



GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
November & December 2017 Issue



Variety Plus invites you to their Christmas show - pg. 7; "Frosty" is wishing you the best of the season!

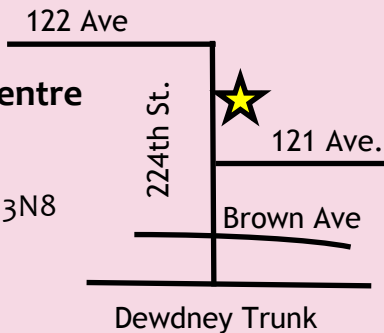


FACILITY HOURS

Maple Ridge

Seniors Activity Centre

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



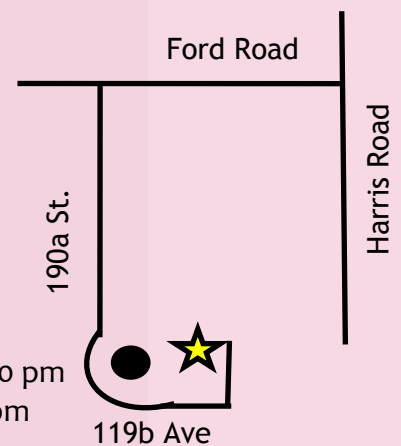
Hours of Operation

Monday-Friday 8:00 am - 10:00 pm
Saturday 8:00 am - 4:00 pm
Sunday 9:00 am - 12:00 pm
Closed November 11th & 13th, 2017
Closed December 25th & 26th, 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
Wednesday 9:00 am - 9:00 pm
Closed Saturday & Sunday
Closed November 11th & 13th, 2017
Closed December 25th & 26th, 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.

STAFF PHONE DIRECTORY:

Operations Manager, Maria Perretta

604-477-9985; maria@rmssseniors.org

Administration Assistant, Nancy Markham

604-467-4593; rmsscoordinator@shaw.ca

Outreach Services, Bev Schmahmann

604-380-0516; info@rmssseniors.org

Activity Coordinator, Carmen Tischer

604-477-0425; carmen@rmssseniors.org

Volunteer Coordinator, Joys Sooley

604-380-0517; joys@rmssseniors.org



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.

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MESSAGE FROM THE RMSS PRESIDENT

Hello and “Happy Fall” everybody. We are there.

Thank you to all that attended the Annual General Meeting and voted to re-elect me to another term as President. Also re-elected was Fran Preston and welcome aboard to two newcomers – Gary Spence and Kathleen Spiess. As you know, we are one director short of a full nine member board and we will be looking for a person to fill that spot. It is much easier to work with a full board, both for committee work and for the opinions and ideas that come from around the table.

Two things happened at the AGM, one being the passing of bylaw amendments. I did try and explain them at the meeting and questions were asked, but if you still have questions or want to understand better what the intent is, please ask me or any one of the directors. Secondly, we were perhaps not as clear as we could be that the AGM package is available about two weeks before the meeting if you wish to get it and read in advance. The comment at the meeting was that there was not enough time to read it all when you get it coming in the door. If after reading all of the reports in the package you have questions, again, please ask myself or any board member for further explanation. If we don't have the answer, we will get it for you.

As you read this, we will have had our first month of Wednesday night openings in Pitt Meadows under our belt, and if the first one was any indication, they will have been well supported and have brought in new members. Next up will be additional evening openings and expanded kitchen offerings. Staff is working on a plan to make the kitchen happen, so watch for that in the near future.

Speaking of food, Elaine and her crew in the kitchen in Maple Ridge put out another excellent turkey lunch for Thanksgiving. The only problem with that is, everybody is now anxiously awaiting the Christmas lunch so Elaine and crew can do it all over again. Good job ladies.

Speaking of Christmas, it is coming, and our Seniors Helping Santa group is hard at work getting the packages ready for our seniors in need, the Christmas lunches are being planned, and decorations will be going up.

So, MERRY CHRISTMAS EVERYBODY! Hope it is a good one for all.

Don Mitchell Ridge Meadows Seniors Society, President of the Board

BUS TRIPS

Polar Express - Saturday, December 16th - \$109

Maple Ridge 9:15am - 5:45pm

Pitt Meadows 9:30am - 5:30pm

Kick off the Holiday season with family and grandchildren aboard the 9th Annual Polar Express! West Coast Railway Heritage Park in Squamish operates Canada's only Polar Express designed to delight and inspire as it makes it's magical round trip journey to the North Pole. The one-hour train ride is filled with magic, music, stories and on board refreshments Polar Express style. Includes coach ticket, one mini train ride and entry to the "North Pole Workshop", the "Gingerbread Village" and lunch on the Squamish River at the Watershed Grill in Brackendale.

