

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
March & April 2018 Issue



**PITT MEADOWS CENTRE
 IS OPEN FOR LUNCH
 MONDAY - FRIDAY!**



Ribbon –cutting ceremony
 & satisfied customers

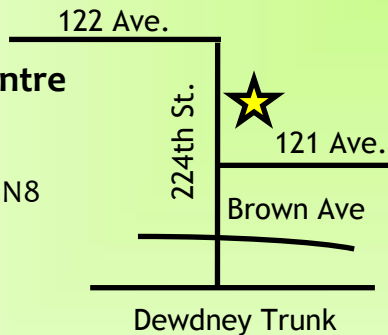


FACILITY HOURS

Maple Ridge

Seniors Activity Centre

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



Hours of Operation

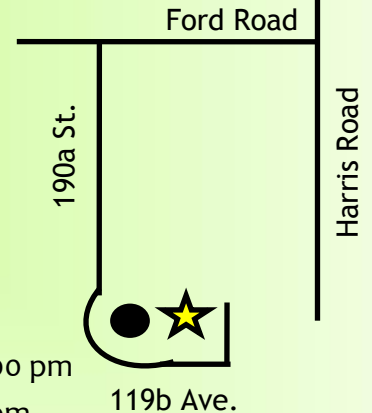
Monday-Friday 8:00 am - 10:00 pm
 Saturday 8:00 am - 4:00 pm
 Sunday 9:00 am - 12:00 pm

Closed March 30th & April 1st & 2nd, 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 March 30th & April 2nd, 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; nancy@rmssseniors.org

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 one and all and Happy Spring!

In spite of the brief bit of snowy weather in February, spring is supposed to arrive this month. I know my flowers and rhubarb are sticking their leaves out of the ground looking for sunshine.

As usual lots going on in both locations:

In Pitt Meadows our new daily soup, sandwich and is going very well. Joanne is doing an excellent job in preparing soups daily and a good variety of sandwiches. Look for the menu to grow and for those of you at the Valentines Tea, was that cheesecake excellent or what? Way to go Joanne.

Iceless curling has been a big hit, with two time slots now, and Maple Ridge clamoring for it to be set up there as well. Also looking at Pickle Ball and as I reported last month, additional opening times are coming.

In Maple Ridge, the new floor installation will begin March 9. Work will be on the Friday, over the weekend and finish up on Monday. Unfortunately, this will effect some activities but staff have tried to keep these to a minimum, and a plan will be in place for lunch on Friday and Monday.

Next big project will be sprucing up the walls and paint throughout the building. Again, a big project that will take some planning and coordination but it is none too soon, looking at some of our walls.

Karaoke continues to grow on Saturday afternoons. There are lots of great singers in our membership. Of course we knew that from the Silvertones and Variety Plus, but Karaoke is different again. Come on out and try, or at least get in on some line dancing.

Well, that's it for now, but with this issue I get two Happys ----

Happy Easter!

Don Mitchell Ridge Meadows Seniors Society, President of the Board

BUS TRIPS

Steveston Sea Lions - Friday, April 20th - \$139

Maple Ridge 8:00am - 5:30pm

Pitt Meadows 8:15am - 5:15pm



Witness migratory California Sea Lions from the mouth of the Fraser River on a 1.5 hour Sea Lion Eco Tour. Learn all about these large, loud, sometimes smelly, but always endearing, creatures. - *Activity Level: Easy*

PACKAGE INCLUDES:

- Sea Lion Eco Tour
- Enclosed 30 PAX Vessel
- Lunch Blue Canoe
- Gulf of Georgia Cannery
- Britannia Shipyards
- All fees and taxes

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

ITINERARY:

- 10:00am** - Sea Lion Eco Tour
- 11:45am** - Lunch Blue Canoe
- 1:15pm** - Britannia Shipyards
- 2:30pm** - Gulf of Georgia Cannery - Guided Tour
- Steveston Fisherman's Wharf
- 4:00pm** - Depart



Tourist in Your Own Town - Monday, May 7th - \$109

Maple Ridge 8:30am - 5:00pm

Pitt Meadows 8:45am - 4:45pm

See why Vancouver is frequently ranked as one of the "best cities to live in" as a tourist in your own town! Visit unique neighbourhoods: Commercial Drive, Olympic Village and Gastown. Enjoy lunch at the breathtaking Prospect Point Restaurant overlooking the Lions Gate Bridge and take an Aqua Bus narrated cruise on False Creek. - *Activity Level: Moderate*

PACKAGE INCLUDES:

- Lunch Prospect Point Restaurant
- Tea or coffee Caffe Calabria
- Aqua Bus Cruise (narrated)
- Gelato in Olympic Village
- Admission Bloedel Conservatory
- All fees and taxes

