

Grapevine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
July & August 2018 Issue - Program Guide

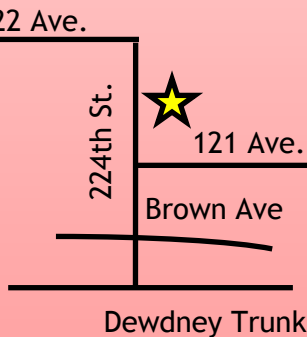


FACILITY HOURS

Maple Ridge

Seniors Activity Centre

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



Hours of Operation

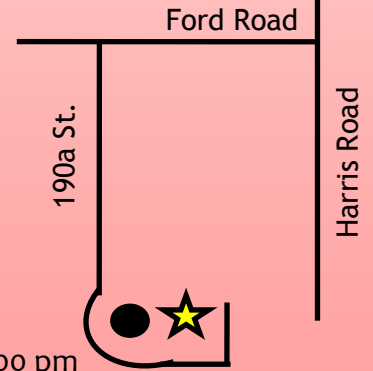
Monday-Friday 8:00 am - 10:00 pm
 Saturday 8:00 am - 4:00 pm
 Sunday 9:00 am - 12:00 pm

Closed July 1&2, Aug 6 (office open M-F, 9am-4pm)

Pitt Meadows

Seniors Activity Centre

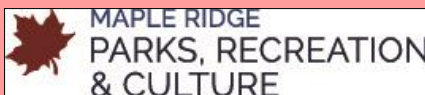
19065 119b Ave
 Pitt Meadows, BC V3Y 0E6
 604-457-4771



Hours of Operation

Monday-Friday 9:00 am - 4:00 pm
 Wednesday 9:00 am - 9:00 pm
 Saturday 9:00am-2:00pm

Closed Sunday Closed July 1&2, Aug 6



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:

Executive Director, 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



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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

MESSAGE FROM THE RMSS PRESIDENT

Hello once again and welcome to the July/August edition of the GrapeVine.

Again a very busy two months behind us with Seniors Week and all of those events. Wow, with the Variety Plus spring show, Pitt Meadows Day Parade, Bloom Where You Are Planted event, Wellness Clinic Open House, Gardening Workshop, Strawberry Tea, and the Runway Show, RMSS alone was busy plus there were other events happening around our cities. A great week.

As you know, a lot of our activities occur around our activity centres in Maple Ridge and Pitt Meadows. But what you may not be aware of is where RMSS is also participating and advocating for seniors' issues. We were part of the committee that enabled Maple Ridge and Pitt Meadows to achieve an "Age-friendly City" designation from the Provincial Government and Chief Public Health Officer of Canada and are part of the committee putting together the action plans pertaining to that designation. As part of the work already done, our cities have been recognized by the World Health Organization as qualifying for membership in the organization's Global Network for Age-friendly Cities and Communities. This will enable us to talk with cities worldwide on age-friendly initiatives and ideas.

We are also involved with: Maple Ridge, Pitt Meadows and Katzie Seniors Network; the Maple Ridge, Pitt Meadows and Katzie Community Network; the Municipal Advisory Committee on Accessibility Issues (MACAI); the Chamber of Commerce, Maple Ridge & Pitt Meadows; B.C. Parks and Recreation Association (BPRPA); the provincial Raising the Profile Project; as well as in contact with Ridge Meadows Hospital and doctors in our community through our outreach program. Anywhere possible, RMSS will be there not only representing our members but all seniors.

Coming up in July and August watch for various renovation and refurbishment projects in both centres. Notices will be posted where our regular programs will be affected and we will try to keep these to a minimum, but some, like the resealing and painting of the parking lot in Maple Ridge, are going to be disruptive.

Do have a great summer and get outside and enjoy the sunshine.