- Activity Level: Easy

PACKAGE INCLUDES:

- Polar Express coach ticket
- Admission to North Pole Workshop and Gingerbread Village
- Mini train ride
- Lunch Watershed Grill
- All fees and taxes

Please note: to encourage families to be able enjoy this trip together, the "RMSS members' only" privilege for trip is being waived for up to two family members

Federico's Supper Club - Thursday, January 25th - \$129

Maple Ridge 5:00pm - 11:00pm

Pitt Meadows 5:15pm - 10:45pm

Take a trip back in time to Federico's Supper Club for an evening of dining, entertainment and dance in Little Italy on Commercial Drive. *-Activity Level: Easy*

PACKAGE INCLUDES:

- Federico's Supper Club
- Three course Italian Dinner
- House musicians and entertainers
- Showman Federico Fuoco
- Commercial Drive Tasting Tour
- All fees and taxes

ITINERARY:

- 6:15pm** - Commercial Drive Tasting Tour
- 77k Freeze Iceberg Lounge (ice cream)
- Calabria Bar (cannoli + hot drink)
- 7:00pm** - Federico's Supper Club
- Three course Italian Dinner
- Entertainment
- Dancing (optional)
- 10:00pm** - Depart

BUS TRIPS

Chinese New Year Celebration - Sunday, February 18th - \$79

Maple Ridge 9:30am - 5pm

Pitt Meadows 9:45am - 4:45pm

This exciting, fun-filled event features the annual parade with lion dances, marching bands, parade floats, martial arts performances, cultural dance troupes, firecrackers, and more.

PACKAGE INCLUDES:

- Chinese New Year Parade
(escorted entry, covered viewing)
- Multi course lunch Peaceful Restaurant
- Dr. Sun Yat-Sen Classical Garden
- All fees and taxes

ITINERARY:

10:45am - Chinatown Plaza Keefer St.

11:00am - Chinese New Year Parade

12:30pm - Depart

12:45pm - Tsui Hang Village (lunch)

2:45pm - Dr. Sun Yat-Sen Garden

- street performances/demonstrations

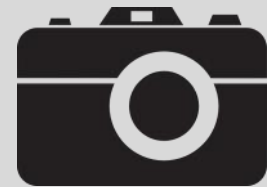
4:00pm - Depart



Want to share a trip photo?

Please email your
submission to:

carmen@rmssseniors.org



NOTE: bus trips are for RMSS members only. Please ensure your membership is up to date.

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.

CHRISTMAS IS COMING

Celebrating Christmas at RMSS

CHRISTMAS LUNCH:

Pitt Meadows Centre

Tuesday, December 5th 12:30pm \$18.00

19065 119B Avenue 604-457-4771

Maple Ridge Centre:

Friday, December 8th 12:30pm \$15.00

12150 224th Street 604-467-4993

Tickets go on sale November 1st at reception



CHRISTMAS TREE DECORATING AND CAROL SING-ALONG:

Maple Ridge Centre:

Wednesday, Nov. 29th 1:30pm

Pitt Meadows Centre:

Thursday, Nov. 30th 1:00pm

Hot chocolate provided

**Bring a sampling of your Christmas Baking
to share.**





VARIETY PLUS PRESENTS

CRUISING THROUGH

Christmas

DECEMBER 1st & 2nd at 2:00pm

Door Prizes! Refreshments!

TICKETS: \$8.00 in advance - \$10 at the door

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



Variety Plus is always welcoming new members - Spring Show rehearsals start in January, Wednesdays at 1pm. For more info call Carmen: 604-477-0425.

WHAT'S HAPPENING AT RMSS?



Jim Inglis, one of our Line Dance instructors, seen here with his PM class, received his 2nd Degree Black Belt in Taekwon-Do. Part of his exam included a fitness endurance component which was 2.5 hour line dance “marathon”. Congratulations, Jim!



Thank you to Shell Canada for the funds donated to purchase a piano for RMSS’ Silvertones Senior Choir. And thank you to Jim Zelinski for his part in securing this gift.

Maple Ridge Centre enjoyed an “Apple Tea” which included a baking contest - and some food taste judging.



Pitt Meadows Centre had a fabulous turn out for our “Cruise into Fall” Open House. Activities were promoted and people danced the night away!





CHRISTMAS CRAFT SALE

Sale starts at 11:00am

**OUR AMAZING
CRAFT LADIES!!!**

Maple Ridge Seniors Activity Centre, 12150 224th St.

Maple Ridge Craft Group: Tuesdays 9-11:30am New Members always welcome!

The Maple Ridge Craft group consists of approximately 35 dedicated ladies, including members that are 101 & 104 years old. Each week this group gathers to work on their many and varied donation projects which include:

- 200 newborn purple hats (in conjunction with our PM Craft Group) for Ridge Meadows Hospital (Shaken Baby Awareness)
- 100 lap robes and 100 wash cloths for Seniors Christmas hampers
- hats and scarves to Food Bank and the homeless

We have display cases in the hall and craft room, as well as a table with items for sale.

From these proceeds we donate towards: Make a Wish, Cythera House, BC/Alberta Guide Dogs, Salvation Army, R.M. Hospice and R.M. Hospital Foundation.

Much of our revenue supports RMSS programs such as the kitchen, a new Karaoke machine, even the sign out front promoting our centre's activities.

All tallied, we donate approximately \$5000 each year. PLEASE SUPPORT US so that we in turn can support others. THANK YOU!