ITINERARY:

- 9:30am** - Caffe Calabria Commercial Dr.
- 10:15am** - QE Park Bloedel Conservatory
- 11:45am** - Gastown (30 min free time)
- Stanley Park
- 12:30pm** - Prospect Point Restaurant
- Lunch (included)
- Lost Lagoon Escorted Walk
- 2:45pm** - Aqua Bus narrated cruise
- Olympic Village
- 3:30 pm** - Mario's Gelati
- 4:00pm** - Depart

BUS TRIPS

“Sound of Music” Leavenworth - OVERNIGHT trip

Thursday - Friday, July 19-20th - \$399 double \$499 single

Maple Ridge: Leave July 19, 8:15am - Return July 20, 9:15pm

Pitt Meadows: Leave July 19, 8:45am - Return July 20, 9:00pm

Travel to the festival town of Leavenworth, WA for the 23rd season, live, under the stars theatre performance of the “Sound of Music” at the stunning Ski Hill Amphitheater. Experience a truly enchanting evening as Maria sings the title song on the pine-covered hillside. It’s magical! This tour includes an authentic Bavarian dinner at King Ludwig’s - named Restaurant of the Year by the Leavenworth Chamber of Commerce. Sightsee the quaint town of Cashmere, take a candy factory tour at Liberty Orchards, and a stop at the Alps Specialty Shop.

USA travel documents required. - Activity Level: Easy

PACKAGE INCLUDES:

- “Sound of Music” reserved seat
- 1 night accommodation at Icicle Village Resort
- Liberty Orchards Factory Tour
- Leavenworth Neighbourhoods Tour
- Cashmere
- Authentic Bavarian Dining
- All fees and taxes



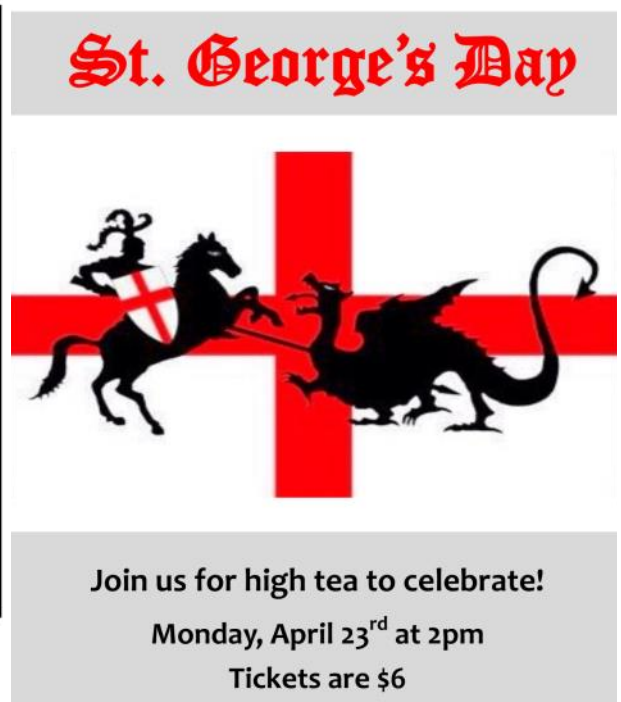
**INQUIRE AT OUR CENTRES FOR
FULL ITINERARY DETAILS**



WHAT'S HAPPENING AT RMSS?



St. Patrick's Day
Mystery Gift Tea
 Friday, March 16th at 2:00pm
 join us for tea and dessert
 With special guests:
 Fraser Valley Irish Dancers
 Tickets are \$6 and may be purchased
 at the Reception Desk
 Maple Ridge Seniors Activity Centre
 12150 224th Avenue 604-467-4993



St. George's Day
 Join us for high tea to celebrate!
 Monday, April 23rd at 2pm
 Tickets are \$6

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



Due to the Maple Ridge Centre's Lounge floor renovation, the following programs will be CANCELLED on the following dates:

- Thursday, March 8 - Gentle Joint Yoga
- Thursday, March 8 - Table Tennis
- Friday, March 9 - Table Tennis
- Saturday, March 10 - Karaoke
- Sunday, March 11 - Ladies Coffee
- Monday, March 12 - Table Tennis
- Carpet Bowling

**LUNCH WILL BE SERVED IN HALL A
 ON FRI. MAR 9 & MON. MAR 12**

UNDER CONSTRUCTION



SAVE THE DATE
VOLUNTEER APPRECIATION TEA!!!
APRIL 17
 (Includes illustrations of a pink ice cream cone and a pink classic car)

HAVING FUN AT RMSS!