Don Mitchell Ridge Meadows Seniors Society, President of the Board

BUS TRIPS

Sea to Sky Gondola - Tuesday, July 17th - \$129

Maple Ridge 9:30am - 5:30pm

Pitt Meadows 9:45am - 5:15pm

Set between Shannon Falls and Stawamus Chief in Squamish, the Sea to Sky Gondola and its natural surroundings will take your breath away! - *Activity Level: Easy*

PACKAGE INCLUDES:

- Sea to Sky Gondola Ticket
- Lunch Sea to Sky Gondola Restaurant
- Shannon Falls
- Squamish River (OR fish hatchery) walk
- All fees and taxes



ITINERARY:

- 11:15am** - Shannon Falls
- 12:15pm** - Sea to Sky Gondola
- 3:00pm** - Depart
- 3:15pm** - Squamish River walk
- 3:45pm** - Depart

Salt Spring Saturday Market - Saturday, August 18th - \$129

Maple Ridge 6:30am - 7:30pm

Pitt Meadows 6:45am - 7:15pm

Vendors and entertainment include potters, jewelers, fiber artists, woodworkers, and fine decorative arts, Armstead cheeses, organic foods, music and free festive fun! Enjoy meeting more than 140 artisans and food producers who all contribute to Salt Spring's international reputation as a hotbed of world-class artists and organic farmers.

- *Activity Level: Easy*

PACKAGE INCLUDES:

- 3 hours Salt Spring Island Saturday Market
- All ferry fees
- Scenic sail through Gulf Islands
- Relief driver
- All fees and taxes



ITINERARY:

- 7:45am** - TWSN BC Ferries Reservation
- 10:10am** - Salt Spring Island Long Harbour
- 10:30am** - Salt Spring Saturday Market Ganges
- 2:30pm** - Depart
- 2:45pm** - Long Harbour BC Ferry Reservation

BUS TRIPS

Bard on the Beach: *As You like It* - Saturday, September 15th - \$129

Maple Ridge 12:00 - 6:15pm

Pitt Meadows 12:15 - 6:00pm

Celebrating it's 29th season in 2018, Bard on the Beach is Western Canada's largest not-for-profit, professional Shakespeare festival. *As You Like It*, is set in the 1960s, and free spirits are escaping Vancouver to "get back to the land". This joyful celebration of love features 20 classic Beatles songs from "I Want to Hold Your Hand" to "All You Need is Love". - *Activity Level: Easy*

PACKAGE INCLUDES:

- Bard on the Beach Shakespeare Festival
- Picnic Table lunch by Emelle's
- *As You Like It* ticket
- All fees and taxes



ITINERARY:

- 1:00pm** - Bard on the Beach Shakespeare Festival
 - Picnic Table lunch by Emelle's
- 2:00pm** - *As You Like It* performance
 - Intermission
- 5:00pm** - Depart

The fine print & additional info:

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

RMSS Centres are the pick up and drop off points for these Enjoy Tours. Our centres are open during regular hours of operation. Washrooms are not available when centres are closed.

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.

Due to the increasing busyness of our activity centres, and issues with limited parking, if at all possible, please arrange to be dropped off and picked up, to allow for regular daily program parking. Thank you!



Want to share a RMSS bus trip photo?
Please email your submission to:
carmen@rmssseniors.org



HERE WE ARE: INTENSIFY YOUR LAUGH LINES - 2018

We will be back this year in your communities - look out for our display tables and volunteers in their blue shirts and white fedoras! Pick up information at our Seniors Activity Centres in Maple Ridge and Pitt Meadows.

Our aim is to connect with seniors to enhance their well-being, reduce isolation, promote an active lifestyle, encourage wellness, outreach support and knowledge of resources.

Our educational forum is set for Saturday, November 3rd, 2018 - an opportunity for seniors and seniors-in-training to enjoy a day of speakers, vendors and activity centre information that highlights a positive view of aging for seniors.

We are looking for sponsors for our educational forum.

Please contact Bev at 604-380-0516.

Look for us this summer!



July 1st both Pitt Meadows and Maple Ridge for Canada Day

July 21st Haney Market Maple Ridge



August 18th Haney Market Maple Ridge

Music on the Wharf – Maple Ridge

July 16th, July 30th, August 13th, August 27th

Bard on the Bandstand in both Pitt Meadows and Maple Ridge (*see ad pg. 14*)

Big Band Summer Serenade Pitt Meadows
Wednesday evenings, July & August

SENIORS WEEK

RAFFLE WINNERS:

Comfort Basket :

Colette Gendron

Gourmet Food Basket:

Ruth Swanson

Scratch & Win Tickets:

Audrey Hatch



THANK YOU to all who participated. Total proceeds raised for RMSS were \$755.

THANK YOU to all sponsors: MR Craft Group; RMSS MR Snooker; Silvertones Choir; Beez Foot Care; Maple Ridge Dental Hygiene.



