

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
January & February 2018 Issue



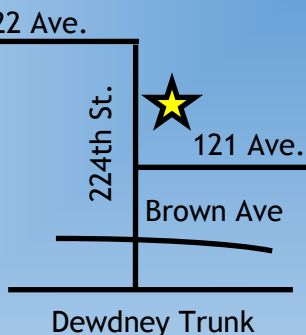
Congratulations to Anne MacDonald, Paul Scanlon, and Myriam Luft-Schanofski on their impressive collection of medals collected at the BC Senior Summer Games last September. Collectively they won 8 GOLD, 5 SILVER, and 6 BRONZE medals in various swimming competitions. WELL DONE!!!

FACILITY HOURS

Maple Ridge

Seniors Activity Centre

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



Hours of Operation

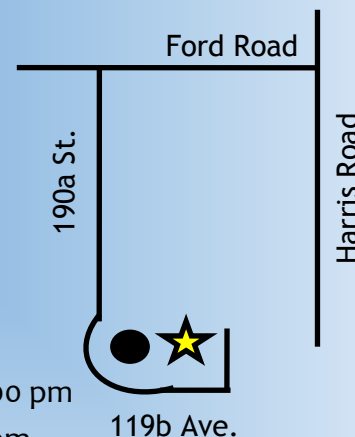
Monday-Friday 8:00 am - 10:00 pm
Saturday 8:00 am - 4:00 pm
Sunday 9:00 am - 12:00 pm

Closed January 1st & February 12th, 2018

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 January 1st & February 12th, 2018



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

Happy New Year everyone,

Hopefully everyone had an enjoyable Christmas season filled with friends and family. And perhaps had too much Christmas eating. I know I thoroughly enjoyed our Christmas dinners in both centres and can't wait for the next ones.

Now on to 2018: a lot of things happening at both centres fairly quickly in the New Year.

In Maple Ridge we will be moving forward with replacing the floor in the main lounge. The plan is for one surface covering the whole area, not having the five different surfaces we now have. This will take some planning as it is a time consuming job and we will have to make plans around the kitchen and where we serve lunch.

Also coming up in Maple Ridge, all of the outside lights are going to be updated with LED fixtures. This should supply better light, and a lower cost of operation. That should be happening quite soon as well.

For Pitt Meadows we are working very hard on supplying new services. Starting in January, preparations will be underway to offer soup and sandwich five (5) days per week, as well as doing our own in-house baking. It will take some time to get everything coordinated and the objective is to be serving by the first of February. Additional types of light meals may follow as we get everything developed. Stay tuned and watch the bulletin boards.

We are also working on additional openings for Pitt Meadows. Again, this is not finalized but I think they will happen very soon as well.

Those are the big items, and I know our staff are always looking to tweak programs and add new ones - things like iceless curling are a hit in Pitt Meadows and the request is in to add it to Maple Ridge. As always, when trying to add programs in both centres, finding the space, at a time that is desirable, is the issue.

Not a lot more to say for this issue, but I am very excited about 2018 and the plans we are working on for both centres. Stay tuned and keep your eyes peeled for exciting new activities.

Don Mitchell Ridge Meadows Seniors Society, President of the Board

BUS TRIPS

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

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

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

BUS TRIPS

Penn Cove Mussel Festival - Sunday, March 4th - \$99

Maple Ridge 7:45am - 7:15pm

Pitt Meadows 8:00am - 7:00pm

Whidbey Island celebrates the onset of spring with its 31st Annual Penn Cove Mussel Festival! USA Travel Documents required. -Activity Level: Easy

PACKAGE INCLUDES:

- Mussel Chowder Tasting ticket
- Mussel Farm Tour Cruise
- Festival Activities
- Coupeville lunch options (on your own)
- Relief Driver
- All fees and taxes



ITINERARY:

9:00am - USA Border

9:45am - Haggen Ferndale
(washroom/coffee)

11:45am - Arrive

Penn Cove MusselFest

- Mussel Chowder Tasting

- Mussel Farm Tour Cruise

3:30pm - Depart

4:30pm - Haggen Burlington

- light meal (on your own)

5:45pm - CDN border

Want to share a RMSS bus
trip photo?

Please email your
submission to:

carmen@rmssseniors.org




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.

WHAT'S HAPPENING AT RMSS?