Family Caregiver Series

March 2018 Workshop



A two-day series

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

The Family Caregiver Series covers the following topics: Understanding Dementia, Understanding Communication, Understanding Behaviour, Personal Planning and Self-Care for Caregivers.

Please bring a bagged lunch; coffee, tea and water will be provided.

Dates: Two Saturdays - March 3 & 10, 2018

Time: 10 a.m. – 3:30 p.m.

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

Cost: By donation

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

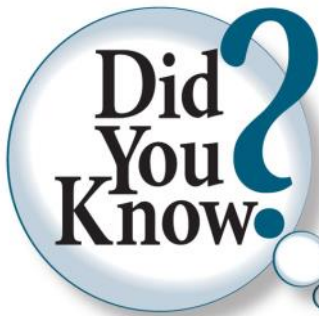
Call to register: 604-298-0780

E-mail: info.northfraser@alzheimerbc.org



REMEMBER to
“spring forward”
and turn your clocks
ahead by one hour
on Sunday,
March 11th

SPRING FORWARD



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.



LEARNING TOGETHER



Constituency Youth Council
Pitt Meadows-Maple Ridge

CYBER SECURITY

A WORKSHOP FOR SENIORS ON HOW TO STAY SAFE ONLINE

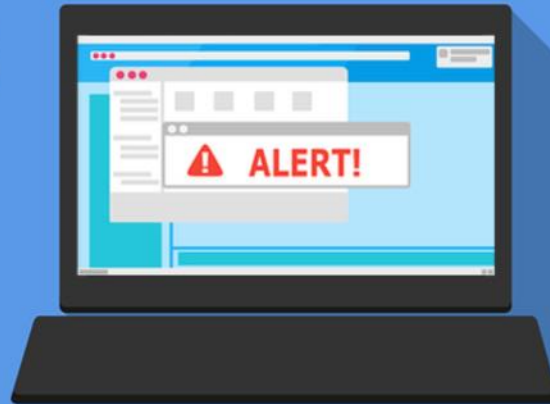
Come join your Member of Parliament Dan Ruimy & the Pitt Meadows-Maple Ridge Constituency Youth Council for an afternoon on how to stay safe online!

Saturday March 3rd, 2018
1 p.m. - 3 p.m.

Maple Ridge Seniors Activity Centre
12150 224th Street

For more information & to sign-up

604.466.2761 danruimy.ca [/DanRuimyMP](https://www.facebook.com/DanRuimyMP)



DAN RUIMY
Member of Parliament
Pitt Meadows-Maple Ridge

DO YOU HAVE VISION OR HEARING LOSS?

DO YOU KNOW SOMEONE WHO HAS?

COME TO THE

8th ANNUAL

VISION / HEARING RESOURCES OPEN HOUSE

Ridge Meadows Seniors Activity Centre

12150 224 Street

Maple Ridge, B.C.

Saturday, April 7, 2018: 1:00 - 4:00 pm.

FREE ADMISSION --- NO PREREGISTRATION

DISCOVER WHAT'S HERE FOR YOU

SERVICES, EQUIPMENT, RECREATION, EDUCATION

Sponsored by **The Maple Ridge Lions Club**

For more details contact mapleridgelionsclub.org or
Brian Hetherington at 604 467 2696



RCMP Informational Series:

IDENTITY THEFT & FRAUD

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

- ♦ Reporting to the Police
- ♦ How to Recognize and Prevent Fraud & Identity Theft
- ♦ How to Report Fraud & Identity Theft



Two dates to choose from:

Wednesday, April 18th 10:00am

Maple Ridge Seniors Activity Centre - 12150 224th Street
Call 604-467-4993 to pre-register. FREE.

Tuesday, April 24th 10:30am

Pitt Meadows Seniors Activity Centre - 19065 119B Avenue
Call 604-457-4771 to pre-register. FREE



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
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
Line Dancing (Level 3)	11:15-12:15 pm
Tap/Jazz Dance Lessons	1:00-2:30 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
ACBL Golden Ears Bridge
Social Bridge
Tai Chi/QiGong
Ukulele

THURSDAY

Snooker
Fit & Fun after 55
Silvertones Senior Choir
Hawaiian Dance Lessons
Mah Jong
Carpet Bowling
Duplicate Bridge

MAPLE RIDGE LUNCH HOURS:

11:30am-1:00pm

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

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

	THURSDAY CONT'D	
	Gentle Joint Yoga Fit	6:30-7:30 pm
7:00-10:00 pm	Crib	7:00-10:00 pm
6:30-8:00 pm	Table Tennis	7:00-10:00 pm
7:00-9:00 pm		
	FRIDAY	
	Snooker	8:00-4:30 pm
8:00-4:30pm	Stay Fit 3	8:30-9:30 am
8:30-9:30 am	Table Tennis	8:30-11:30 am
8:30-11:30 am	Ladies Snooker	9:30-11:00 am
10:00-11:00 am	Chair Fit 1	10:00-11:00 am
12:30-4:40pm	Novice Line Dancing	11:30am-1:00pm
1:00-4:00 pm	Line Dancing (Level 1)	1:00-2:00 pm
2:00-3:00 pm	Scrabble	1:00-3:00 pm
7:00-8:30 pm	Poker	1:00-4:00 pm
	Partnership Bridge	1:00-4:30 pm
	Line Dancing (Level 2)	2:00-3:30 pm
8:00-4:30 pm	Create	7:00-9:00 pm
9:00-10:00 am	Whist	7:00-9:00 pm
10:30-11:30 am		
1:00-2:00 pm	SATURDAY	
1:00-3:00 pm	Snooker	8:00-4:00 pm
1:00-3:00 pm	Karaoke	1:00-4:00 pm
1:00-4:30 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
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	1:30-3:30 pm

WEDNESDAY

Crafts	9:30-11:30 am
Stay Fit 1	10:30-11:30 am
Guided Meditation	11:45-12:30 pm
Ballet Dance	1:00-1:45 pm
Flamenco Dance	1:45-2:30 pm
Whist	1:00-3:30 pm
Table Tennis	1:00-3:30 pm
Ukulele	1:30-3:00 pm
Computer Help By Appt	1:30-3:30 pm
Ladies Snooker	2:00-4:00 pm

WEDNESDAY - *continued*

Snooker	4:00-8:45 pm
Canasta/Love	6:00-8:45 pm
Power Pilates	6:30-7:15 pm
Games: Rummoli, Darts, Mexican Train, Scrabble	6:30-8:45 pm
Iceless Curling	7:30-8:45 pm

WEDNESDAY - *monthly*

1st Wed.: Table Tennis	7:30-8:30 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
Snooker	9:00-4:00 pm
Chair Yoga	9:15- 10:15 am
Rhythm & Reach	10:30-11:30 am
DVD Series	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

Pitt Meadows Seniors Centre menu is expanding!



Soup, sandwiches and other baked items will be available Monday to Friday from 11:30am-12:45pm

We are so pleased to be able to offer lunch Monday-Friday at the Pitt Meadows Seniors Centre. All baking, soups and light lunch menu items are prepared in house.

Soup & a Bun \$2, Sandwiches \$3
Eat in or take away available.

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

A big THANK YOU to the Pitt Meadows Seniors Craft Group for their generous donation of kitchen equipment to support the Monday - Friday lunch hours



Ballet &/or Flamenco Dance!

Enjoy a creative, expressive way to increase your flexibility and coordination. Even adults with no experience can achieve amazing things... Try it... \$1 drop in fee.

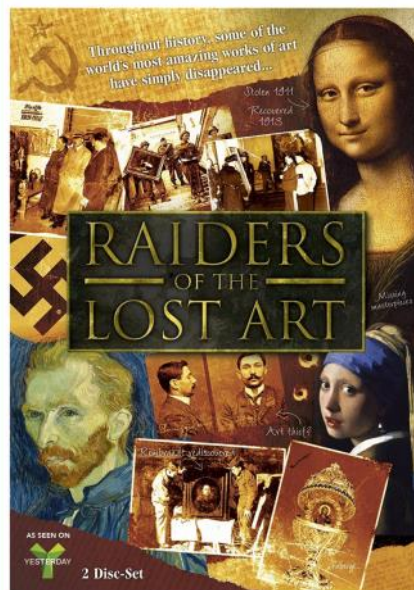
Classes with Marie:
Wednesdays
Ballet - 1:00pm; Flamenco - 1:45pm

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

DVD Series: Raiders of the Lost Art

a YESTERDAY CHANNEL production (UK's History Channel)

Thursdays 10:30-11:30am - a 12 week series
(each episode stands alone)




Episodes Include:

- Hitler's Art Dealer
- The Hunt for Fabergé Eggs
- Van Gogh's Guardian
- Monuments Men
- Leonardo and the Mona Lisa
- Vanishing Vermeers
- Edvard Munch's "The Scream"
- and works by:
- Jan van Eyck
- Gustav Klimt
- Rembrandt van Rijn
- El Greco
- Leonardo da Vinci

Pitt Meadows Seniors Activity Centre
19065 190B Avenue 604-457-4771 Drop-in \$1.00

READY TO "MOVE-IT"?



POWVER
55+
pilates For ALL levels

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

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

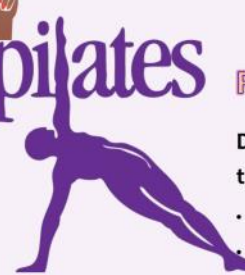
Wednesdays - 6:30-7:15pm Drop-In: \$2

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

PILATES MAKES YOU HAPPY.

