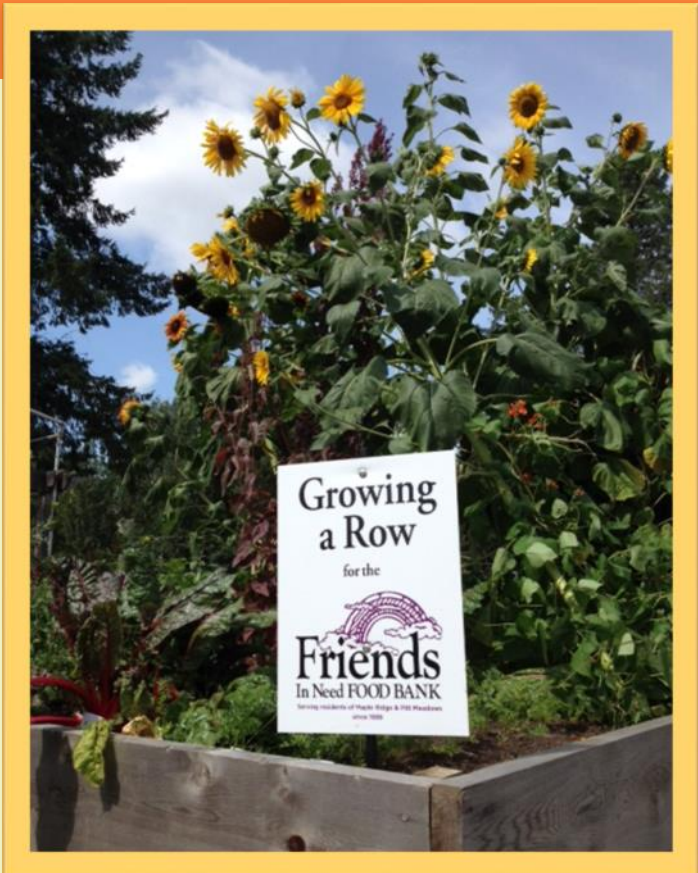


GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
 September & October 2017 Issue



FACILITY HOURS

Maple Ridge Seniors Activity Centre

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

Hours of Operation
 Monday-Friday 8:00 am - 10:00 pm
 Saturday 8:00 am-4:00 pm
 Sunday 9:00 am-12:00 pm
 Closed September 4th and October 9th, 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 September 4th and October 9th, 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

Hi there, everyone.

Was that an interesting summer or what? Don't recall another year with this much heat and all the smoke in the air. I know a number of our members were suffering, but hopefully not too badly, and I have not heard about anyone being forced to hospital. Hopefully by the time you read this, enough wind has blown or rain has fallen to clear the air.

A busy summer none the less, with in particular, the steering committee working under Bev Schmahmann and the "Here We Are! Intensify Your Laugh Lines" project. Her blue shirted and fedoraed volunteers were in so many places, that some people thought we were sponsoring the events. Not a bad impression to leave.

As we head into fall, Carmen has a number of projects in the works that I am sure will provide some unique activities for our members. One of which will be a "Cruise Into Fall" Open House in Pitt Meadows to further expose the centre to the community, and Open Forum discussions at both centres for members to express their thoughts and ideas on additional programming, particularly evening program for our younger 55+ seniors who may still be working during the day.

Some of our strata related issues are frustratingly slow to get going. The outside of the building has been painted at long last but we are still waiting on flooring and doors for the main halls. Part of the problem is getting three different quotes, all with the same details and plan. Ongoing projects that we will not let get away.

And last but not least, we have our Annual General Meeting scheduled for September 27, 2017. An announcement will be posted on the bulletin boards for date and time, and elsewhere in this issue. We will potentially have some revisions to propose for our constitution and by-laws. The board is working on these now and if they go forward, they will be posted on the bulletin boards well in advance of the meeting.

Happy fall everyone, and remember, stay active. It is good for the body and mind.

Don Mitchell Ridge Meadows Seniors Society, President of the Board

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

Mount Baker

Monday, September 18 \$119 * *additional date added*

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 (WSDOT). 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 latesummer. 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

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

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 it to :

carmen@rmssseniors.org

CIRQUE DU SOLEIL - KURIOS

Saturday, November 4th - \$149

** additional date added; note different times*

Maple Ridge 2:15 - 9:15pm

Pitt Meadows 2:30 - 9:00pm

Cirque du Soleil is a dramatic mix of circus arts and street entertainment.