Seniors Helping Santa FUNDRAISER

Fabulous \$ CASH PRIZES \$ & 50/50 Draw

TUESDAY July 31st 2-4pm

(doors open at 1:30pm)

Maple Ridge Seniors Centre

(12150 224TH Street, M.R.)

Tickets go on sale starting June 11th at both
centres (Maple Ridge and Pitt Meadows)

Tickets \$10.00 for 5 cards

(Includes tea/coffee and treat)

Extra cards for \$2.00 available during event

Cash bar and snacks will be available



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
<i>*Health & Wellness</i>	9:00-noon (Not in August)
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
<i>*Tap/Jazz Dance Lessons</i>	1:00-2:30 pm
Scrabble	1:00-3:00 pm
<i>*ECRC Bingo</i>	1:00-3:30 pm (Not in August)
Cribbage	1:00-4:00 pm
Duplicate Bridge	6:30-9:30 pm
Table Tennis	7:00-10:00 pm
Tai Chi	6:30-8:00 pm
Mexican Train	7:00-9:00 pm

WEDNESDAY

Snooker
Stay Fit 3
Table Tennis
Chair Fit 1
ACBL Golden Ears Bridge
Social Bridge
Tai Chi/QiGong
<i>*Ukulele</i>

THURSDAY

Snooker
Fit & Fun after 55
<i>*Silvertones Senior Choir</i>
<i>*Hawaiian Dance Lessons</i>
Mah Jong
Carpet Bowling
Duplicate Bridge

MAPLE RIDGE LUNCHEON

11:30am-1:00pm

Prices: Soup \$2, Meal \$5

** please note: as most of our activities are voluntary, we may not be able to reflect limited programming or on summer holidays. If in doubt, call ahead to confirm.*

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

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

MEAL HOURS:

10:00-11:00 am

5.50, Full Meal \$7

*Volunteer led, italicized programs
in hiatus.*

DROP-IN PROGRAMS AT PITT MEADOWS – Drop-in fee applies

MONDAY

Snooker	9:00am-noon
Stay Fit 2	9:15-10:15 am
*Beginner Line Dancing	10:30am-noon
Bridge	12:45-3:30 pm
Table Tennis	1:00-3:30 pm

TUESDAY

Walking Club	8:30-9:30 am
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
Ladies Snooker	2:00-4:00 pm
Snooker	4:00-8:45 pm

* limited programming or on summer hiatus; call ahead

WEDNESDAY - continued

Canasta	6:00-8:45 pm
Games: Rummoli, Darts, Scrabble	6:30-8:45 pm
Mexican Train	
Iceless Curling	7:30-8:45 pm

WEDNESDAY - monthly

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
Documentary Series	10:30-11:30 am
Computer Drop-In	10:30am-12:30pm
*Carpet Bowling	1:00-3:30 pm

FRIDAY

Snooker	9:00am-noon
Tai Chi	10:15-11:15 am
Crib	1:00-3:30 pm
Table Tennis	1:00-3:30 pm

SATURDAY

Snooker	9:00am-noon
Coffee Klatsch	10:00-11:00am
Darts	12:00-2:00pm

PITT MEADOWS LUNCH HOURS: 11:30am - 12:45pm
Eat-in or take-away. Sandwiches \$3, Soup \$2



Congratulations to Jess Carr who won the \$100 gift card for the Pitt Meadows Golf Club at our Runway Fashion Show!



Coffee Klatsch

klatsch: social gathering, especially for coffee and conversation



Saturday mornings, 10am

Coffee or Tea \$1.25, assorted baked goods available for purchase
Conversation - Free!

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

PITT MEADOWS GOLF CLUB

Presents:

Summer Patio Series

5-9PM, ENTERTAINMENT FROM 6-9PM

\$24.00 + TAX PER PERSON

Join us on the last Friday of each month this summer for a featured BBQ buffet, great summer beverages and live entertainment on our stunning lower patio!

June 29th July 27th Aug 24th

**Taxes and gratuity additional to the listed prices

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

RESERVATIONS REQUIRED 604-465-5431



Test your Trivia Knowledge

July 14th (pre-register by Jul 11th)
& August 11th (pre-register by Aug 8th)

11:00am - noon

Form your own team or join one on the day

Maximum of 4 persons per team

\$2.00 entry per person

Prizes for winning team

Pitt Meadows Seniors Activity Centre

19065 119B Avenue 604-457-4771

A potpourri of categories...