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

Taught by Seana-Lee, Certified Pilates Instructor



Interested in learning BELLY DANCING?



PRE-REGISTERED 8 WEEK CLASS \$40 (min. 8 participants)

TUESDAYS 2:45-3:45pm
March 13 - May 1

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.

JOIN US!



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

Do you need to improve your posture?
Could you use some balance training?
Would you like exercise to be F-U-N?
How about training your mind & your body at the same time?
Not sure where to start?



KIN-FIT




Using principles learned from Taekwon-Do and a career in kinesiology as a rehab specialist, Steven will cater this class to your fitness goals and abilities.

No previous experience required.


Initial classes are booked for (most) Saturdays, April - June, from 9:30-10:30am
STARTING April 14th!

Drop-In Fee: \$2.00

Maple Ridge Seniors Activity Centre
12150 224th Street, Maple Ridge
604-477-0425



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 class begins: Apr. 24th/18
\$25 / 5 week session - pre-register at reception
All Zumba classes take place at the Maple Ridge Seniors Activity Centre

Free Demo: Tuesdays 10am April 17th

FITNESS FEATURE

Have you ever wondered what Osteofit is all about? Do you think it might be for you or someone you know? Let Lori, our registered Osteofit instructor, “show & tell” what Osteofit is, and help you determine which level is right for you on Wednesday, March 7th, 9:15am. Pre-register at 604-457-4771.



A program of BC Women's Health Centre's Osteoporosis Program

Osteofit aims to:

- give participants strength to move about more freely & confidence in their ability to do so
- help participants remain able to look after their own needs for as long as possible
- give participants the knowledge to empower them in their lives

Osteofit is:

- safe, gentle, effective
- not just another exercise program
- unique
- low impact
- FUN!



Osteofit! Level 1? Level 2? Which is right for you?

Attend our **free information session** to see **IF** Osteofit is for you
- and to learn the difference between Levels 1 & 2.

Wednesday, March 7th, 9:15-10:15am

Please pre-register at PMSC reception



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



A program of BC Women's Health Centre's Osteoporosis Program



Osteofit—Level 1

- introductory level
- Focuses on developing strength and endurance in those with no previous experience working with exercise equipment
- Goal: to improve one's capacity for activities of daily living
- Open to all who would like a gentle/ beginner level or chair fitness class

Next Level 1 - 6 week session:

Mondays, 9-9:45am

\$45 pre-registered

March 12 - Apr 23 (not Apr 2 - Easter)

Osteofit—Level 2

- after mastering basic exercise techniques, this is a more challenging program targeting balance, strength and agility
- Goal: to improve posture and the ability to move as needed for daily activities
- Active standing cardio followed by strength/stretch chair portion
- Open to all who want a lighter cardio class than Stay Fit 1

Next Level 2 - 6 week session:

Wednesdays, 9:15-10:15am

\$45 pre-registered

March 14 - Apr 18

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

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.

FITNESS PROGRAMS

GRAY BACKGROUNDS– PITT MEADOWS FITNESS PROGRAM

WHITE BACKGROUNDS– MAPLE RIDGE FITNESS PROGRAM

**Drop-in fees are \$2.00 per class
Pre-registered fees will vary by class**

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

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

Fit & Fun after 55

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 - IT'S HERE!

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.

These
Yoga Bolsters
were supplied
thanks to a
grant from:



The Seniors
Helping Santa
Committee
would like to
acknowledge
**Personal Touch
Hair Care**
for their
donation and
apologize for
not including
them in the
Jan/Feb issue
THANK YOUs!!!



**Personal
Touch Hair
Care**

604-467-8284

Open Mondays
thru Saturdays

We offer all hairstyles
for all ages!

Gift Certificates
Available

Located at
Maple Ridge Seniors Activity Centre
12150 224th Street




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

- | | |
|---------------------------|-----------------------|
| Howard Alton | Dorothy Booth |
| Dorina Hjørleifson | Ester Lahti |
| Jim Lohnes | Helen McNab |
| Greta Mitchell | Reg Nelligan |
| Margaret Norman | Rita Pedersen |
| Raymond Savola | Manorma Sharma |
| Laura Smith | Julia Solodki |
| Joyce Van der Est | |

It's Almost Tax Season!



Are you 55+ ?

Is your household income less than \$30,000 (individuals) or \$40,000 (couples)?

Come and get your 2017 tax return completed for free from one of our Volunteers.

Tax Information Session

March 29th 9-11am in the Maple Ridge Craft Room

Do you have questions about or wonder if you qualify for: Disability tax credits, MSP subsidy, Fair Pharmacare, caregiver amounts, medical expenses???