Join us on Friday, January 19th at 1:30pm for a "Fun in the Sun" tea! Tickets are \$6 Together, let's take a break from the winter blues. (no bikinis or speedos, please!)



Maple Ridge Seniors Activity Centre
12150 224th Street, Maple Ridge
604-467-4993



Join us!
Wednesday, February 14th, 2pm
for our
Valentine's Mystery Gift Tea



Tickets \$6
Mystery Gifts \$1 each

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

What are YOU doing Friday evenings come January 2018?
BRING YOUR CURRENT CRAFTING PROJECT and create alongside others.



Fridays,
Starting
January 5th
7:00-9:00pm



CREATING: CRAFTS, CONNECTIONS & CONVERSATIONS

Drop-in Fee \$1.00



Maple Ridge Seniors Activity Centre
12150 224th St., Maple Ridge




Coffee's on!
Monday to Friday
9am-3:30pm
\$1.25

LEARNING TOGETHER



RCMP Informational Series:
PERSONAL SAFETY

Starting with a 45 minute presentation, followed by Q&A:

- Reporting to the Police
- Personal Safety in Your Home
- Personal Safety Outside Your Home
- Safety in Your Vehicle

Two dates to choose from:
 Monday, January 15th 10:30am
 Maple Ridge Seniors Activity Centre - 12150 224th Street
 Call 604-467-4993 to pre-register. FREE.
 Thursday, January 18th 10:30am
 Pitt Meadows Seniors Activity Centre - 19065 119B Avenue
 Call 604-457-4771 to pre-register. FREE





ARE YOU SUSCEPTIBLE TO INFECTION?
COME FIND OUT FOR YOURSELF

**STOP INFECTION
LIVE HEALTHY**

JAN.18, 3:30 PM

MAPLE RIDGE SENIORS ACTIVITY CENTRE
12150 224TH ST.




Big Hearts Homecare
We are family.

FOR MORE INFORMATION CONTACT FATMA @ 778-788-5578


Travel Smart → TRANS LINK

Want to learn how to navigate Transit?
 Join us: **Friday, February 2nd, 10am**
 @ Maple Ridge Seniors Activity Centre RSVP 604-467-4993 OR
Friday, February 9th, 10am
 @ Pitt Meadows Seniors Activity Centre RSVP 604-457-4771



→ TravelSmart for Seniors

**Getting around Metro Vancouver
on the TransLink network**

Workshop details: Who is the workshop for?


Travel Smart → TRANS LINK

FREE Health Workshop:

IMPORTANCE OF MOVEMENT!

Movement is a fundamental part of life. Our bodies are built on movement and it affects every aspect of our health. In this workshop you will learn about the benefits of movement and the dangers of a sedentary lifestyle. Learn how excessive sitting, a relatively new human problem, is connected to many medical, aging and diet conditions. This workshop will arm you with information and inspire you to move!

Presenter: Dolores Ramos
 Wed 7:00 PM-8:30 PM Jan 24
 Location: Maple Ridge Public Library–Fraser Rm
 RSVP by email to:
 Rich Bosma at rbosma@mapleridge.ca.



VP Cruising through Christmas Review: What an absolutely fabulous way to spend a Friday afternoon, the Variety Plus presentation was a wonderful breath of fresh air!

Rehearsals resume Jan. 10th
Accepting new members through February.

Variety Plus

Is Looking For New Members!

Join us! Be part of the fun!

Variety Plus is always 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!'

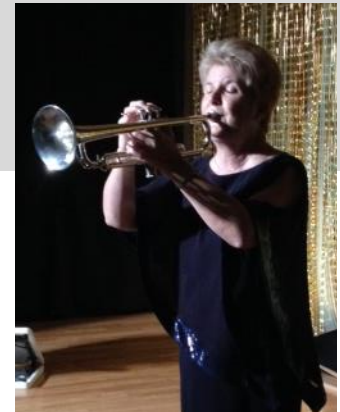
We start preparing for our Spring show in January. We meet at 1:00 pm on Wednesdays, in Hall C at the Senior Centre in Maple Ridge.

For details, call Carmen Tischer at the Senior Centre: 604-477-0425

Inventive costumes with a twist, laugh out loud comic skits, clever one liners well delivered. From the singing to the talented piano player, the trumpet piece that gave everyone goose bumps to the fabulous lighting and creative stage presentation.

Played to a full house you all deserve a resounding "Bravo".