KURIOS - Cabinet of Curiosities where reality is relative. Step into the curious cabinet of an ambitious inventor where the visible becomes invisible, perspectives are transformed, and the world is literally turned upside down.

KURIOS is "Not to be missed on any account". - *CHICAGO TRIBUNE*

This tour includes door to door service, ticket to Cirque du Soleil 4:30pm show, escorted entry/seating, and a delicious dinner at Calabria Italian Cafe on Commercial Drive.

**Please note: additional food purchases are cash only.*

HERE WE ARE! INTENSIFY YOUR LAUGH LINES

Saturday, November 18th 2017 - FOR MORE DETAILS SEE INSERT

Tickets on sale early September \$6.00

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 "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.

"Here We Are" - out in the community!

Tuesday, August 29th:
Royal Bank Maple Ridge
11am-3pm

Thursday, August 31st:
Shoppers - Pitt Meadows
10am-noon

Thursday, August 31st:
Shoppers - Maple Ridge
10am-noon

Saturday, September 16th:
Haney Farmers Market
9am-2pm

Saturday, October 21st:
Haney Farmers Market 9am-2pm



ANNUAL GENERAL MEETING

The Annual General Meeting is scheduled for:

Date: Wednesday, September 27th, 2017

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

Place: Maple Ridge Seniors Activity Centre

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

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

- To proceed with business the AGM requires a quorum of 25 voting members
- Only members in good standing will be permitted to attend.
- A member in good standing, who has been a member for at least 14 days prior to the date of the AGM, is entitled to vote.
- A call for nominations to the board will be posted 30 days prior to the date of the AGM.
- Nomination forms will be available at both centres as of August 29, 2017. Nominations to the board will close Tuesday, September 12th at 3:30p.m.
- Nominations to the board may also be made from the floor at the AGM.
- You can nominate yourself if you wish and no seconder is required.

There are 5 vacancies of 9 positions for the board.



RIDGE MEADOWS SENIORS SOCIETY BOARD OF DIRECTORS

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

LEARN TO PLAY CONTRACT BRIDGE:

Whether you are new to the game, or would like to brush up on your skills, Garry and his team would like to help.

Two levels of 8 week workshops to choose from:

**Lessons start: Saturday, September 9th
9am for Beginners, 1pm for intermediate**

Must pre-register at reception. Cost is \$40.

At Maple Ridge Seniors Activity Centre

**BRIDGE TOURNAMENT FUNDRAISER**

Saturday, October 21st

Pre-registration required:

Call Sue Thiessen (604-467-6662) or email

suetee2001@yahoo.ca

Or Jeanette Reynolds (604-463-4366) or email

jeanreyn@telus.net

Player charge \$20 per person (includes lunch)

Coffee service @ 9:30am

Play @ 10:00am

Held at Maple Ridge Seniors Activity Centre

12150—224th St., Maple Ridge

Grand Prize:

1st prize \$150

2nd prize \$130

3rd prize \$110

4th prize \$90

5th prize \$70

6th prize \$50

7th prize \$30

**\$20 bonus awarded
for all grand slams
\$10 bonus awarded
for all small slams**

Cruise into Fall

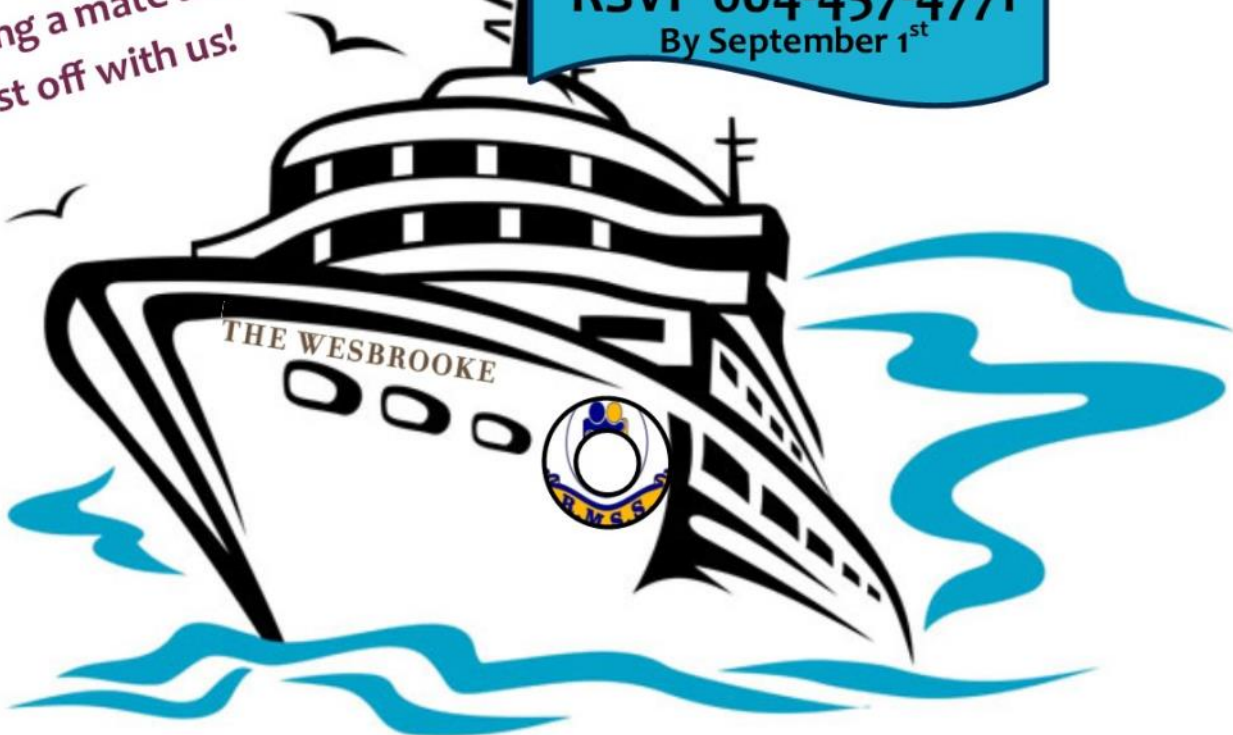
OPEN HOUSE

Wednesday, September 6th 7-9pm



*Bring a mate and
cast off with us!*

RSVP 604-457-4771
By September 1st



AT PITT MEADOWS SENIORS ACTIVITY CENTRE

19065 119B Avenue - behind The Wesbrooke Senior
Living Community

DANCING

50/50

APPIES

CASH BAR



BOOTHS

ACTIVITIES

FUN!!!



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	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
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
Flamenco Dance	11:00-noon
Tap/Jazz Dance Lessons	1:00-2:30 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
Golden Ears Bridge Club
Social Bridge
Tai Chi/QiGong
Ukulele **new class*

THURSDAY

Snooker
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
6:30-8:00 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	10:00-11:00 am
2:00-3:00 pm	Novice Line Dancing	noon-1:00pm
7:00-8:30 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
9:00-10:00 am (new time)	Line Dancing (Level 2)	2:00-3:30 pm
	Whist	7:00-9:00 pm
10:30-11:30 am	SATURDAY	
1:00-2:00 pm	Snooker	8:00-4:00 pm
1:00-3:00 pm	Karaoke	1:00-4:00 pm
	SUNDAY	
	Snooker	9:00-12:00 pm
	Gals' Coffee Group	9:30-11:00 am

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
Reboot Your Brain	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 drop-in	10:30am-12:00pm
By appointment	12:30pm-2:00pm
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



Our Snooker Club is looking for new members - call John for more info:
604-465-4144

THURSDAY

Walking Club	8:30-9:30 am
Chair Yoga	9:15- 10:15 am
Rhythm & Reach <i>*new class</i>	10:30-11:30 am
DVD Series: Reformation, Renaissance, and the Rise of Nations <i>*new class</i>	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



Pitt Meadows Seniors Activity Centre will be open Wednesdays from 9am-9pm starting **OCTOBER 4TH** - stay tuned for programs!

JOIN US! for SOUP & a BUN \$2.25
Every Friday from 11:30am-1pm at Pitt Meadows Seniors Activity Centre Come and join us for some delicious, nutritious food, and fellowship.