Come to our tax information session and find out!!

RSVP to Maple Ridge Seniors Centre

To qualify you will:

- ⇒ Be an RMSS Member
- ⇒ Have a basic income tax return
- ⇒ Have less than \$1000 in interest income

By appointment only

**Maple Ridge Seniors
Activity Centre**

Call 604-467-4993

Thursdays

March 8 - April 26

By appointment only

**Pitt Meadows Seniors
Activity Centre**

Call 604-457-4771

Tuesday mornings

March 6 - April 24

They can not help with income tax returns for deceased individuals or bankruptcy

GOLDEN SENIORS WELLNESS CLINIC

Allergic Rhinitis

Allergic Rhinitis (AR), often called hay fever, results from exposure to allergens and affects 40% of the population. Having two or more of the following symptoms for more than one hour on most days may be considered as Allergic Rhinitis: runny nose, sneezing, itchy nose, nasal obstruction or itchy watery eyes. Conditions/symptoms that often occur at the same time as allergic rhinitis are: asthma, mouth breathing, snoring, sleep apnea, headache, facial pain, persistent cough.

Avoid your allergens if possible, your doctor can send you for tests to determine what is causing your allergies. Medications are for relief of symptoms and do not cure or have a long term effect so it is important to use medication regularly if AR is persistent.

Over the counter antihistamines can help reduce sneezing, runny nose and itchy eyes, nose and throat. Older antihistamines like diphenhydramine (Benadryl) and chlorpheniramine (Chlor-Tripolon) often cause drowsiness and dry mouth, should not be used if you have glaucoma or prostate problems. They also interact with alcohol. Newer antihistamines like cetirizine (Reactine) Loratidine (Claritin) and Desloratidine (Aerius) only need to be taken once daily, take effect within 1 hour and rarely cause sedation. They are well tolerated by those with dry mouth or eyes. For any antihistamine if you have persistent symptoms it is better to take daily throughout the allergy season for greater effectiveness,

Many people try to manage their persistent runny nose by using over the counter nasal decongestant sprays. These can be helpful for a short term cold but should be avoided in allergic rhinitis. Use of a nasal decongestant spray for longer than 3-5 days causes rebound congestion so that when you stop using you are even more congested. The mainstay of AR therapy is using a nasal corticosteroid spray that your doctor can prescribe. It may take a day or two for the spray to have beneficial effects and regular consistent use for the best control of AR. Proper administration of nasal steroids is important. Have your pharmacist explain/demonstrate the correct

GOLDEN SENIORS WELLNESS CLINIC

procedure. Always follow the direction specific for your prescription, general instructions 1. Blow nose slightly and shake the product. 2. Insert the nozzle in nostril, aiming away from the nasal septum towards the same side ear. 3. Breathe in lightly as you firmly depress the pump/spray. 4. Remove nozzle and breathe out through mouth.

Although many consider the symptoms of allergic rhinitis just a nuisance, it can significantly impact your quality of life. If you have persistent symptoms you should check with your doctor for diagnosis and treatment.

Elaine 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!



Do you like to pamper your feet?

- \$25 for approx. 15-20 minute visit includes:**
- soaking/foot bath
 - cutting/trimming/filing toenails
 - thick and overgrown nail care
 - buffing/softening of corns & calluses
 - foot massage
 - specialized padding application
 - foot care teaching
 - diabetic screening and teaching
 - assessment of gait and footwear

BEEZ FOOT CARE SERVICES

Book your appointment with Vilma: 778-998-2013

Vilma Baldoz-Abalos
Certified Foot Care Nurse/ Registered Nurse

Monday, March 5th & 19th, April 16th & 30th in the Craft Room

Maple Ridge Seniors Activity Centre
12150 224th Street

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

*Maple Ridge
Dental Hygiene Inc.*

Ridge Meadows Seniors Society
On Fridays by Appointment

604-790-8814

Kornelia, Registered Dental Hygienist

Accepting most of the insurance carriers

LISA BEARE, MLA

MAPLE RIDGE-PITT MEADOWS

My Community Office can help you by:

Providing:

- information on locating government services and contact information
- government documents, legislation, and other web-based forms if you don't have internet access
- congratulatory and greeting messages

Assisting:

- in understanding government policies and services
- in navigating government programs and processes
- with resolving issues you may be having with provincial ministries or agencies.