Bev S.
Outreach
Coordinator



Alzheimer Society
BRITISH COLUMBIA

Alzheimer Society
BRITISH COLUMBIA

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



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

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

Five sessions (2 hours each) will cover:

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

Dates: Five Tuesdays - January 23, 30, February 6, 13 and 20

Time: 4 – 6 p.m.

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

To Register Contact: Kim at 604-449-5933

Pre-registration is required.

Dementia Dialogues

Topic: Personhood



Dementia Dialogues are interactive learning opportunities for families to connect with one another and increase their knowledge about dementia.

This two-part dialogue will explore strategies to assist individuals living with early symptoms of dementia in capturing their personal story, which may include: accomplishment stories, personalized music playlists & hopes for the future. You will create materials to take home that can be used in a variety of care settings.

This dialogue is intended for both the person with early symptoms of dementia and their care partner.

Date: January 24 & 31, 2018

Time: 4 - 6 p.m.

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

Cost: By donation

Please pre-register as space is limited

Call to register: 604-298-0780

E-mail: info.northfraser@alzheimerbc.org

HERE WE ARE - NOW



WHAT A FABULOUS DAY!



On Nov. 18th at RMSS Maple Ridge, an all-day educational forum was held supported by a New Horizons Grant. Participants learned about the many supports available to them throughout the journey of caregiving, brain health, emergency preparedness, and pain relief. The SOLD OUT crowd learned much and left with fresh information and new perspectives.



THANK YOU to Bev & the Steering Committee for all their hard work, months of preparation, and countless hours of promotion throughout the community. Well done!

New friends were made while breaking bread and sharing a meal together.



“Intensifying our Laughlines!”



DROP IN PROGRAMS AT MAPLE RIDGE – Drop-in fee applies

MONDAY

Snooker	8:00-4:30 pm
Stay Fit 3	8:30-9:30 am
Table Tennis	8:30-11:30 am
Chair Fit 1	10:00-11:00 am
Bridge (Intermediate)	1:00-3:00 pm
Carpet Bowling	1:00-3:00 pm
Caregivers Support Gr.	1:00-3:00 pm
Gentle Joint Yoga Fit	4:00-5:00 pm
Duplicate Bridge	6:30-9:30 pm

TUESDAY

Snooker	8:00-4:30 pm
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
Spanish 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 1
Golden Ears Bridge Club
Social Bridge
Tai Chi/QiGong
Ukulele

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” (wine & beer): Jan. 12th, Feb. 9th

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 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	Ladies Snooker	9:30-11:00 am
2:00-3:00 pm	Chair Fit 1	10:00-11:00 am
7:00-8:30 pm	Novice Line Dancing	11:30am-1:00 pm
	Line Dancing (Level 1)	1:00-2:00 pm
	Scrabble	1:00-3:00 pm
	Poker	1:00-4:00 pm
8:00-4:30pm	Partnership Bridge	1:00-4:30 pm
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
Chair Yoga	noon-1:00pm
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	2:00-4:00 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	4:00-8:45 pm
Canasta/Love	6:00-8:45 pm
Games: Rummoli, Mexican Train, Scrabble	6:30-8:45 pm
Iceless Curling	7:30-8:45 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: "Ted Talks"	10:30-11:30 am
Computer Drop In	10:30am-12:30pm
Carpet Bowling	1:00-3:30 pm
Iceless Curling	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

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?



RMSS Activity Centres will be closed for Family Day, Monday February 12th

Pitt Meadows Seniors Centre menu is expanding!



Soup, sandwiches and other baked items will be available Monday to Friday from 11:30-12:30

We are so pleased to have Joanne, from our Maple Ridge kitchen, join us at the Pitt Meadows Centre as the Kitchen Coordinator. Starting in February 2018 all baking, soups and light lunch menu items will be prepared in house by Joanne with the assistance of our dedicated volunteers.

If you would like to volunteer your time in the Pitt Meadows Kitchen please contact Joys Sooley- Volunteer Coordinator 604-380-0517

LEARN SPANISH

8 week pre-registered course \$25
Wednesdays, Jan 17-Mar 7, 10-11am
 (minimum 5 registered required)
Pitt Meadows Seniors Activity Centre
 19065 119B Ave. 604-457-4771

TED TALKS

IDEAS WORTH SPREADING

Join us Thursday mornings at 10:30-11:45am as we watch and learn.