Thanks,
Pam!

Pitt Meadows Craft Group: Wednesdays 9:30-11:30am

These women meet for coffee or tea, to socialize, to bless others by sharing their talents and abilities...OH YES, and they like to craft, too! Their generosity is most appreciated. Recent donations include: fitness equipment, an iceless curling set, as well as crafted donations to various local hospitals and charities, AND these lovely tablecloths for the centre.

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

MAPLE RIDGE LUNCH HOURS: 11:30am-1:00pm

Prices: Soup \$2, Meal \$5.50, Full Meal \$7

“Lunch Bar” (liquor sales): Nov. 10th, Dec. 15th

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	Line Dancing (Level 2)	2:00-3:30 pm
10:30-11:30 am	Whist	7:00-9:00 pm
1:00-2:00 pm	SATURDAY	
1:00-3:00 pm	Snooker	8:00-4:00 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-12:00pm
Reboot Your Brain	10:30am-12:30pm
Bridge	12:45-3:30 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	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
Snooker	3:00-8:45 pm
Canasta/Love	6:00-8:45 pm
Games: Rummoli, Mexican Train, Scrabble	6:30-8:45 pm

WEDNESDAY - monthly

1st Wed.: Table Tennis	7:00-8:30 pm
2nd Wed: Book Club	7:00-8:45 pm
3rd Wed: "Create" crafts	7:00-8:45 pm
4th Wed: Movie Night	6:30-8:30 pm

THURSDAY

Walking Club	8:30-9:30 am
Chair Yoga	9:15- 10:15 am
Rhythm & Reach	10:30-11:30 am
DVD Series: Reformation, Renaissance, and the Rise of Nations	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



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

604-465-4144

JOIN US! for SOUP & a BUN \$2.25

Every Friday from 11:30am-1pm at Pitt

Meadows Seniors Activity

Centre join us for some

delicious, nutritious food

and fellowship.



We have a sign!

Finding the Pitt Meadows Seniors Centre just got a little bit easier.



Did you know...?

Pitt Meadows Seniors Centre is now open from 9am-9pm each Wednesday?

Come check out what programs are offered - give us your feedback - what would YOU like to attend?



Do you prefer ballet or flamenco?

Both are taught Wednesday afternoon at Pitt Meadows Seniors Activity Centre **OLÉ!**



THE WESBROOKE

SENIORS LIVING COMMUNITY



Imagine...

The Freedom & Security You Deserve Independent Living...

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

- Nutritious meals by certified chef
- A Life Enhancement Program of activities
- Home of Pitt Meadows Senior Rec. Centre
- Spacious comfortable suites with full kitchens & appliances

*Assisted Living...
The Care & Comfort You Deserve*

Our Manor experience has...

- A registered 30 suite assisted living residence
- Certified nurse on staff
- 24 hr. staffing for security & comfort
- Private Manor dining room & lounges
- Specialized wellness programs
- Services available for your individual needs
- Jr. studio, studios & 1 bedroom suite





BC SENIORS LIVING ASSOCIATION





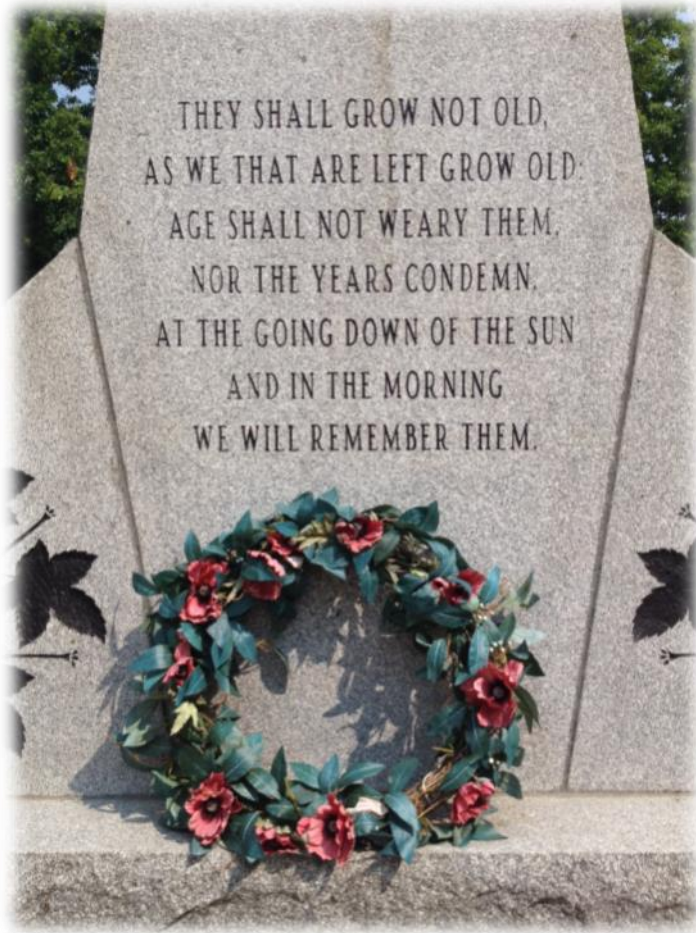
2017 Favourite Retirement Residence

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

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



**RMSS Activity Centres
will be closed on
Saturday, November 11th &
Monday, November 13th**

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

- Elizabeth Alford
- Raymond Sydney Capell
- Rose Coulombe
- George Donnelly
- Donald Paul Fitzpatrick
- Berna Herout
- Sandy Hutcheson
- Margaret Kury
- Joyce Lewis
- Phyllis Mitchell
- Doreen Robinson
- Lorraine Shaw
- Ronald Verhulst

REMEMBER...