Community Office:

104-20130 Lougheed Hwy
Maple Ridge, BC V2X 2P7
604-465-9299
Lisa.Beare.MLA@leg.bc.ca



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

**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**

GREYSTONE MANOR MARCH 2018

Wednesday March 14th @ 11am
Spring Fling Fashion Show
by Carda Creations

Buffet lunch & shopping to follow.
Residents & guests: \$12 cash
Includes door prizes & opportunity to shop
women's fashions on the main floor.
Call to reserve your seats by March 5th



Easter Dinner Buffet Sunday April 1st

Open to arrive from 4:30pm-6:30pm
Adults \$22 Seniors \$18

All guests must be registered by
Monday March 26th



PLEASE NOTE:
RMSS Seniors Centres
will be closed on
Good Friday,
March 30th and
Easter Sunday &
Monday, April 1st & 2nd



*For more information or a tour
call us at 604-467-2808
11657 Ritchie Avenue*



Easter Long Weekend




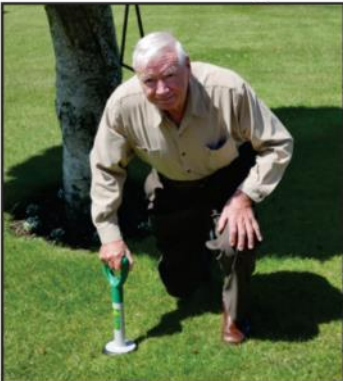
Helping you with life's up and downs!

**\$29.95
A LOVING GIFT**

EZ-RISER

MOBILITY TOOL

Extend your active life in the home and garden

Customer Service: 604.465.0913 Easyriser Mobility Ltd. A Canadian Company

Member of the Better Business Bureau

To place order visit our website:
easyrisertools.com



Community Garage/Craft Sale

Over 30 tables of treasures for purchase at this massive community garage sale taking place at:

RMSS Maple Ridge Seniors Activity Centre
 12150 224th Street, Maple Ridge
 Saturday, May 12th from 9:30-2pm

Invite your friends and family to shop at this community garage sale!

To book your table for \$20 or for more information contact 604-467-4993



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

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

ON HOLD

Back in May



It Won't Byte

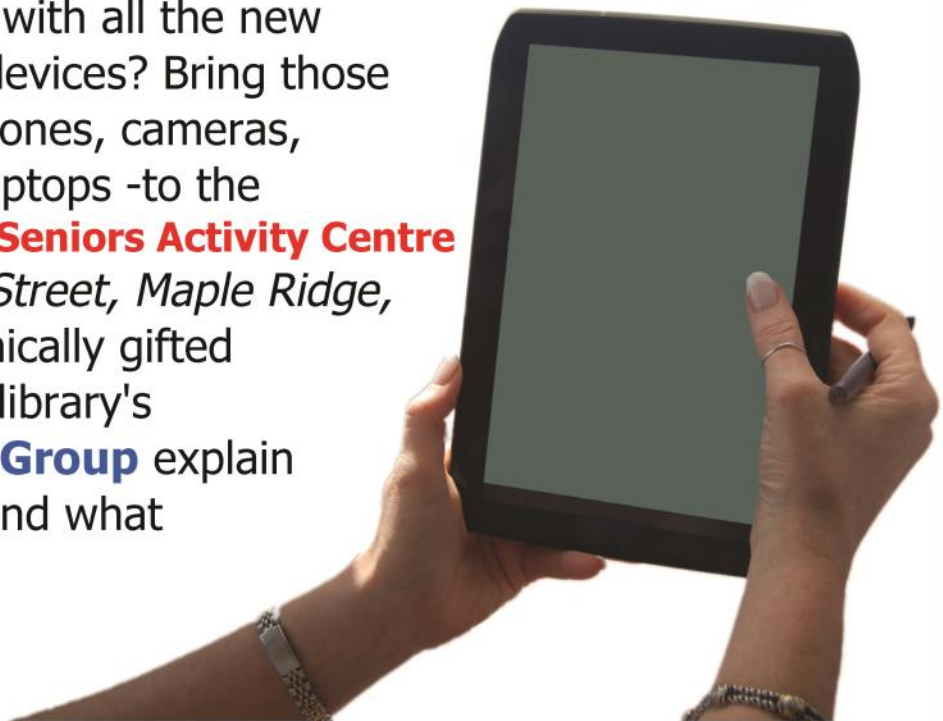
@ the Ridge Meadows Seniors Centre

Tuesdays,

Mar 6, April 3, May 1

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 121st Avenue and Edge Street)

Growing Connections at the Intergenerational Garden...

As a child did you love to play in the dirt? Maybe you still do but it's been far too long since you've had the opportunity. Spending time outdoors in a garden surrounded by plants can reduce stress and reignite old passions. Thoughts of gardening may have been put aside



many years ago often due to accessibility or physical limitations; however, at the Intergenerational Garden we are fully accessible and offer many different opportunities for involvement. With spring on its way we are excited to welcome the students back to the garden to begin a new growing season and we are in search of senior volunteers to help with our school classes and garden projects.

