

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
September & October 2018 Program Guide



**Winning BINGO at
the Seniors Helping
Santa Fundraiser!**

**Now there's
something to smile
about!**

**Congratulations to
all the winners!**

FACILITY HOURS

Maple Ridge Seniors Activity Centre

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



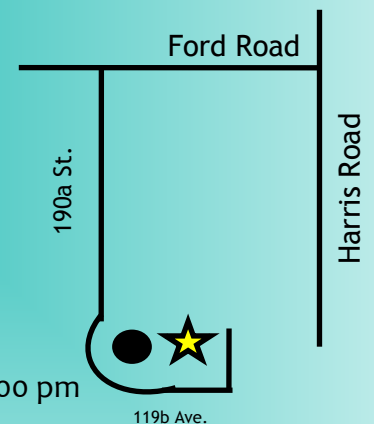
Hours of Operation

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

Closed Sep 3 & 8 (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 Sep 3 & Oct 8



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.

Inside this GrapeVine Issue

Bus Trips	4-5
Upcoming Special Events.....	6-7, 12, 15
Drop in Programs– Maple Ridge.....	8-9
Drop in Programs– Pitt Meadows...	10-11
New Programs.....	14
Fitness Programs.....	16-18
Pre-registered Workshops.....	19, 28-29
Wellness	20-21
Driving Service.....	23
Tech/Computer Programs	19,25
Intergenerational Garden.....	26
Community Group Meetings.....	30

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



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

Welcome to fall everybody. Certainly a very warm, dry and smoky summer, and September is probably going to be similar but we will have lots of activities in both centres, so come on in and get cooled.

By now the painting will be completed in the Maple Ridge Centre, main halls, lounge, office and board room, and will give the building a nice fresh look. This is a strata life span project, with our other rooms, Library, Craft Room, Social Activity Room, and Snooker Room being planned for the next fiscal year. The next big inside project will be the replacement of all of the carpet in the hallways. This is an expensive project and will require a careful look at the budgets as to when we can proceed. Hopefully in the next fiscal year.

You should also by now see the outdoor/parking lot lighting upgraded in Maple Ridge. This conversion to LED lighting should provide a brighter parking lot at night as well as being a significant saving in operation and maintenance. And soon, if not already, parking lot repair and line painting should be started.

As we move into fall, RMSS will be installing a new software program. This new program will be a large step forward in maintaining our membership lists, reducing paper and becoming a more efficient operation. There will be several steps to the implementation, with the first starting in September.

We have the Annual General Meeting coming up on September 19 at the Pitt Meadows Centre. There will be four – two year terms, and one – one year term, up for election. In addition to our usual audited statements and reports we will be presenting our new five year strategic plan as developed by the Board over the summer. AGM packages are available 14 days ahead of the actual meeting if you wish to pick up and read ahead of time. These must be signed for at either centre's admin office.

Lastly, in what will be a busy fall, we have both a civic election and a voting referendum happening. Staff is working on putting together an information meeting regarding the referendum and we will be working toward an all candidates meeting in both cities.

Happy fall and see you at the Annual General Meeting.

Don Mitchell

Ridge Meadows Seniors Society, President of the Board

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

SOLD OUT

Celebrating its 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

Manning Park Fall Foliage Tour - Monday, October 15th - \$99

Maple Ridge 8:30am - 5:15pm

Pitt Meadows 8:15am - 5:00pm

Take a sightseeing tour to see splendid fall foliage between Hope and Manning Provincial Park located in the heart of the Cascade Mountains. - *Activity Level: Easy*

PACKAGE INCLUDES:

- Manning Park
- Lunch Pinewood Restaurant
- Lightning Lake Escorted Walk
- (15-25 minutes; benches available)
- Hope Slide
- Rhododendron Flats
- Relief Driver
- All fees and taxes



ITINERARY:

- 9:15am** - Tim Hortons/Starbucks Abbotsford
- 9:45am** - Depart
- 10:45am** - Rhododendron Flats
- 11:45am** - Manning Park
- Pinewoods Restaurant lunch
- 1:15pm** - Lightning Lake nature walk
- 2:00pm** - Depart
- 2:45pm** - Hope Slide
- 4:00pm** - Langley Tim Hortons

BUS TRIPS

Titanic: The Artifact Exhibition - Monday, November 26th - \$119

Maple Ridge 9:45am - 5:15pm

Pitt Meadows 10:00am - 5:00pm

The galleries in this fascinating exhibition put you inside the Titanic experience like never before. We feature real artifacts recovered from the ocean floor along with room recreations and personal histories in the compelling story of Titanic's maiden voyage.