**Daylight Savings ends
Sunday, November 5th**



Lisa Beare MLA
Maple Ridge-Pitt Meadows

*Proud to represent the
communities of Maple
Ridge & Pitt Meadows.*

Community Office:
104-20130 Lougheed Hwy
Maple Ridge, BC V2X 2P7
Lisa.Beare.MLA@leg.bc.ca

☎ 604-465-9299



LEGISLATIVE ASSEMBLY
of BRITISH COLUMBIA

Muckleshoot Casino/Bingo
Nov 25/26 bus and hotel included.

*Trips Inclusive
except meals.*



CHRISTMAS TOURS
 Dec 12 ~ Carol Ship Parade & Buffet
 Dec 17 ~ Vancouver Christmas Lights Tour



ROCKY MOUNTAINEER CIRCLE
 April 23-May 4, 2018
 Vancouver*Kamloops*Banff*
 Lk Louise*Jasper*Quesnel*Whistler*Vancouver

CROSS CANADA BY TRAIN
 July 15-30, 2018 ~ FLY HOME
 Winnipeg*Toronto*Montreal*NB*NS/PEI

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



Spring Garage/ Craft Sale:
 Saturday, May 12th, 2018
 Maple Ridge Seniors Activity Centre
 Look in future GrapeVine for further



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

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

mlocke@cruiseshipcenters.com www.cruiseshipcenters.com/Marjorie Locke

Gentle Hatha Yoga

This 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.

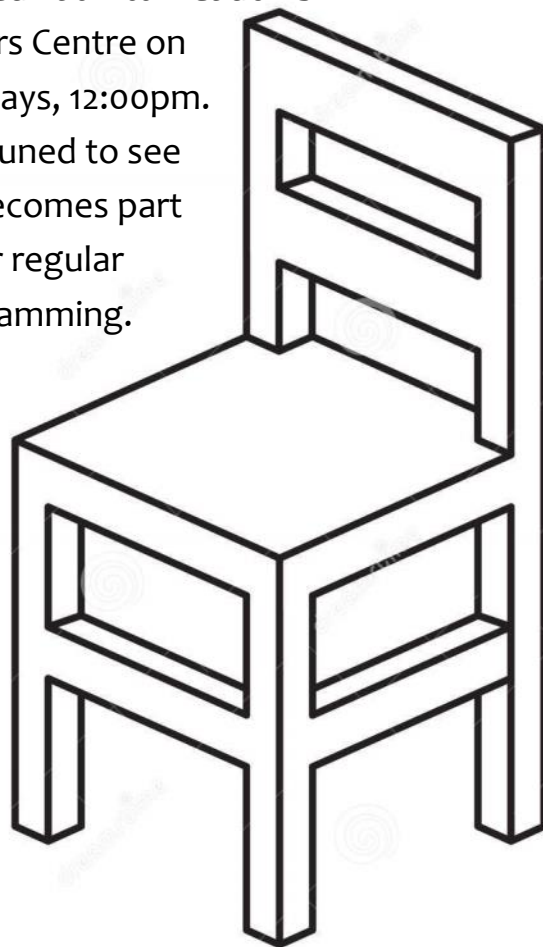
Next session starts November 24th.

11:20am-12:20pm

(6 Friday Sessions)



Starting Nov. 7th, an additional Chair Yoga class will be “tested” at Pitt Meadows Seniors Centre on Tuesdays, 12:00pm. Stay tuned to see if it becomes part of our regular programming.



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 program: November 1 - 29 (no class Nov 13th)

(8 classes, 2 days/week for \$55)

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

at Pitt Meadows Seniors Activity Centre

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

Osteofit endorsements:

“I started Osteofit a year ago. It is the best thing I have done to improve my overall confidence. The exercises are not too difficult. We have received lots of useful information. I look forward to each class.” - Cheryl Z.

“I have enjoyed being a part of the Osteofit 1 Classes. The classes have helped me with tasks around the home as I feel over the past year much stronger than I initially was and my balance has really improved. During the winter with all the snow I did not have the fear of falling once. I also found the tip sheets helpful.” - Edith P.

Interested in learning BELLY DANCING?



Benefits of Belly Dancing:

- Belly dancing is a non-impact, weight-bearing exercise and is thus suitable for all ages.
- It is a good exercise for the prevention of osteoporosis in older people.
- The moves involve independent muscle isolations which improve flexibility of the whole body.
- It is good for one's short term memory.