Have you ever been to our garden or noticed our Intergenerational Garden sign? We are located on the corner of 121st Ave and Edge Street in Maple Ridge. Perhaps you've stopped by the garden or even witnessed us teaching a class. Have you ever wondered who we are or what's happening at our garden? Please join us at one of our upcoming monthly volunteer meetings March 27th & April 24th from 2-3:30pm at RMSS Maple Ridge in the Library room. We gather together a unique group of like minded individuals to share ideas and gardening stories. We talk about current events, upcoming projects and lend advice with tips and tricks to help us be more successful gardeners. Trends in gardening circle back through the generations the same as many other hobbies; just like macramé was popular in the 70's it is back in style again. In gardening we are experiencing a large re-insurgence of companion planting and seed saving for self-sustainability. Gardening truly offers something to benefit every generation in our community, please join us for one of our upcoming events.

- Intergenerational Gardens 2nd annual Seedy Saturday seed exchange and fundraiser happening on April 7th at the garden from 11-2pm.
- Annual Spring plant sale, ordering deadline is April 21st at our Earth day celebration booth at Peace Memorial Park.

For more information regarding our monthly meetings, volunteering or fundraisers please contact Heather Jonatschick Garden Coordinator gardencoord@gmail.com 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** nancy@rmssseniors.org

For information about rooms at the Pitt Meadows Centre, call **604-457-4771** pmsc@rmssseniors.org



From the February 17th
Bridge Tournament:

1. Ron Goran & Betty Curtis
2. Vic & Stephanie Fast
3. Joan Olson & Pat Carruthers
4. Joan Pescott & Sharron Drysdale
5. Denis Kevany & Bernie
6. Dianna & Joan
7. Jim Marshall & Les Baldys

50/50 winner: Betty Curtis



Next Tournament is June 23rd

Rising Star: Karaoke Saturdays 1-4pm

(not March 10th)

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@alzheimercbc.org

Alzheimer Society: Minds in Motion Registered Program

Meets: Fridays, 10:30am-noon
A fitness & social program for 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: 2:00-4:00pm
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: Jaclyn 778-883-2569

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



Repair Café

Maple Ridge

Saturday, March 24th 10am-2pm

Maple Ridge Seniors Activity Centre 12150 224th Street, Maple Ridge

VOLUNTEERS NEEDED



Repair Café

Maple Ridge

**Do you have skills?
Do you like fixing things?**

Repair Cafés provide tools, materials, and knowledgeable, experienced volunteers to help fellow community members learn how to fix their broken household items, toys, or clothing.

We are looking for people with any sort of repair talent to come out and volunteer at Maple Ridge's first Repair Café on March 24, 2018

Got too much stuff?

We are in need of materials and tools to help us with our upcoming repair café.

Some items you can help us with:

1. General

- Screwdrivers (all types & sizes)
- Drill & drill bits
- Hammers (all types)
- Clamps (various sizes) & vices
- Pliers (all types & sizes)
- Duct tape & electrician's tape
- Cable ties/zap straps
- Utility knife
- Buckets & rags
- Various nuts, screws, nails, etc.

2. Electrical Appliance Repair

- Voltage tester
- Wire stripper & wire cutters
- Connectors
- Universal charger

3. Clothing Repair

- Thread & wool (all colours)
- Needles (all types) & pins
- Buttons & Zippers (all types)
- Elastic
- Patches of (strong) fabric, felt, and bias binding in various colours

4. Furniture, Toys, and other Wireless Items

- Small Furniture

5. Bicycles

- Rubber patches
- Wrenches (various types & sizes)
- Bicycle pump

Thank you!

For a full list of needed materials, visit www.mrrepaircafe.ca

All tools and material donations can be dropped off at Geek Crossing - #105 - 20285 Stewart Crescent. Open Mon-Tues 10am-3pm, Wed-Sat 12-7pm, Sun 10am-4pm www.geekcrossing.ca

For more information, email mrrepaircafe@gmail.com or phone Leanne at 604-463-5545



www.mrrepaircafe.ca



Congratulations to RMSS member Suzanne Amendolagine, and her current art exhibit at The Act Art Gallery Shop, running from February 9 - April 6. Well done! The above painting is called *Albion Ferry, Maple Ridge*.

RIDGE MEADOWS SENIORS SOCIETY BOARD OF DIRECTORS 2017/2018

- President.....Don Mitchell
- Vice-President.....Geoff Hampson
- Secretary..... Fran Preston
- Treasurer.....
- Director..... Cindy Juker
- Director..... Noel Rehaume
- Director..... Colette Roussy
- Director..... Gary Spence
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