- Activity Level: Easy

PACKAGE INCLUDES:

- Lipont Art Centre Richmond
- Titanic Admission Fees
- Titanic Guided Tour
- Lunch:
The Deck Kitchen
- South Dyke
River Walk
- All fees and taxes



ITINERARY:

11:15am– South Dyke River Walk

- weather permitting

12:00pm - The Deck Kitchen Lunch

1:30pm - Titanic: The Artifact Exhibition

- Escorted Entry

- Guided Tour

- Exhibit Free Time

4:00pm - 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

HERE WE ARE – EDUCATIONAL FORUM – NOVEMBER 17th 2018

An Educational Opportunity for Seniors and Seniors in Training

We are back this year to enjoy a day of information and fun!

Connecting you with community, peers and programs at the
Maple Ridge and Pitt Meadows Seniors Activity Centres.

On November 17th 2018, **Here We Are** will implement a full day Educational Forum at the Maple Ridge Seniors Activity Centre. A day of speakers and vendors that highlight a positive view of aging for seniors by seniors. It will be an opportunity for learning, knowledge sharing, discussion and fun.

Due to popular demand - **Terry Small** is back as keynote speaker! His presentation: **Make Your Brain Smarter and Healthier**



Followed by a lineup of speakers for the day to educate, enlighten and delight.

18 Vendors will be available to give information on community resources and opportunities.

There will be a pre-registration for the event. Tickets will be on sale for \$12.00 starting September 24th at both Pitt Meadows and Maple Ridge Seniors Activity Centres.

A lunch will be served with a dessert, as well as snacks, tea and coffee throughout the event.



We are looking for sponsors for our educational forum.
Please contact Bev at 604-380-0516.

ANNUAL GENERAL MEETING



RIDGE MEADOWS SENIORS SOCIETY

NOTICE OF ANNUAL GENERAL MEETING

In accordance with the Ridge Meadows Seniors Society bylaw 3.4, the Board of Directors hereby calls an Annual General Meeting.

DATE: Wednesday, September 19, 2018
TIME: 1:00 p.m.
REGISTRATION: Commences at 12:00 noon
PLACE: Pitt Meadows Seniors Activity Centre
19065 119b Ave Pitt Meadows

IMPORTANT INFORMATION:

- The meeting is open to all members in good standing.
- Members will be required to present a valid membership card.
- The RMSS bylaw 4.8 states that in order to vote, a member must have been a member in good standing for at least 14 days prior to the date of the AGM.
- Copies of the annual report and financial statements will be available from office staff at both activity centres from Monday, September 10th, 2018.

***CONTACT RECEPTION FOR INFORMATION ON TRANSPORT FROM
MAPLE RIDGE SENIORS ACTIVITY CENTRE.***

Don Mitchell
President

Posted August 18th, 2018



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
Tech Help (see pg. 25)	10:00-noon
Bridge (Lessons - Intermediate)	1:00-3:00 pm
Carpet Bowling	1:00-3:00 pm
Gentle Joint Yoga Fit	4:00-5:00 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 (<i>call ahead to confirm</i>)	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
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
Ukulele

THURSDAY

Snooker
Fit & Fun after 55
Tech Help (see pg. 25)
Silvertones Senior Choir
Hawaiian Dance Lessons
Mah Jong
Carpet Bowling
Duplicate Bridge
Gentle Joint Yoga Fit
Crib
Table Tennis