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED is a global community, welcoming people from every discipline and culture who seek a deeper understanding of the world. The TED organization believes passionately in the power of ideas to change attitudes, lives and, ultimately, the world.

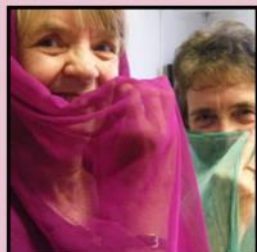
Topics we will cover:

- The Secret to Living Longer & Friendship (Jane Fonda & Lily Tomlin)
- Growing New Brains Cells in an Effort to Prevent Alzheimers
- Learn About Parkinson's through Research & Poetry
- How to Die Well; "What I Learned from Reading 2000 Obituaries"
- Life's Third Act; Living Passionately; Never Ever Give Up
- ...and more

Pitt Meadows Seniors Activity Centre
 19065 119B Avenue 604-457-4771 Drop-In \$1.00

READY TO "MOVE-IT"?

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.

PRE-REGISTERED
8 WEEK CLASS \$40
 (min. 10 participants)
TUESDAYS 2:45-3:45pm
 January 16-March 6



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



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 - 5 week classes begin: **Feb. 20th/18 and Apr. 24th/18**
\$25 / 5 week session - pre-register at reception

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

Free Demos:
Tuesdays 10am

- Dec. 19/17
- Jan. 16/18
- Feb. 13/18



ICELESS CURLING IS HERE!!!

Wednesday evenings at 7:30pm &
 Thursday afternoons at 1pm
 Drop-in \$1.00

Pitt Meadows Seniors Activity Centre
 19065 119B Ave., Pitt Meadows 604-457-4771

55+



THANK YOU TO: Meadow Ridge Rotary and the Pitt Meadows Seniors Craft Group for their gifts.



CRAZY LOOKING PANTS...OPTIONAL!



Play at YOUR level of physical ability.

POWER

Are you 55+ and looking to start a vibrant new exercise program?

55+

pilates

For ALL levels

How about a 45 minute class you can fit in on your way home from work?



Do you need a class that offers:

- Cardio
- Weight training
- Core strengthening
- Stretch component
- Breathing techniques
- Modifications for joints & back
- Injury recovery
- Allows you to go at your own pace

Wednesdays - 6:30-7:15pm Drop-In: \$2
 Starting February 7th!

Pitt Meadows Seniors Activity Centre
 19065 119B Ave. 604-457-4771



B.Y.O.M.
 (bring your own mat)

Taught by Seana-Lee,
 Certified Pilates Instructor

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: January 29th - February 26th (no class Feb 12th)

(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.

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 Jan 12th.

11:20am-12:20pm

(6 Friday Sessions)



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 Power Pilates (starting Feb. 7 th)	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. (starting in January, Monday's class will be meeting in Hall C.)

Power Pilates - coming soon!

This evening class caters to ALL levels and abilities. Designed to include cardio, muscle strengthening, core & balance, stretch & breathing. Taught by certified Pilates instructor, Seana-Lee.

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.



Make More Memories with Better Hearing

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

604.510.2299

Buy 1 Box
of Batteries
& Receive
2nd Box

FREE

Limit one per person



absolutehearing.ca

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

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



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 January 16, 2018
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





Our Activity Centres offer:
See GrapeVine pages 10-12 for dates, times & locations

BINGO



Duplicate Bridge
Social Bridge
Partnership Bridge
Canasta
Crib
Poker
Whist



GOLDEN SENIORS WELLNESS CLINIC

COLD SORES

Cold sores are very common, affecting 20-40% of the general population and are quite contagious. They often start with a tingling, itching or burning sensation under the skin 2 to 24 hrs before the blister(s) appear over the next 1-2 days. The blisters break forming a yellow crust which falls off in 2 to 3 days leaving a pinkish skin that heals without scarring. The whole process usually takes place within 6 to 10 days. The person may experience some pain and/or itching and these facial sores can make the person look and feel unattractive.

Cold sores are caused by the herpes simplex virus. We are usually infected in childhood by family and friends. Once we have the virus it never leaves going dormant in the nervous system until something triggers an outbreak. 80 percent of adults carry the virus. Cold sores can reoccur at anytime throughout life after the initial infection reoccurring on average 2 or 3 times a year. Common triggers of a cold sore outbreak are exhaustion, exposure to sun or wind, stress, fever, cold, flu, exposure to cold temperatures, hormonal changes, dental work or trauma to the mouth and anything that suppresses the immune system. If you have repeated outbreaks try to avoid the triggers. For instance always use a sunscreen product on your lips; do not use tanning beds. Use a lip moisturizer to prevent dry chapped lip. During times of high stress try relaxation techniques. Keep your immune system healthy by maintaining a healthy diet and getting enough sleep.