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



Reboot your Brain

Join us for an 8 week workshop,
with Volunteer Guide Maureen Shargool, designed to:

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

Mondays 10:30-12:30, starting September 18th

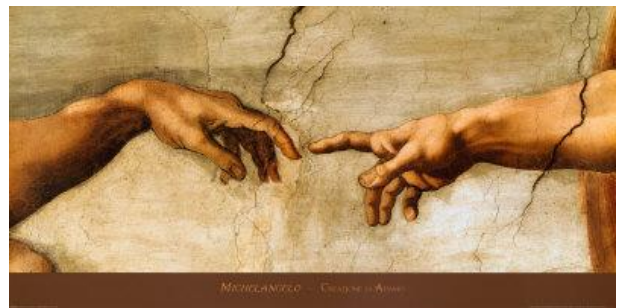
Drop-in fee \$2

at Pitt Meadows Seniors Activity Centre
19065 119b Ave Pitt Meadows 604-457-4771

Please note: This class is not suitable for those with a dementia diagnosis.



THE
GREAT COURSES



**“The Renaissance, The Reformation, and
the Rise of Nations” - DVD series**

Professor Fix covers a remarkable breadth
of subjects relating to European history
from 1348 to 1715.

**Thursdays beginning Sep. 14th and ongoing
10:30-11:45am \$1.00 Drop-in Fee**

Pitt Meadows Seniors Activity Centre



Learn & Have Fun with **OSTEOFIT** - Level 1



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

Next 4 week programs begin:

September 6 - October 16 (8 classes, 2 days/week for \$55)

Mon. 9am & Wed. 9:15am at Pitt Meadows Seniors Activity Centre

Call 604-457-4771 for more details. Classes are pre-registered*.

or

October 4 - 25 (4 classes, 1 day/week for \$27.50)

Wednesdays 1:30-2:30 at the Maple Ridge Seniors Activity Centre

Call 604-467-4993 for more details. Classes are pre-registered*.

* 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.



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.

Tuesdays 10-11am

\$25 / 5 week session: begin Sep. 26th & Oct. 31st; pre-register at reception

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

JOIN US

at Greystone Manor

GM



Sunday September 10, 2017

GRANDPARENTS DAY DINNER BUFFET

2 seatings 4:30 PM and 6:15 PM | \$15 Seniors and \$20 Adult

Wednesday October 4, 2017

BREAST CANCER AWARENESS TEA

2:00 PM | By Donation

Wednesday October 25, 2017

FALL FASHION SHOW AND LUNCHEON

11:00 AM | \$10 Lunch | Fashion by Carda Creations

RESERVATIONS REQUIRED, PLEASE CALL 604-467-2808



11657 Ritchie Ave, Maple Ridge | www.greystoneresidence.ca

Offering seniors and others affordable travel.

Trips Inclusive
except meals.

**Diamonds
travel
club**

Nashville
April 2018-FLY

Across Canada by Train 2018

Sleeper Class with meals

(Veterans Discounts)

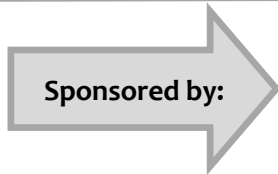
Please call 778-565-1855 and visit our website at www.diamondstravelclub.com

Vancouver Christmas Carol Ships/Karaoke
City Lights Tour/VanDusen Gardens.

SEATS ARE ALWAYS LIMITED!

INTERGENERATIONAL PROGRAM:

The United Way Schools Out Family Education & Support Centre Program is excited to bring generations together through play and crafts that will be fun for both children and seniors. The program is designed to connect school age children from Kindergarten to Gr 7 from your local elementary schools to the **Pitt Meadows Seniors Activity Centre** on **Thursdays 3-3:45pm starting October 5-November 30.** Come and have fun with us. We would love to hear your suggestions for activities for each week as you have amazing ideas.



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

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

** note: this is new class

FITNESS PROGRAMS – Maple Ridge & Pitt Meadows

Chair Fit 1

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 Yoga

A 60 minute gentle movement class that incorporates breathing exercise and basic stretching while seated in a chair.

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.

Gentle Hatha Yoga with Lynda

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

Gentle Joint & Yoga

This is a 60 minute Hatha Yoga class with minimal floor work. Please bring your own mat.

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. Those looking for a chair exercise class can continue taking the OsteoFit pre-registered class.

Rhythm & Reach - new class

Enjoy low impact dance style choreography for tons of fun followed by an extended stretch and relaxation on floor mats. Please bring your own mat.

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.

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)

Zumba Gold - Pre-Registered Class

This is a one hour modified high energy cardio dance class which incorporates balance and strength with an underlying dance flavour for adults 55+. Dance styles include cha-cha, rhumba, flamenco, salsa, mambo, swing, Bollywood, disco, tango and much more. \$25 for 5 classes.

