all of these changes that involve loss.

This workshop is an opportunity to explore the loss and grief issues of the dementia caregiving experience. There will be time for participants to consider some suggestions for weathering these losses.

Date: Tuesday July 11, 2017

Time: 1:30 - 3:30 P.M.

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

Cost: By donation

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

Call to register: 604-298-0780

E-mail: info.burnaby@alzheimercbc.org

Partially funded by:

Province of B.C., Provincial Employees Community Services Fund, RBC Foundation, NWM Private Giving Foundation, Seaciff Foundation, The Phyllis & Irving Snider Foundation, The 1988 Foundation, Margaret Rothweiler Charitable Foundation, Tony & Mignon Fenton Trust, R.K. Grant Family Foundation, Frank & Yvonne McCracken Foundation, Cadillac Fairview, London Drugs Foundation, Division 15 Mechanical Ltd., Jack Brown & Family Alzheimer Research



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



Another successful Seniors Week was enjoyed at RMSS including our 3rd Annual Fit 4 Life Sports Day. The above photo shows all of our medal recipients!

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