FREE DEMO CLASS:

Tuesday, Nov. 14th
2:45-3:45pm

PRE-REGISTERED 4
WEEK CLASS THERE-
AFTER FOR \$20 (min.
10 participants)



Pitt Meadows Seniors Centre 19065 119B Avenue 604-457-4771

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	10:00 Chair Fit
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	10:15 Tai Chi
4:00 Gentle Joint & Yoga	12:00 Chair Yoga	2:00 Tai Chi (beginners)	9:00 Fit & Fun after 55	11:20 Hatha Yoga (must pre-register)
WHITE= MAPLE RIDGE	6:30 Tai Chi (advanced)		6:30 Gentle Joint & Yoga	GRAY = PITT MEADOWS

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 - *additional class added*

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 - *Pre-Registered Class*

This is a 60 minute Hatha Yoga Class with floor work.

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

Enjoy easy to follow choreographed, low impact moves 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.

PITT MEADOWS GOLF CLUB

Presents:

Santa Brunches & Dinners

DECEMBER 10TH & 17TH

Seatings at 9:30am, 1pm, & 5:30pm

Join us for our annual Santa Brunch and Dinner! Enjoy our delicious buffet complete with family pictures with Santa and special gifts for all children 12 and under.

<i>Adults</i>	<i>Kids (6-12)</i>	<i>5 and Under</i>
Brunch: \$33.50	\$20.50	\$13.50
Dinner: \$36.95		

***Taxes and gratuity additional to the listed prices*

13615 Harris Rd., Pitt Meadows, B.C. • pittmeadowsgolf.com

RESERVATIONS REQUIRED 604-465-5431

Want to learn how to navigate Transit?

Join us: Friday, November 10th, 10am

RSVP: 604-457-4771

Pitt Meadows Seniors Activity Centre



→ TravelSmart for Seniors

Getting around Metro Vancouver on the TransLink network

Workshop details:

We'll come speak to you about:

- Tips for taking transit
- Compass Cards: where to buy, how to load and use
- Transit tools and resources such as Trip Planner, Next Bus, Alerts and more!
- Safety and etiquette on transit
- Active and sustainable transportation options

Additional languages may be available upon request

Who is the workshop for?

Seniors residing in Metro Vancouver

How long is the workshop?

60 minutes

Contact us for a **FREE** workshop today!

chris.chan@translink.ca

778.375.6629



ADVANCE CARE PLANNING - How prepared are YOU???



Planning for the Future, Important Healthcare Conversations

Think, Learn, Choose, Talk & Record. Planning ahead before a health crisis is something all of us should do. Yet less than 50% of Canadians have had conversations with their family and friends and even less have spoken with their doctor. Many people don't know how to begin while others are unaware of the importance. Learn together with your family and friends as we discuss the concept of Advance Care Planning, Substitute Decision Making for healthcare decisions, and provide insight and resources to start and continue the Advance Care Planning process.

Join us as we listen to Fraser Health's Cari Hoffmann, the regional Project Implementation Coordinator for Advance Care Planning in Fraser Health, since 2006.

Monday, November 20th at 1:30pm
FREE EVENT - RSVP at reception

Maple Ridge Seniors Activity Centre
12150 224th St. Maple Ridge 604-467-4993



Rising Star: Karaoke Saturdays 1-4pm

Saturdays: Nov. 4th & 25th, Dec. 9th thru 30th
~and FRIDAY EVENING, November 10th 6:30-9:00pm~

Maple Ridge Seniors Centre
Free Admission; refreshments available; sorry, no minors



15th Annual

**Christmas Country Benefit Concert
For Meals on Wheels**

Sat. Nov. 25th 1:30-4:00pm at The Act Theatre

Don't miss our
Silent Auction
(free to attend)
in the ACT Theatre foyer
11:30 to approx. 3:00pm
(after the Concert Intermission)

Produced by Rob Hess

ACT arts centre

Tickets available at
The ACT Arts Centre (ACT) 11944 Haney Place Maple Ridge BC
604.476.2787 or on line at www.theactmapleridge.org
All tickets \$19.50

For more information please call: 604.467.6911

 **Maple Ridge/Pitt Meadows Community Services**
Changing Lives Together
www.comservice.bc.ca

GOLDEN SENIORS WELLNESS CLINIC

HEALTHY LIFESTYLE FOR PEOPLE WITH DIABETES

Eating healthy portion controlled meals and getting regular exercise are essential when you have diabetes.

Eat three healthy portion controlled meals no more than 6 hours apart every day. Make your meals as colorful as possible with at least one-half of your plate being vegetables. Vegetables are high in nutrients and fibre while low in calories. Use a quarter of your plate for starchy foods like potatoes, rice, pasta, grains, breads, peas and corn. Choose whole grain breads and pastas and brown rice rather than white. The last quarter of your plate is for meat, chicken, fish or alternative proteins such as eggs, lentils, nuts or tofu. Glycemic index rates how fast a food raises your blood sugar, low and medium glycemic index choices raise your blood sugar slower letting your body deal with the rise better. Choose the least processed foods for a lower glycemic index. Cereals like bran flakes, corn flakes and cheerios have a high glycemic index; the ingredients are process into a fine powder before being made into flakes and circles. Bran buds, all bran and oatmeal are better choices. Aim to get more fibre in your diet by including whole grain products, fruits, vegetables, lentils and beans.