FOUR NINE NORTH

— bar + grill —

2 for 1 Pasta Night

We invite you to join us for our famous pasta night buffet, complete with all the fixings and dessert buffet. Enjoy stunning views of the golf course in our restaurant, Four Nine North, while you enjoy our extensive wine list.

JOIN US EVERY THURSDAY FROM 5PM
RESERVATIONS RECOMMENDED // 604-465-5431

13615 Harris Road, Pitt Meadows, B.C. // pittmeadowsgolf.com

This voucher entitles the bearer to one complimentary pasta night dinner with the purchase of two beverages and one full price pasta night dinner. Valid until 12/20/2017. Limit one per table. No cash value. One time use voucher. Not valid with any other promotions or offers.



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

Annette Code
Peter Deakin
Mary Dobie
Olive Juliet Gustafson
Jouko Lahti
Larry Moorcroft
Nissar Preena
Tony Stadig

UPCOMING SPECIAL EVENTS

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

Join us for our next tea on
Friday, September 22nd, 2pm
celebrating all things **APPLE**



1st PRIZE TWO LUNCH COUPONS!

Enjoy an apple themed dessert

Compete in our apple baking contest (get your entry form at reception)

Watch the judging panel choose a winner (judging will completed by an impartial panel of hungry judges)

• Door prizes

• 50/50



Tickets: \$6 available at reception

Hosted by: Ridge Meadows Seniors Activity Centre
12150 224th St.

You are cordially invited to
The Times We Had & The Gowns We Wore
Fashion Show & High Tea



Hosted by the
White Rock Museum & Archives

Tickets \$50

Members \$45

Saturday September 23, 2017

2:00 pm - 5:00 pm

At The White Rock Community Center
(Russel Avenue)

Fancy Hat or Fascinator Contest!

www.facebook.com/ExquisiteElegancebyElke

Purchase Tickets at White Rock Museum & Archives
14970 Marine Drive, White Rock, BC 604-541-2221

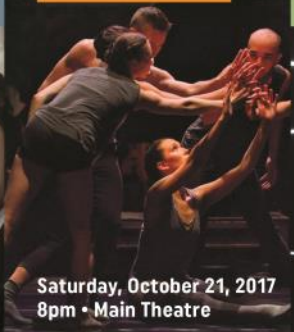


The Bergmann Duo
PianOpera



Thursday, October 5, 2017
Coffee at 10am • Concert at 10:30am

Ballet Kelowna
Canadiana Suite
A Sesquicentennial Celebration



Saturday, October 21, 2017
8pm • Main Theatre

François Houle
with The Bergmann Duo
Classical, Cuban,
Creative—Clarinet



Thursday, November 9, 2017
Coffee at 10am • Concert at 10:30am



theactmapleridge.org

mapleridgeact @mapleridgeact mapleridgeact

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



GOLDEN SENIORS WELLNESS CLINIC - STROKE

A stroke is a loss of function due to sudden damage to the brain and is a major cause of disability worldwide. The cause is either a blocked blood vessel preventing blood flow to a part of the brain (85 per cent), or the bleeding into the brain tissue from a broken blood vessel (15 per cent). The symptoms of a stroke vary, depending on which part of the brain has been damaged and how large that area of damage is.

The good news is that prevention and early treatment over the past 30 years have helped reduce the suffering caused by strokes. One major reason for the decrease is likely due to better blood pressure control.

Besides older age, many medical conditions increase the chance of having a stroke. Major risk factors include high blood pressure, smoking, high cholesterol, diabetes, heart disease, including heart rhythm disturbances, and narrowed arteries in the neck. Less important factors include obesity and heavy alcohol use. Treatment of these conditions can lower the risk of stroke.

Having high blood pressure (greater than 140/90 mmHg or greater than 130/80 mmHg for those with diabetes) quadruples the risk of stroke. For all age groups, lowering the blood pressure is useful in reducing the chance of stroke. It also helps to reduce the risk of heart attacks. Smoking increases stroke risk by two-to four fold. Within two to five years after stopping smoking, stroke risk falls. Treatment of high cholesterol levels through a low-fat, low-cholesterol diet, exercise and lipid-lowering medication reduces the risk of stroke by one-third. Prevention of obesity by diet and exercise may reduce the risk of type 2 diabetes that develops in middle and older age. Preventing diabetes can reduce stroke incidence overall.