The virus is highly contagious and can be passed from person to person and from one area of the body to another through skin to skin contact. Eye infections in the form of conjunctivitis or keratitis can happen when the person rubs the cold sore then rubs the eyes before washing their hands. Cold sores can become infected with bacteria (Impetigo). The virus is often transferred by kissing or hands and fingers that have touched the cold sore. It can also be spread by sharing cups, cans and glasses, eating utensils, toothbrushes, wash cloths, towels, and sharing food items like a sandwich. Avoid touching the area and wash hands frequently using warm water and soap for at least 30 seconds.

GOLDEN SENIORS WELLNESS CLINIC

There are over the counter (OTC) products used for cold sores. Best results are with early treatment during the tingling, burning stage. Docosanol cream (Abreva™) has been proven to block the virus from reproducing and spreading and reducing the severity and duration of the symptoms. Other OTC products can help relieve the pain of cold sores such as Lipactin™ Anbesol Cold Sore Therapy, and Zilactin. For chronic sufferers there are prescription medications that can be applied to the cold sore or taken orally for prevention or breakouts. Check with your physician.



Golden Seniors Wellness Clinic



So what is the Wellness Clinic?

Who will I meet?

What will I do?

Why would I go?

First:

Say Hello to Anne as you enter. She will register your visit any Tuesday morning, and collect your \$1 drop-in fee.



Then:

Visit one of our volunteers trained in taking blood pressure, have your weight taken, and have us document your vitals for you to take with you to your next GP appointment.



Next:

Let Karen, retired RN and director of the Wellness Clinic, know what you might want help with: general check up? pharmacist consult? Book a footcare appointment? Ask some questions re: any health concerns? Karen is a wealth of information and resources.



Before you leave:

Enjoy a cup of tea or coffee and a treat!



The Wellness Clinic has been offering their services for 15 years! Retired health professionals helping seniors. What's not to love?

- written by
Elaine M. Cooke,
Pharmacist and Certified
Diabetes Educator

**The Golden Seniors
Wellness Clinic is open
every Tuesday
from 9-12 noon
at the
Maple Ridge Seniors
Activity Centre.
Drop in and say hello!**



SENIORS HELPING SANTA

The SENIORS HELPING SANTA Committee
is sending out a great big **THANK YOU!!!**



BINGO!!
Maple Ridge Seniors Village
Thank you!

GIFT TREE!!
London Drugs
Thank you!

For the generous support and donations from



Ridge Meadows Seniors Society
London Drugs – Maple Ridge
Ridge Meadows Seniors Society Kitchen
Ridge Meadows Seniors Society Craft Ladies – Maple Ridge
Ridge Meadows Seniors Society Craft Ladies – Pitt Meadows
Maple Ridge Secondary School Culinary Program
Stardom Child Care Centre – Pitt Meadows
Chartwell Willow Retirement Community
Kornelia – Registered Dental Hygienist
Dr. K.M. Black, Dentist – Maple Ridge



Ward Watkins Insurance Brokers

Tasty Goodies
Thank you!

Maple Ridge Seniors Village
Cremino Gelato and Caffé
Triple Tree Nurseryland
No Frills – Maple Ridge
Once Upon a Tea Leaf
Buttons and Bows
The Silvertones

Hand made items
Thank you!

Door prizes
Thank you!

Save-On Foods – Maple Ridge
Sure Copy and Print Centre
Haney Builders Supplies
Panorama Ladies
Friendly Nails
Michaels
The ACT
ICBC

Cash donations
Thank you!