Limit sweets and calorie laden drinks, drink water. You can flavor water with lemon, lime, herbs or sugar free flavor drops. Limit fat in your diet; remove all visible fat from meats and poultry. Becoming a label reader can help you limit fat, sugars and salt from foods you purchase.

Add exercise to your life. Start to walk briskly, start with 5 minutes at first, and slowly build up time and distance until you're walking briskly for 30 minutes on at least 5 days of the week, even if that is three 10 minute brisk walks per day. Doing resistance exercise like wall push offs, squats, lunges or learning how to work with weights or rubber bands will help build muscle, burn more calories, improve blood sugar and blood pressure, increase balance and decrease the chance of falls.

With the holiday season approaching you will probably have lots of temptation to over indulge. Plan ahead before having or going to a party or an event where

GOLDEN SENIORS WELLNESS CLINIC

there will be lots of high calorie food and drink choices. Never go to an event/party hungry; eat breakfast, a light lunch and maybe healthy snack before you go. Drink lots of water during the day and at the party. Thirst is often mistaken for hunger. Limit alcohol. Try to eat more vegetables and have fruit instead of cake or cookies. Eat slowly and enjoy your choices.

For information on healthy eating, the glycemic index and exercise go online to www.diabetes.ca under the tab Diabetes & You choose Healthy Living Resources.

Elaine M. Cooke, Pharmacist and Certified Diabetes Educator
(Elaine is available on the third Tuesday of each month at the Senior's health clinic.)

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!



**The Wellness Clinic
celebrated 15 years
of service to
the community!!!**

**Serving Seniors since
October 9th, 2002**

**CONGRATULATIONS
& THANK YOU!**



LETTERS OF THANKS

This really belongs in the “things that ought to have been said” department. It is often said that the R.M.S.S. Runs on the volunteers, and this is really true. There are dozens and dozens of volunteers who are so reliable and take on the positions with definite commitment, and perhaps a sense of duty. Included in this organisation are our Board of Directors, especially so, because they are in the “driver’s seat” as regards to setting rules and by-laws that by which the organisation must abide, and dealing with dilemmas that crop up - often difficult – from which many of us would sooner step out of the way. So the Board and all the volunteers fully deserve a recognition of THANK YOU, for their generosity of time and effort. My regret is that I did not mention this in front of the members at the A.G.M.

- Michael Buckingham, member

THANK YOU and BEST WISHES

I would like to thank the newly elected board for offering to serve in the governance of our society. Serving on the board, while it has its own challenges, can be rewarding and enriching.

To the outgoing board, thank you (with special gratitude to Gaetan Rutherford and Margaret Kraemer, two of the past board members who faced the problems with resolve). As a governing body, you hurdled the stumbling blocks with patience and determination that would have lesser dedicated ones caving in, in utter frustration. You hung in there and fine-tuned the problems of growth and faced them with the hard realities of present-day governance. You tackled the constitutional amendment, our financial conundrum, and the present state of our physical building.

I have full confidence that the newly elected board will be as zealous and passionate in their service. Congratulations!

- Nita Spittel, member

THANK YOU to the Seniors Helping Seniors , originally named “Seniors Connect”.

This group was created to provide a telephone connection system to transmit information to RMSS members when email was comparatively new and not in general use. The groups’ activities were subsequently broadened to include a transportation service, hospital and home visits, telephone buddies, etc. With the creation of Outreach Services, and additional Volunteer Coordinator support, expansion of these services is underway. The SHS group will continue to arrange the popular COSCO speaker series which will, of course, be publicized in advance. Stay tuned for further History Project updates.

- N.R. Foster, Chair



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 604-380-0517**

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

SENIORS HELPING SANTA PROJECT

Christmas cheer is ageless and the dedicated members of the Seniors Helping Santa Committee have been hard at work preparing the 100 baskets that go out to local seniors who may be lonely or struggling to make ends meet. The packages include delicious items such as short-bread cookies baked by the culinary arts students at a local high school and mince-meat tarts from the RMSS kitchen. There are handmade cards by local elementary school students, items donated from our Craft groups, along with small gift items and toiletries. This year, the committee has focused their efforts on fundraising and are purchasing the items to be included in the packages. If you are interested in making a cash donation, you may do so at the reception desk at the Maple Ridge or Pitt Meadows Seniors Activity Centres.