After a stroke, an anti-platelet medication (blood thinner) may be prescribed depending on the patient's individual circumstances to reduce the risk of another stroke.

High blood pressure, high cholesterol levels and narrowing of the carotid arteries are frequently present without any obvious symptoms. Regular check-ups by a nurse practitioner or family doctor are useful in detecting these problems early so that effective treatment can be started.

If someone in your family has had a stroke, you may have a risk factor and you should have regular check-ups to promote early detection. Stopping smoking, moderating alcohol consumption and managing weight are other lifestyle changes that you can choose to further lower your risk of this debilitating disease.

GOLDEN SENIORS WELLNESS CLINIC

The following signs may indicate a stroke or the onset of a stroke. They may last a few minutes or a few hours. If you experience them, or notice them in another person, you should seek emergency medical help immediately.

Weakness, paralysis or numbness on one side of the face or body.

Sudden, severe headaches, especially if unusual for you.

Difficulty swallowing, talking or understanding speech

www.stroke.org suggests using the acronym **FAST** as an easy way to remember and identify the most common signs of a stroke.

F- facial drooping, **A-** arm weakness, **S-** speech difficulties, **T-** time to dial 911

Elaine Cooke, Pharmacist and Certified Diabetes Educator

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.

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!



Sobey's National Pharmacy will be here
to administer flu shots* on the following dates:

MAPLE RIDGE ACTIVITY CENTRE

Tuesday, October 17th 9:30am-3pm

PITT MEADOWS SENIORS CENTRE

Thursday, October 19th 9am-3pm

**Flu shots subject to availability*

SENIORS HELPING SENIORS – CHRISTMAS IN JULY FUNDRAISER

MANY THANKS FOR HELPING US RAISE OVER \$2900!!!

A very BIG THANK YOU to: Karin Edberg-Lee, Lynda Nelless, London Drugs, RMSS, Maple Ridge Seniors Village, RMSS Craft Ladies, Buttons and Bows, Chartwell Willow, Haney Builders, Save On Foods, The ACT, Friendly Nails, Once Upon A Tea Leaf, Triple Tree Nurseryland, Cremino Gelato and Caffe and ALL the others who contributed to make our Seniors Helping Santa Gala Fashion Show fundraiser a huge success! Thanks also to our SHSanta committee. A job well done!



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: contact Joys 604-477-0425**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cathy 778-227-8970	Jeri 604-842-6595	Claudia 604-467-8385	Anne 604-763-5623	Cathy 778-227-8970
Michelle 778-288-1538	Michelle (afternoons only) 778-288-1538	Katrina 778-388-3276	Cathy 778-227-8970	Claudia 604-467-8385
		Michelle 778-288-1538	Michelle (afternoons only) 778-288-1538	Katrina 778-388-3276

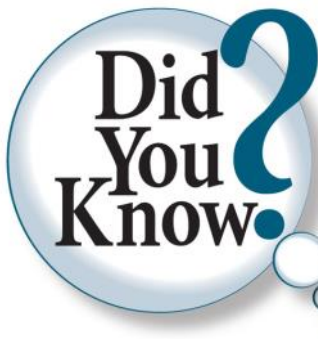
**A relief driver
Gillian Hodge may be
available only if you
find that none of the
drivers are available**

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 604-380-0517



Did you know there is a difference between HANDICAPPED designated parking and WHEELCHAIR ONLY parking?

PLEASE leave the parking slip adjacent to the front entrance for those who use a wheelchair, as the posted sign shows.

ADDITIONALLY,



Let's avoid "WALKER CONGESTION" in the Lunchroom. We need to allow for clear pathways for all. If you use a walker, please consider asking someone to park your walker near the entrance by the windows. There are many helping hands who would be willing to help.



Help support our Friends in Need FOOD BANK.