... and many anonymous donors

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 Michelle 778-288-1538	Sheila 604-463-8929 Jeri 604-842-6595 (afternoons only) Michelle (afternoons only) 778-288-1538	Claudia 604-467-8385 Katrina 778-388-3276 Michelle 778-288-1538	Peter 604-230-5732 (mornings only) Anne 604-763-5623 Cathy 778-227-8970 Michelle (afternoons only) 778-288-1538	Cathy 778-227-8970 Claudia 604-467-8385 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

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.Beaere.MLA@leg.bc.ca

📞 604-465-9299



LEGISLATIVE ASSEMBLY
of BRITISH COLUMBIA



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



FOOT CARE SERVICES:

with Vilma and Emma: Certified Foot Care Nurses

RMSS - MAPLE RIDGE

January dates:

Monday, January 8 & 22

Book appointments with Vilma:

778-998-2013

February dates:

Monday, February 5 & 19

Book appointments with Vilma:

778-998-2013

RMSS - PITT MEADOWS

January date:

Friday, January 26

Book appointments with Vilma:

778-998-2013

February date:

Friday, February 16

Book appointments with Emma:

604-805-0779



THANK YOU to The Act for gifting a pair of tickets as a door prize for the Pitt Meadows Seniors Activity Centre Christmas lunch.



Sarah Hagen For the Birds



With a dash of humour, Sarah Hagen returns with a concert that brings the joy of classical music inspired by birds and birdsong to the Classical Coffee Concert series.



Thursday
Jan. 25, 2018
10:30 am

SPONSORED BY
THRIFTY FOODS

Canada's Ballet Jörgen Anastasia

Canada's Ballet Jörgen brings back the magical 100 year old tale of the lovable yet controversial Russian Grand Duchess Anastasia.



Friday
Feb. 16, 2018
8 pm

Bohemian Sounds

The Bergmann Duo with the Borealis String Quartet

The exciting and energetic critically acclaimed Borealis String Quartet join The Bergmann Duo for a program featuring the romantic and spirited Dvorak piano quintet.



Thursday
Feb. 22, 2018
7:30 pm

West Coast World Guitar Trio



Three virtuoso musicians, Itamar Erez, Celso Machado and Miroslav Tadic, will take you on a remarkable journey where different cultures meet in harmony.

Sunday
Apr. 22, 2018
7:30 pm



Spring Garage/ Craft Sale:
Sat. May 12th, 2018

Maple Ridge Seniors Activity Centre
Vendor tables available for rent
starting in March. \$20/table.
See March/April GrapeVine for
further details.



theactmapleridge.org

@mapleridgeact

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



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			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



It Won't Byte

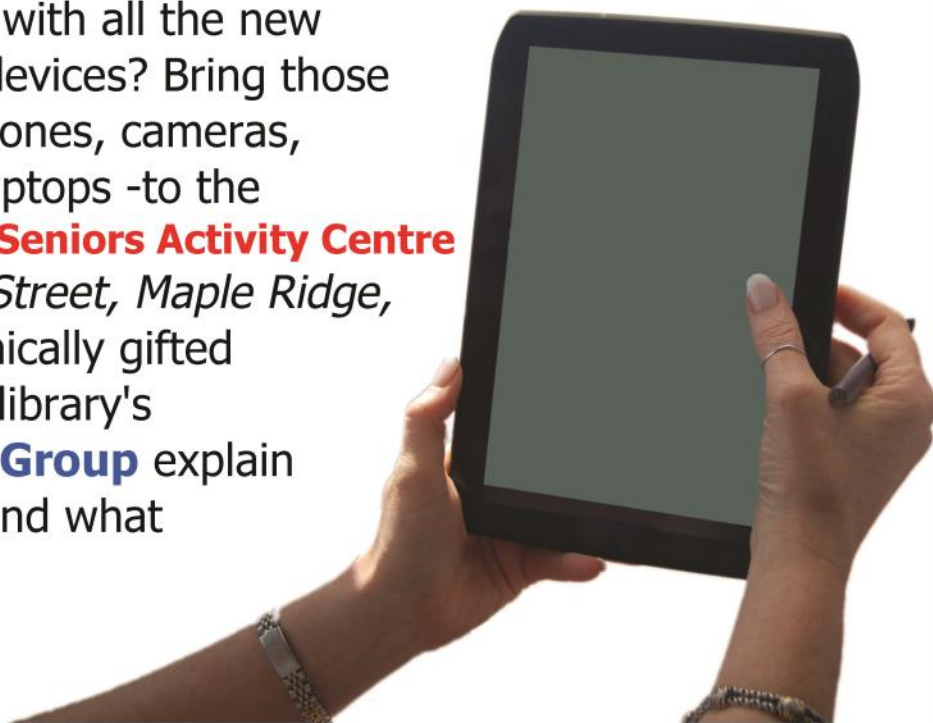
@ the Ridge Meadows Seniors Centre

Tuesdays,

Jan 9, Feb 6, Mar 6, Apr 3

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)