 **SPECC-tacular Productions Theatre Group**
www.spectacularproductions.ca
A Panto by Adrian Barradell


The Wizard of Oz

The ACT Maple Ridge **604-476-2787**

Dec 14th & 15th 2017 at 7:30 pm
Dec 16th 11:00 am, 2:30 & 7:30 pm

Adult	\$25.00
Seniors / Students	\$20.00
Kids under 12	\$15.00





**Thank you, Flo, for entertaining us
at the Pitt Meadows Seniors Centre**



**MAPLE RIDGE
SENIORS VILLAGE**

22141 119 Avenue, Maple Ridge, BC
Toll Free 1 844 603 HOME (4663)

www.retirementconcepts.com



BINGO BAZAAR FUNDRAISER

Wednesday, December 6th - 7:00pm

Bring a friend (or two) for a fun night of bingo in support of a great cause!



All proceeds going to Ridge Meadow Senior Society's SENIORS HELPING SANTA program to create Christmas Cheer Packages for seniors in our community that are alone or isolated.

Minimum donation of \$10.00 per person

SEATS ARE LIMITED—PLEASE RSVP TO (604) 476-4467

Managed by  **PACIFIC REACH**
SENIORS HOUSING MANAGEMENT



Special Events at Greystone Manor

11657 Ritchie Ave.
Maple Ridge

Saturday November 11th
Remembrance Day Ceremony
& Buffet Luncheon

Ceremony begins @10:50am

\$10.00 (cash only) per person

Register by Monday November 6th



Let's We Forget



Sunday December 3rd
Jingle Bell Dinner & Dessert Buffet

Dinner Seating's: 4:30pm-5:30pm, 6:15pm-7:15pm

Don't miss out on this spectacular feast!

Adults \$20 | Seniors (65+) \$17 | Child (4-12) \$1/year (cash)

Must call to register by Monday November 27th



**Remembrance Day
Lunch Buffet**

Saturday November 11 2017

11:30am - 1:00pm

\$10 for all Residents & Guests
Register by Monday November 6th

Greystone Tossed Salad
with assorted dressings

Dill Potato Salad
with boiled egg, bacon,
red onion, green onion & celery

Assorted Sandwich Platters
Egg Salad, Tuna Salad, Turkey,
Ham & Vegetarian Wraps

Baked Cheese Tortellini Pasta
in Roasted Garlic & Pepper Cream
with grape tomato, pearl onions, celery, & corn

Fresh Sliced Fruit Platter
Baked Apple & Blueberry Crumble
with custard sauce



Sunday December 17th
Breakfast With Santa Buffet

9:30am-10:45am & 11:15am-12:45pm

Adults \$15 | Seniors (65+) \$12 | Child(4-12) \$1/year (cash)

This is a fun & delicious event for the whole family!

Visit with Santa & Mrs. Claus plus cookie decorating station

Must call to register by Monday December 11th

Temporarily while Emma is away, please welcome:

**BEEZ
FOOT
CARE
SERVICES**



Book your appointment with Vilma:

778-998-2013

Vilma Baldoz-Abalos is a Certified Food Care Nurse/
Registered Nurse

MAPLE RIDGE: Monday, Nov. 20, 27 & Dec. 4, 18

PITT MEADOWS: Friday, Nov. 24 & Dec. 29



YOUR BUSINESS OR HOME DATA

We take care of your IT needs so you don't have to

Worried about your business data or network security?

We protect your business completely with:

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- Help Desk Support
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- Network System Inventory
- PCI Compliance Scans and Remediation

Is your home system vulnerable to viruses and malware?

Protect all aspects of your personal computer:

- Hardware analysis and reporting
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- System maintenance – Defrag, Restore point
- Driver Updates
- Remote Maintenance (optional)
- Data Backup (optional)



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



It Won't Byte

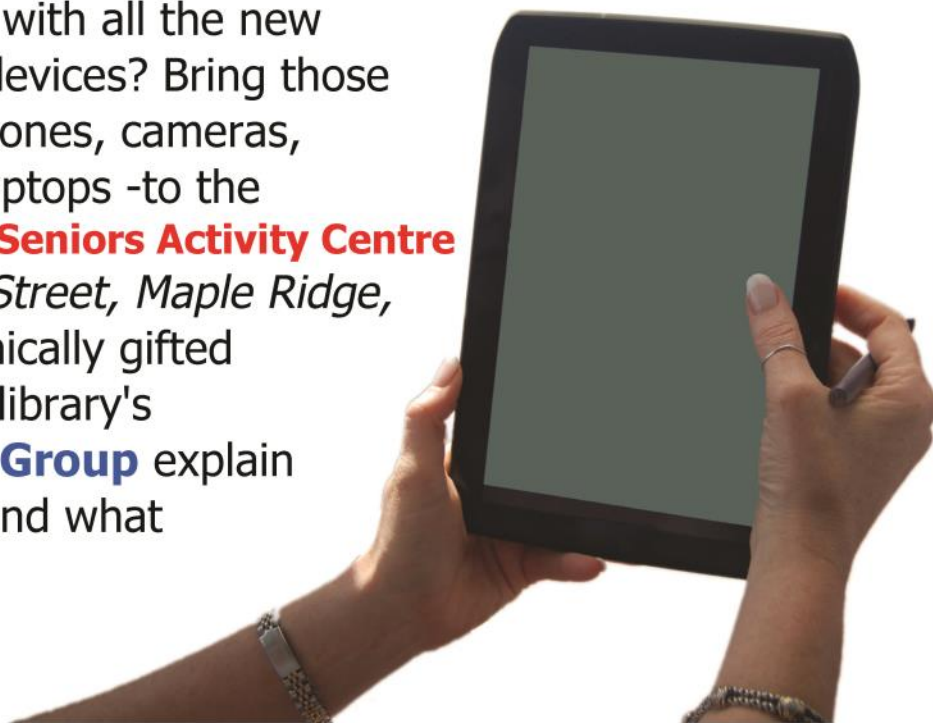
@ the Ridge Meadows Seniors Centre

Tuesdays,

Nov 7, Dec 5, Jan 9, Feb 6

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

(corner of Edge Street and 121st Avenue)