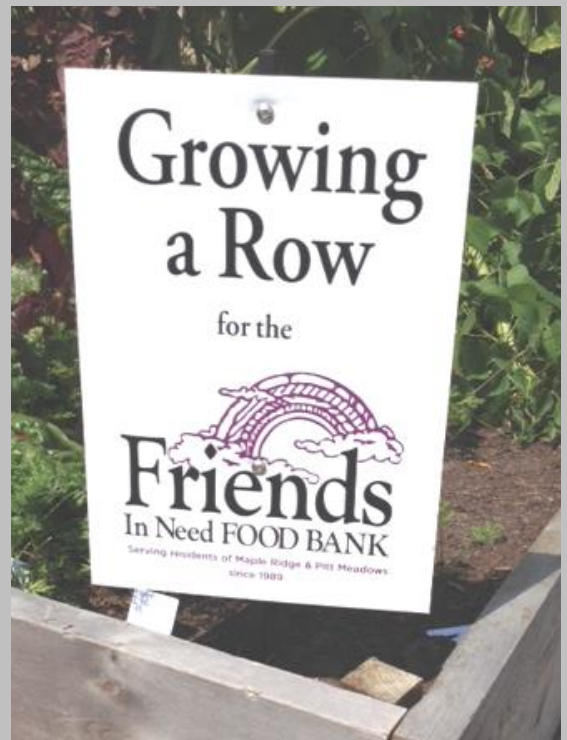
This October ghosts, witches, skeletons and more are displayed in spooky settings to provide an enjoyable Halloween experience in our

"HAPPY HAUNTING GROUNDS"

25747 124th Ave., Maple Ridge (Websters Corner)

For more information call Lynda at 604-462-7537

All donations of non-perishable food items or cash go to our Food Bank



Getting to Know Dementia

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

September 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: Wednesday, September 27, 2017

Time: 6:30 - 8 p.m.

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

Cost: Free admission, donations appreciated

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, Frank & Yvonne McCracken Foundation, Wheeler Family Foundation, The Belmont Foundation, Paul Lee Family Foundation, Jack Brown & Family Alzheimer's Research Foundation, Victoria Foundation, Dr. Woo Hon Fai Memorial Foundation, Colin & Lois Pritchard Foundation, Don & Lynn Bendickson Foundation, Cadillac Fairview and the generous contributions of individual donors.



Emerald Pig Theatrical Society

Things That Go Bump In The Night

A unique evening of
Dinner Theatre
Music, Magic
and Mayhem

Tickets \$35

Eventbrite

October 20 - 21
at
The Open Door

October 27 -28
at the Pitt Meadows
Seniors Centre
(catering by The Wesbrooke)



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AND RECEIVE \$50 WHEN
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THEIR NEW HEARING AIDS
OR REFER YOURSELF AND
GET UP TO \$500 OFF A PAIR
OF HEARING AIDS

CALL TO BOOK YOUR APPOINTMENT TODAY!

604-510-2299

Drop-In Service Clinics: Monthly

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

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
Maple Ridge 10:00 Drop-in Basics: Email, Internet, Camera, Spreadsheets \$1	Pitt Meadows 10:30-12:00 Drop-in Lab: computer help by appointment. Call 604-457-4771 \$1		Maple Ridge 10:00 Drop-in Basics: Email, Internet, Camera, Spreadsheets \$1
	Pitt Meadows 12:30-2:00 One on One computer help by appointment. Call 604-457-4771 \$2	Pitt Meadows 1:00-3:30 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



PLEASE NOTE: The Maple Ridge Computer Room has moved across the hall and now resides in the Library.