MAPLE RIDGE L

M-F 11:30am

Prices: Soup \$2, Mea

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

FRIDAY

8:00-4:30 pm	Snooker	8:00-4:30 pm
8:30-9:30 am	Stay Fit 3	8:30-9:30 am
8:30-11:30 am	Table Tennis	8:30-11:30 am
10:00-11:00 am	Ladies Snooker	9:30-11:00 am
12:30-4:30 pm	Chair Fit 1	10:00-11:00 am
1:00-4:00 pm	Line Dancing (Beginner)	11:30am-1:00 pm
2:00-3:00 pm	Line Dancing (Level 1)	1:00-2:00 pm
7:00-8:30 pm	Scrabble	1:00-3:00 pm
	Poker	1:00-4:00 pm
	Partnership Bridge	1:00-4:30 pm
8:00-4:30 pm	Line Dancing (Level 2)	2:00-3:30 pm
9:00-10:00 am	Create	7:00-9:00 pm
10:00-noon	Iceless Curling (new program)	7:00-9:00 pm
10:30-11:30 am	Whist	7:00-9:00 pm
1:00-2:00 pm		
1:00-3:00 pm	SATURDAY	
1:00-3:00 pm	Snooker	8:00-4:00 pm
1:00-4:30 pm	Karaoke	1:00-4:00 pm
6:30-7:30 pm	*note: no Karaoke on Oct 27; instead Fri. Oct 26 6:30-9:00 pm	
7:00-10:00 pm	SUNDAY	
7:00-10:00 pm	Snooker	9:00-noon
	Gals' Coffee Group	9:30-11:00 am

BRUNCH HOURS:

11:00am-1:00pm

Half Meal \$5.50, Full Meal \$7

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

MONDAY

Snooker	9:00am-noon
Stay Fit 2	9:15-10:15 am
Line Dancing (Level 1)	10:30am-noon
Bridge	12:45-3:30 pm
Tech Help (by appt)	1:00-3:00pm
Table Tennis	1:00-3:30 pm

TUESDAY

Walking Club	8:30-9:30 am
Scrabble	10:00-noon
Chair Yoga	noon-1:00 pm
Tech Help (by appt)	12:30pm-2:00 pm
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

WEDNESDAY - *continued*

Canasta	6:00-8:45 pm
Iceless Curling	7:30-8:45 pm

WEDNESDAY - *monthly*

1st Wed: Games	6:30-8:45 pm
2nd Wed: Book Club	7:00-8:45 pm
4th Wed: Movie Night	6:30-8:30 pm
last Wed: Pie & Ice-Cream	2:00-3:00 pm

THURSDAY

Walking Club	8:30-9:30 am
*Line Dance (Beginner - new) 9:15-10:15am	
Rhythm & Reach	10:30-11:30 am
Documentary Series	10:30-11:30 am
Tech Help (Drop-In)	10:30am-12:30 pm
Chair Yoga (<i>new time</i>)	noon-1:00 pm
Carpet Bowling	1:30-3:45 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

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

Silver Top Café open
during regular hours of operation.

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

SATURDAY

Snooker	9:00am-noon
Coffee Klatsch	10:00-11:00 am
KinFit (pg. 18 for PM dates)	10:15-11:00 am
Darts	12:00-2:00 pm

SATURDAY - monthly

1st Sat: Painting (pre-reg.)	10:00am-noon
2nd Sat: Trivia (pre-reg.)	10:00-11:00 am
3rd Sat: *Create (new day/time)	10:00-11:30 am
4th Sat: Games (i.e. Farkle)	10:00-11:30 am

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



Test your Trivia Knowledge

Sep 15th (pre-register by Sep 13th)

Oct 13th (pre-register by Oct 11th)

11:00am – noon

Light Lunch fare available for purchase

**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!

BELLY DANCE



Benefits of Belly Dancing:

- Belly dancing is a non-impact, weight-bearing exercise and is suitable for all
- It is a good exercise for the prevention of osteoporosis
- The moves involve independent muscle isolations which improve flexibility of the whole body
- Of all physical activities, dancing involves the most mental effort and dramatically lowers the risk of dementia*.

* New England Journal of Medicine

Tuesdays 2:45-3:45pm

**\$30 / 6 week pre-registered sessions
(minimum 8 participants required)**

Next session
begins:
September 11
(Pre-register
by Sep 7)

Membership required. See Pitt Meadows reception for dates & more info.