...and MORE!

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?

PLEASE NOTE, CLASS IS NOW PRE-REGISTERED

Wednesdays - 6:30-7:15pm

Pre-registered 4 week sessions for \$20:
July 11 (reg. by July 6); Aug. 8 (reg. by Aug 3)
minimum number required for class to proceed
Pitt Meadows Seniors Activity Centre
19065 119B Ave. 604-457-4771



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

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

Taught by Seana-Lee, Certified Pilates Instructor



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



Variety Plus

Is Looking For New Members!



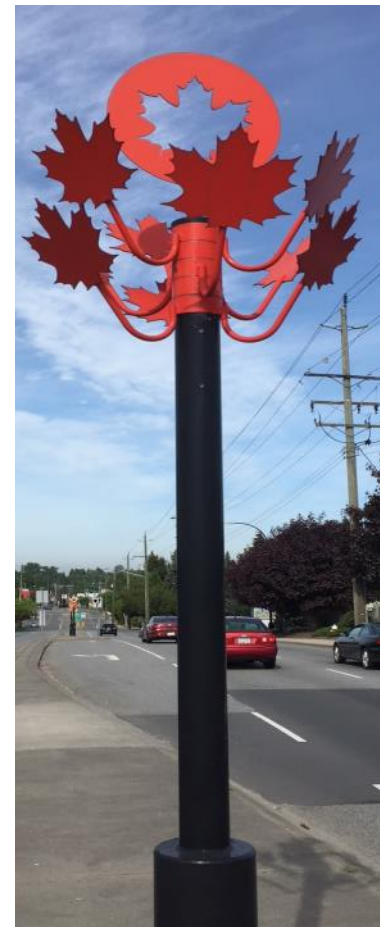
Join us! Be part of the fun!

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

EMERALD PIG THEATRICAL SOCIETY PRESENTS

THE MERRY WIVES OF WINDSOR



Bard on the BANDSTAND

JULY 19-21 AT SPIRIT SQUARE, PITT MEADOWS
 JULY 26-28 AT MEMORIAL PEACE PARK, MAPLE RIDGE
 PRE-SHOW ENTERTAINMENT AT 6:30 PM. SHOW AT 7:00 PM.

BRING A LAWN CHAIR, A BLANKET, YOUR FAMILY AND FRIENDS AND A DONATION FOR THE FRIENDS IN NEED FOOD BANK.

WWW.EMERALDPIG.CA | EMERALDPIG@THEATREBC.ORG | 604.785.1405





Ridge Meadows Seniors Society

12150 224th Street, Maple Ridge, B.C. V2X 3N8

Phone: 604-467-4593 Fax: 604-467-0848

Email: maria@rmssseniors.org

www.rmssseniors.org

June 5th, 2018

Dear Staff, Volunteers & Members,

I am so thrilled to announce Ridge Meadows Seniors Society won a MACAI award for Recreation and Leisure. MACAI is the Municipal Advisory Committee on Accessibility and Inclusiveness with the City of Maple Ridge and Pitt Meadows. MACAI strives to remove the social, physical and psychological barriers that prevent people from fully participating in all aspects of community life.

RMSS has been recognized for the incredible work that Bev Schmahmann, our Outreach Coordinator has been undertaking for seniors, their caregivers and family members in our two communities. Bev always goes above and beyond her call of duty and was truly meant to be carrying out this role for the Society. We are very lucky to have her on our team!

The Society is honored to have received this award as it recognizes not only all of Bev's hard work but also the team effort of staff, volunteers and the Board of Directors.

Well done, Bev!

Maria Perretta

Maria Perretta
Executive Director
Ridge Meadows Seniors Society



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**

As for all programs, please ensure your membership is current. See page 2 for more details.

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 1
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 (must pre-register)	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.

KinFit - on summer hiatus

Power Pilates - pre-registered

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.
\$20 for 4 classes. See ad on pg. 11 .

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.

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



Thank you to our sponsors and all who attended our Runway Show fundraiser between RMSS and Ridge Meadows Hospice Society. What a fun day!