HISTORY PROJECT UPDATE

Our team has been fortunate to attract some fine people that have been diligently collecting background story reaching back to the days before RMSS opened (formerly at the ECRA building, that used to stand near Zellers where the Leisure Centre is now located), following through the intervening days, and ways that events have taken on a new direction, and on up to the present time. We are expecting to have all our anticipated interviews and anecdotes finalized, hopefully by mid-January. After that, will be the task of editing material and photos, where we can enter all into the publishing format that is acceptable for the printer. We will also need to clear the way to obtain funding to produce a 'ring binder' booklet.

I wish to say thank you to our team for their time and willingness in seeking out these interviews. Sometimes words are not enough, as putting together the report is not always an easy task. Our stories not only concern activities, but **we wish to include anecdotes from individuals** who have been prominent members. These people have been involved in important situations that have subsequently given support to our membership.

If you think there is something of interest for us (what may appear insignificant to you, may be a strong story), please call me at **467-4901**, so we may discuss further. Thank you. Michael Buckingham

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

Margaret Cook

Pina Doane

Andrew Hannah

Joyce O'Shea

Gerard Sephton

Paula Yeo-West

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

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



Rising Star: Karaoke Saturdays 1-4pm

(not February 17th)

~and FRIDAY EVENING February 16th, 6:30-9:00pm~

Maple Ridge Seniors Centre

Free Admission; refreshments available; sorry, no minors

Beer and Wine and light snacks available for purchase.

Join Les and the rest as we sing and dance and have some fun!



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 604-463-0539

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 604-463-6018

Ridge Meadows Visually Impaired Group

Meets: 1st & 3rd Wednesday each month
Time: 1:00-3:00pm
Contact: Kristi 604-477-1477

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

\$\$\$ TAX TIME IS COMING \$\$\$

Do you qualify to get your tax return prepared for free?

To qualify you must:

Be an RMSS member

Have household income of less than \$30,000 for individuals

Or \$40,000 for couples

Have a basic tax return

Have less than \$1,000 in interest income



TAX CLINICS WILL RUN THROUGH MARCH AND APRIL

By appointment only

Maple Ridge – Thursdays 9:30 – 3:00

Tel: (604) 467-4993

Pitt Meadows – Tuesdays 9:30 – 3:00

Tel: (604) 457-4771



SUN VALLEY

MEDICAL SUPPLY



- HOME HEALTH CARE
- OSTOMY
- WOUND CARE
- INCONTINENCE
- BATHROOM AIDS
- SUPPLIES & MORE





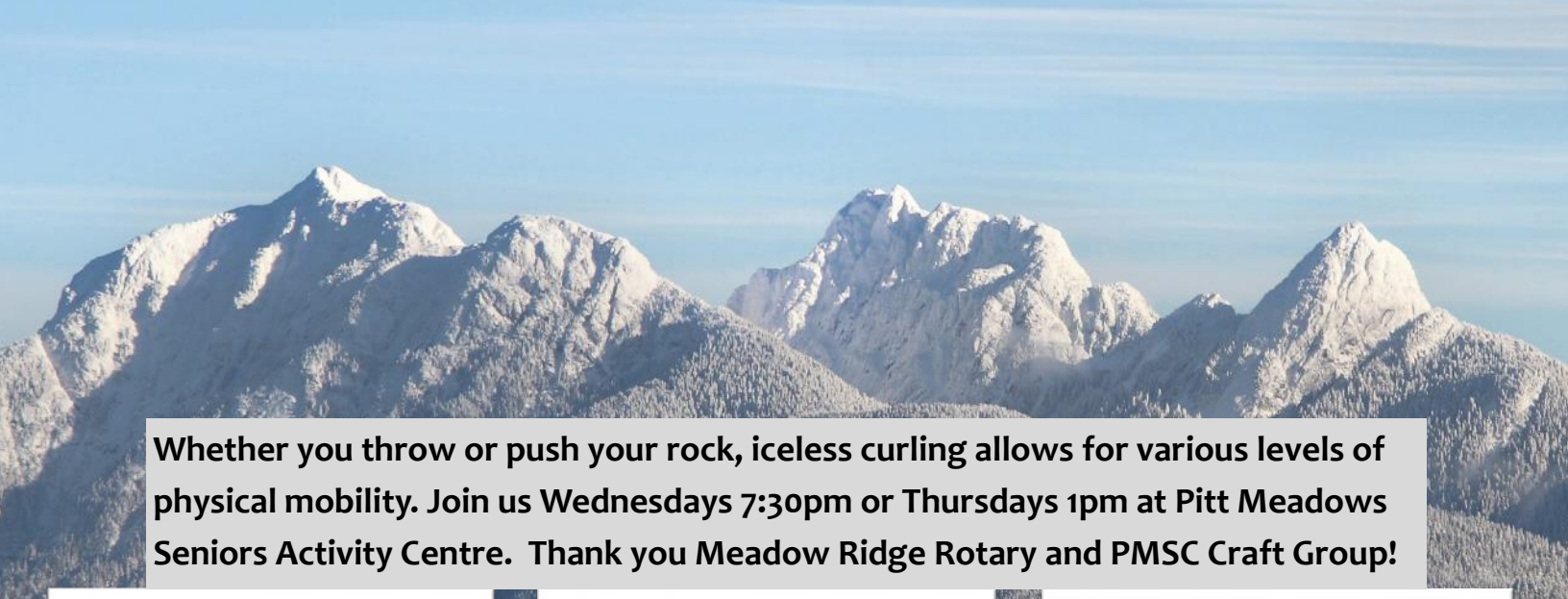




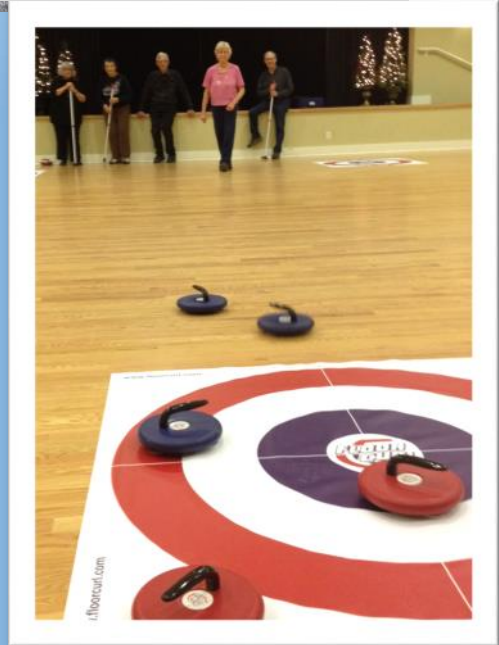
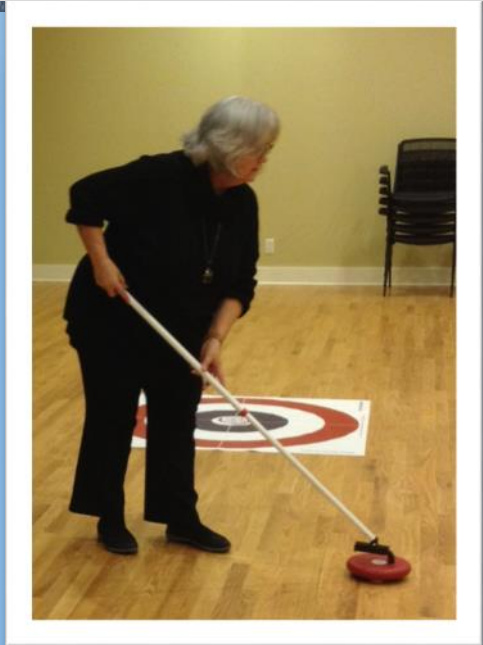


100 - 11862 226th Street, Maple Ridge

604-477-1786



Whether you throw or push your rock, iceless curling allows for various levels of physical mobility. Join us Wednesdays 7:30pm or Thursdays 1pm at Pitt Meadows Seniors Activity Centre. Thank you Meadow Ridge Rotary and PMSC Craft Group!



RIDGE MEADOWS SENIORS SOCIETY
BOARD OF DIRECTORS 2017/2018

- President.....Don Mitchell
- Vice-President.....Geoff Hampson
- Secretary..... Fran Preston
- Treasurer.....Vivian Dubrovic
- Director..... Cindy Juker
- Director..... Noel Rehaume
- Director..... Gary Spence
- Director..... Kathleen Spiess
- Director.....