It Won't Byte

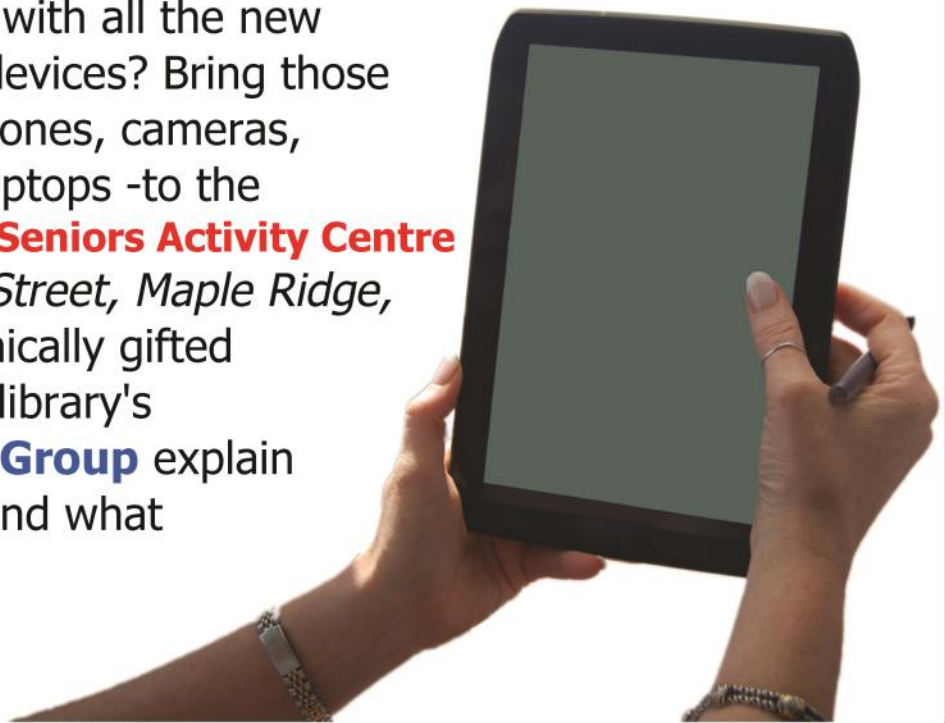
@ the Ridge Meadows Seniors Centre

Tuesdays,

Sept 5, Oct 3, Nov 7, Dec 5

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

Lots Growing On at the Intergenerational Garden this Summer

Although the summer has been hot and dry, volunteers at the Intergenerational Garden have faithfully kept everything growing, including local Vancity staff who have been helping out! The garden is a jewel in the neighbourhood and people walking by love to see what's growing. If a community gardener or volunteer is there, please say hello and stop in for a visit! I've been away from the garden for about a year, so for me, it was wonderful to see what's changed and what's the same:

there's an herb bed, and those herbs are wonderful for the food being prepared at the schools this autumn;

the strawberries are still flourishing as are the blueberry bushes and the haskaps (also known as blue-berried honeysuckle or sweet berry honeysuckle); the honeysuckle vine is no longer blooming, but they have beautiful red berries on them now;

the sunflowers are always amazing; I always wonder how they grow so tall in such a short period of time;

Our male kiwi is looking very happy and now it just needs a female kiwi so it can produce some delicious fruit;

the asparagus is establishing itself and has now turned into a beautiful fern-like plant in preparation for giving us tasty spears next spring;

many plants in the garden are going to seed so the children can learn about seed saving for sustainability. The carrot is one of the most beautiful specimens when it flowers

This list could go on, but we invite others to come see for themselves and consider joining us in volunteering. Besides watering and harvesting in the summer, some volunteers help students at the garden in the spring and autumn, and some do jobs like shoveling soil and pulling weeds. Whatever your interest might be, we have an amazing coordinator there to help, and you're guaranteed to enjoy it!



- written by Sheila Pratt, Garden Volunteer

Heather Jonatschick, Coordinator

email: gardencoord@gmail.com or call (604) 837-8915

ROOM RENTALS

Need a place for a business meeting? AGM? Wedding or Special Event? Room rentals are available at both the RMSS Maple Ridge and Pitt Meadows Seniors Activity 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 **604- 457-4771** pmadmin@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

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604-477-1786

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: Minds in Motion Registered Program

Meets: Fridays 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. 604-961-5964

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: Nicole 604-367-0459

T.O.P.S. Chapter #1368

Meets: Thursdays

Time: 6:00 pm

Contact: Carol Rozell 604-996-2062

T.O.P.S. Chapter #2304

Meets : Mondays

Time: 6:00 pm

Contact: Linda 604-467-2558

Town 'N Country Square Dancers

Advanced Meets: Mondays 7-8:30pm

Beginners Meets: Wednesdays 7-8:30pm

Intermediate Meets: 8:30-9:30pm

Contact: Val Saunders 604-826-3751

Rising Star: Karaoke Saturdays

Maple Ridge Senior's Centre from 1pm-4pm
 Free Admission; refreshments available; sorry, no minors



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 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 Lounge, Wed., September 13th, 7pm



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- Respite care available



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 12000 190A Street, Pitt Meadows BC
 Open 9 am - 4 pm Daily
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604.460.7006

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Managed & Operated by
 CASA GROUP



HERE WE ARE! IN YOUR COMMUNITY

RIDGE MEADOWS SENIORS SOCIETY
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- President.....Don Mitchell
- Vice- President..... Geoff Hampson
- Secretary..... Cindy Juker
- Treasurer.....Noel Rehaume
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