RUNWAY SHOW



The Ridge Meadows Hospice Society is a registered charity that provides palliative and grief support programs free of charge to individuals and their families in Maple Ridge and Pitt Meadows who are living with a life-limiting illness or who are coping with the loss of a loved one.

The Ridge Meadows Seniors Society is a registered charity incorporated in 1999. Our Mission is to advance the well-being of seniors by providing health and social support services, education & recreational programs for seniors 55+ within the communities of Maple Ridge and Pitt Meadows.



GOLDEN SENIORS WELLNESS CLINIC

SAFE SUMMER TIPS

Decrease sun exposure; seek shade; wear clothing to protect arms and legs; wear a wide brimmed hat to protect your nose, ears and back of neck. Wear sunglasses with UVA/B protection and use sunscreen on all exposed skin. The Canadian Dermatology Association recommends everyone use a sunscreen with at least SPF 15 and to use a higher SPF if you burn easily or already have skin damage. Avoid being out in the sun between 10am and 4pm when about 30–50 % of the sun's sun-burning energy reaches earth. If you cannot avoid the sun, remember the 4 S's: SLIP on a shirt, SLAP on a hat, SLOP on sunscreen and SLIDE on sunglasses.

Another concern are heat-related illnesses such as heat stroke, heat exhaustion and heat rash. The body normally cools itself by sweating, but under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions that can limit the ability to regulate temperature include being under four or over 65 years old, obesity, fever, dehydration, heart disease, poor circulation, sunburn, drug and alcohol use, and over exertion at work or exercise during a heat wave. If a person is suffering from a heat-related illness get them into a cool or air-conditioned environment, and cool them rapidly. For example, immerse the person in a tub of cool water or place in a cool shower, spray or sponge them with cool water, and give cool non-alcoholic drinks. Continue cooling until body temperature drops below 101-102°F (38.5-39°C). Do not give any alcohol. If medical assistance is delayed, call the emergency room for further instructions.

In summer, we have mosquitoes and the risk of West Nile Virus. Reduce your risk by minimizing contact with mosquitoes. To protect yourself think of the 4 D's: DUSK, DAWN, DRESS and DEFEND. Plan your time outdoors; try to avoid spending long times outside when mosquitoes are most active at dusk and dawn. Dress in protective clothing such as long sleeve shirts, long pants and socks, and defend yourself with insect repellent. DEET is the most effective and best-studied insect repellent. Higher concentrations give longer protection times, not better protection. Do not use DEET on children under six months old. For children aged six months to twelve years old use a repellent with 10% or less DEET. Use only one application daily for children aged six months to two years and a maximum of three applications per day for two to twelve year olds. For children over twelve and adults use 30% DEET.

GOLDEN SENIORS WELLNESS CLINIC

To protect your health during extremely hot weather remember to keep cool and drink plenty of fluids. Replace salt and minerals with fruit juice or sports drinks during any work or exercise. Wear appropriate clothing and sunscreen. Practice safe-food handling procedures. Pace yourself and find ways to stay cool.

- 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!



PLEASE NOTE: The Clinic will be closed during the month of August

HELLO CANADA!
ESL and living skills for people new to Canada

We will talk about current events, how to handle emergencies, local activities, handling telephone calls and eating out. Topic suggestions from students are also a large part of our lessons.



Our teacher, Wendy Station, taught "Hello Canada! Living Skills for new Canadians" when she lived in North Vancouver. Wendy now lives here in Pitt Meadows and looks forward to starting a new group here.

Tuesday mornings - 10:45 - 12:00 noon
Do you wish to reserve a seat?
Do you have a question?
Email: hellocanada.esl@gmail.com
Facebook: www.fb.me/HelloCanadaESL

Pitt Meadows Seniors' Centre
19065 - 119b Avenue
Pitt Meadows, BC



CLASSES ARE FREE!
PLEASE JOIN US!

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

Seniors 10% Discount

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

Holiday Closures: RMSS Centres will be closed Sunday, July 1 & Monday, July 2 for Canada Day, and Monday, August 6 for BC Day



BOB D'EITH, MLA

MAPLE RIDGE-MISSION

My Community Office can help you with:

- navigating government services and programs
- accessing government documents, legislation, and web-based forms
- congratulatory messages and greetings
- issues involving provincial ministries or agencies

Community Office:

102-23015 Dewdney Trunk Rd
Maple Ridge, BC V2X 3K9
604-476-4530
bob.deith.mla@leg.bc.ca
www.bobdeith.ca



LEGISLATIVE ASSEMBLY
of BRITISH COLUMBIA



Would you like to paint some rocks for your garden?