Volunteerism at its finest.....

The Intergenerational Garden takes a lot of helping hands to run smoothly. As I pause for a moment while laying the garden to bed for winter I'm reminded of everything that we've accomplished together as a group this year and I am

honored and humbled by our dedicated **volunteers**. In 2017 we attended 10+ events in our community, held our annual spring fundraiser, worked side by side together for many garden cleanup days, accomplished a variety of special projects, and on a weekly basis for 4 months we educated and inspired the students of Eric Langton and St. Patrick's Schools. Lastly, the most hours were poured into our garden by our dedicated watering volunteers; this long hot summer required a lot of extra



2017

love - over 100 hours to keep our school beds flourishing. Thank you for all that you do to make our community grow, for the support and love you show to me and everyone involved with the Intergenerational Garden. Give yourself a pat on the back or a "hip hip hooray" and enjoy your well-deserved winter break. I look forward to seeing you all in February.

To learn more about the Intergenerational Garden please join us at our next volunteer meeting on February 27th 2018 from 2-3:30pm located at RMSS in the library room. Cheers Heather Jonatschick

Garden Coordinator ph. 604-837-8915 email gardencoord@gmail.com

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

Accepting most of the insurance carriers



Fraser Health Falls Prevention Clinic



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 November 28, 2017
Ridge Meadows Seniors Society

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



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

Ridge Meadows Seniors Society:
12150 224 St, Maple Ridge



COMMUNITY GROUP MEETINGS AT MAPLE RIDGE SENIORS CENTRE

Alouette Field Naturalists Group

Meets: 2nd Thursday each month 7:30-10pm

Contact: Duanne van den Berg 604-463-8743

Alzheimer Society: Support Group

Meets: 2nd Tuesday each month
Time: 7:00-9:00pm

Contact: Dorothy Leclair to RSVP

Phone 604-298-0711 dleclair@alzheimerbc.org

Alzheimer Society: Minds in Motion Registered Program

Meets: Fridays, 10:30am-noon

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 (*not in Dec.*)

Time: 2:00-4:00pm

Contact: Donna 466-1173 or Sheila 467-7183

Cameo Group

A social group for people to meet new friends.

Meets: Thursdays

Time: 1:00-3:00pm

Contact: Gail 463-0539

Caregivers Support Group

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

Contact Bev S. 604-380-0516

Intergenerational Garden (Feb. thru Oct.)

Meets: 4th Tuesday each month 2-3:30pm

Contact: Heather 604-837-8915

Email: gardencoord@gmail.com

Parkinson's Support Group

Meets: 2nd Wednesday each month

Time: 2:00-4:00pm

Contact: Edith 463-6018

Ridge Meadows Visually Impaired Group

Meets: 1st & 3rd Wednesday each month

Time: 1:00-3:00pm

Contact: Kristi 477-1477

Seniors Helping Seniors: History Project

Meets the 2nd Thursday of each month

Time: 10am-noon

Please contact Bonny 604-467-0657

Stroke Recovery Program

Meets: most Fridays

Time: 10:00am-1:00pm

Contact: Nicole 604-367-0459

T.O.P.S. Chapter #1368

Meets: Thursdays

Time: 6:00pm

Contact: Carol Rozell 604-996-2062

T.O.P.S. Chapter #2304

Meets : Mondays

Time: 6:00pm

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



From the October 21st

Bridge Tournament:

1. Walter Schmid & Verna Vass
2. Shirley & Ed Nelson
3. Bernie Booth & Rose Jaffe
4. Joan Glover & Carole Murphie
5. Anne Kenney & Sylvia Thomas
6. Carol & Dave
7. Gloria & Olga

50/50 winner: Jim Marshall



BRIDGE TOURNAMENT FUNDRAISER

Saturday, February 17th

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

1st prize \$150

6th prize \$50

2nd prize \$130

7th prize \$30

3rd prize \$110

4th prize \$90

\$20 bonus for all grand slams

5th Prize \$70

\$10 bonus for all small slams



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100 - 11862 226th Street, Maple Ridge

604-477-1786



Thank you, Maple Ridge Craft Ladies,
for the gift of this sign!

RIDGE MEADOWS SENIORS SOCIETY
BOARD OF DIRECTORS 2017/2018



- President.....Don Mitchell
- Vice-President.....Geoff Hampson
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