We have two classes to choose from!

Pitt Meadows Seniors Activity Centre:

Saturday, July 7 10-11:30am

Cost: \$5 (includes instruction & materials)

Pre-register by July 5

Maple Ridge Seniors Activity Centre:

Friday, July 27 7-8:30pm

Cost: \$5 (instruction & materials)

Pre-register by July 20



**Interested in channelling your inner
“Picasso” or “Monet”?**

**Join us Saturday, August 18
10-11:30am at PM Seniors Activity Centre**

Cost: \$7.50 (instruction & materials)

Pre-register by August 15

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 the names with ****

** indicates drivers who are also driving members outside the Maple Ridge/ Pitt Meadows areas. Priority is given to rides for medical purposes. Additional charges apply; please call driver directly. *Here are some sample rates to hospitals (round trip or one way): Abbotsford \$32, Burnaby \$28, Eagle Ridge \$20, Royal Columbian \$24*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>**Cathy 778-227-8970</p> <p>**Katrina 778-388-3276</p> <p>Kay 778-846-3540</p> <p>Michelle 778-288-1538</p>	<p>**Sheila 604-463-8929</p> <p>**Jeri (afternoons only) 604-842-6595</p> <p>Michelle (afternoons only) 778-288-1538</p>	<p>**Cathy 778-227-8970</p> <p>Claudia 604-467-8385</p> <p>Kay 778-846-3540</p> <p>Michelle 778-288-1538</p>	<p>**Cathy 778-227-8970</p> <p>Anne 604-763-5623</p> <p>Michelle (afternoons only) 778-288-1538</p>	<p>Claudia 604-467-8385</p> <p>**Katrina 778-388-3276</p>
<p>A relief driver, **Gillian Hodge, may be available only if you find that none of the drivers are available 604-476-2109</p>		<p>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</p>		

HAVING FUN AT RMSS!



TECH LOUNGE – Maple Ridge & Pitt Meadows

Feeling overwhelmed by technology? Our volunteers are here to help.

Bring your smart phone, laptop or tablet!

Know your password for your equipment. Bring your device’s charge cord.

Drop-in or by appointment. Let’s learn together.

Monday	Tuesday	Wednesday	Thursday
<p>Maple Ridge 10:00 Drop-in Basics: Email, Internet, Phone, Tablet, Camera, and Tech Support \$1</p>	<div style="border: 1px solid white; padding: 10px; margin: 0 auto; width: 80%;"> <p>It Won't Byte <small>@ the Ridge Meadows Seniors Centre</small> Tuesdays, 3:30 pm - 4:30 pm Resumes in Sep 11</p> </div>		<p>Maple Ridge 10:00 Drop-in Basics: Email, Internet, Phone, Tablet, Camera, and Tech Support \$1</p>
	<p>Pitt Meadows 12:30-2:00 One on One computer help by appointment. Call 604-457-4771 \$2 (July only)</p>	<p>Pitt Meadows 1:30-3:30 One on One computer help by appointment. Call 604-457-4771 \$2</p>	<p>Pitt Meadows 10:30-12:00 Drop-in computers, tablets, laptops \$1 (August only)</p>

Gone fishing until September



INTERGENERATIONAL GARDEN

(corner of 121st Avenue and Edge Street)



Fun in the sun... Flowers at the Intergenerational Garden

The old adage while the mice (kids) are away the cats (volunteers) will play.... doesn't ring true at the Intergenerational Garden....

Our educational garden would not be possible without the hard work and continued dedication of our volunteers. While the students are off on summer break our volunteers stay behind to water, weed and harvest the perishable produce for the Friends In Need Food Bank. After Labour Day weekend the students will return to the garden for their fall harvest and resume classes till November. Sadly, all too often many educational gardens get started at schools and close down after only one or two growing seasons. The reality of the hard work and continued dedication required to be successful becomes too much to manage alone. We are extremely fortunate that our garden project continues to thrive and we owe many thanks to our many local supporters and dedicated volunteers. This spring our students learned a big lesson on how weather can drastically affect our crops. Our late winter weather followed by our summer like start to spring made the timing for sowing seeds later and trickier than an average spring season. Truthfully, many seeds needed to be sown multiple times to germinate this year. This extra delay gave them less early season produce than anticipated. While on the opposite end of the spectrum the plants that did germinate on schedule became so confused by the warm temperatures some of the cool weather plants thought it was already time to set their seeds. Fortunately, nature has a great ability to adapt and catch us up before school let out at the end of June.

The Intergenerational Garden is a vibrant mix of educational garden beds and community rental plots helping to bring together the local community. It's a blending of young to old from all walks of life sharing our knowledge, stories and garden growing tips. Please join us for one of our casual and fun summer potluck meetings to enjoy our garden and beautiful sunflowers - July 24th & August 28th from 12:00-1:30pm located at the Intergenerational Garden on the corner of Edge and 121st Ave. Maple Ridge.

For more information regarding our monthly meetings, volunteering or fundraisers please contact Heather Jonatschick Garden Coordinator gardencoord@gmail.com 604-837-8915



Learning together at the Intergenerational Garden - photo by Heather Jonatschick

BRIDGE TOURNAMENT FUNDRAISER

Saturday, October 27th

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

Be sure to look at our next issue for the winners of the June 23rd tournament!



MAPLE RIDGE LIQUOR STORE



AT THE CORNER OF 207TH & LOUGHEED

Putting the "FUN" back in "FUNDRAISING"!!!

The next time you are making a purchase at Maple Ridge Liquor Store, ask the cashier to attach your sale to the RMSS account. 5% of the gross sale will be given back to RMSS! More information at RMSS reception.

Tell your friends! Tell your neighbours! "Put it on the RMSS account."



COMMUNITY GROUP MEETINGS AT MAPLE RIDGE SENIORS CENTRE

NOTE: MANY GROUPS TAKE SUMMER BREAK; PLEASE CALL CONTACT TO CONFIRM.

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 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 *new day & time

Meets: Thursdays (bi-weekly) 10:15-11:15am
Information and support for caregivers caring for loved ones at home.
Contact Bev S. 604-380-0516

Intergenerational Garden (Feb. thru Oct.)

Meets: 4th Tuesday each month 2-3:30pm
(meeting at garden July & August; see pg. 28)
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

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

ANNUAL GENERAL MEETING

NOMINATING COMMITTEE

The Annual General Meeting is scheduled for:

Date: Wednesday, September 19th, 2018

Time: 1:00 p.m.

Place: Pitt Meadows Seniors Activity Centre

(Transportation from the Maple Ridge Seniors Activity Centre will be made available for those who need it.)

The A.G.M. will be conducted observing Robert's Rules of Order and the provisions of the RMSS bylaws. To vote, you will need to be a member in good standing. Information regarding nominations will be posted at our centres later this summer.

Alzheimer Society
BRITISH COLUMBIA

Understanding Communication

July 2018 Workshop



Caregivers will gain an understanding of how communication is affected by Alzheimer's disease and other dementias. They will also have the opportunity to explore effective ways of facilitating communication and providing support to the person with dementia.

Date: Wednesday, July 18

Time: 6:30 - 8:30 p.m.

Location: RMSS Maple Ridge Seniors Activity Centre
12150 - 224th Street, Maple Ridge

Cost: Free Admission, Donations Appreciated

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

Call to register: 604-298-0780

E-mail: info.northfraser@alzheimerbc.org

Alzheimer Society
BRITISH COLUMBIA

Getting to Know Dementia

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

August 2018 Workshop



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

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

Date: Wednesday August 22, 2018

Time: 6:30 – 8:30 p.m.

Location: RMSS Pitt Meadows Seniors Activity Centre
19065 - 119B Avenue, Pitt Meadows

Cost: Free Admission, Donations Appreciated

Call to register: 604-298-0780

E-mail: info.northfraser@alzheimerbc.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.



Congratulations to Norma Jean Phillips - both a member and volunteer at RMSS - for her HONOURABLE MENTION (from amongst 98 entries) at the Garibaldi Art Club Spring Show which just completed its juried display at The Act.

Her winning piece entitled *Tiny Blessings* is shown here.

Well done, Norma Jean!



RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2017/2018

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Vice-President.....Geoff Hampson

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