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



BRING YOUR PARDNER, OR JUST YOURSELF, AND
JOIN IN FOR OUR END OF SUMMER

HARVEST HOEDOWN

WHEN: Wednesday, September 12, 6-8:30pm

WHAT: BBQ Hamburgers & Country Dance

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

TICKETS: \$10 -tickets available until Mon. Sep. 10
(includes your dinner & entrance fee)
Beer & Wine extra (\$2.50/can or glass)

DRESS: Denim, plaid, cowboy boots & hat friendly!

BBQ

LINE DANCE
DEMO & LESSON

Y'ALL COME
DOWN NOW,
YA HEAR?



Bob D'Eith, MLA

Maple Ridge-Mission

Lisa Beare, MLA

Maple Ridge-Pitt Meadows

Proudly Serving Seniors in Our Community

Our Community Offices can help you with:

- locating government services and programs
- government documents, legislation, and other web-based forms if you don't have internet access
- congratulatory messages and greetings
- resolving issues you may be having with provincial ministries or agencies



Bob D'Eith
MLA Maple Ridge-Mission
 604-476-4530
bob.deith.MLA@leg.bc.ca
www.bobdeith.ca

Lisa Beare
MLA Maple Ridge-Pitt Meadows
 604-465-9299
lisa.beare.MLA@leg.bc.ca
www.lisabeare.ca



LEGISLATIVE ASSEMBLY
 of BRITISH COLUMBIA

ICELESS CURLING is here!

Starting in September at Maple Ridge!



Love the game of curling? But not so keen to get onto the ice?
Play at YOUR level of ability.
Come out and give iceless curling a try!
Curious? Visit our Pitt Meadows group (pictured above) on Weds.

At Maple Ridge:

Fridays 7:00-8:30pm
(starting in September)

At Pitt Meadows:

Wednesdays 7:30-9:00pm
ongoing

\$1.00 drop-in fee



First visit FREE! Membership required thereafter.
See Reception for more info.



LINE DANCE LESSONS



Want to keep your brain sharp, your heart healthy,
and make new friends?

Of all physical activities, dancing involves the most mental
effort and dramatically lowers the risk of dementia*.
Plus it's just a whole lot of fun!!!

* New England Journal of Medicine

At Maple Ridge: w/ Austin calling

Tuesday: Level 2 10:15-11:15am
Level 3 11:15am-12:15pm

Friday: Beginner 11:30am-1:00pm
Level 1 1:00-2:00pm
Level 2 2:00-3:00pm

At Pitt Meadows: w/ Jim calling

Monday: Level 1 10:30am-noon

Thursday: *Beginner 9:15-10:15am
(new class starting Sep 13)

Drop-in fee \$1.00

First visit FREE! Membership required thereafter. See Reception for more info.



Special Events at Greystone Manor

11657 Ritchie Ave.
Maple Ridge
604-467-2808

SAVE THE DATE!!



Pink Ribbon Tea

Wednesday October 3rd at 1:30pm

Breast Cancer Fundraiser

Minimum donation \$5 cash will go to

Canadian Breast Cancer Foundation

All guests must register by Monday, September 24th



Thanksgiving Buffet Dinner

Sunday October 7th at 5:30pm

Seniors (65+) \$18 | Adults \$22 | Kids 4-12 \$1 /year (cash only)

All guests must register by Monday, October 1st

MAPLE RIDGE COMMUNITY MOSAIC



A new Maple Ridge Leisure Centre Public Art Project has begun. Submit your digital photos to inspire the colour palette for the glass tiles that will be used in the design. RMSS will host a session this fall to allow for your participation in this community project.



#mapleridgecommunitymosaic



@MapleRidgeCommunityMosaic

Submission deadline is Sep 30/18.



Join us for an
Oktoberfest Party
 On Tuesday, October 23st at 2:00pm
 Special Guest: Peter Paulus of the Rheinlander Band will be performing
 \$2.50 Beer/Wine
 Tickets are \$6 and available for sale starting September 23rd
 at Maple Ridge Seniors Activity Centre
 12150 224th Street, 604-467-4993

ROBIN HOOD

A fun filled family "Panto" By Vicky Orman

Dec 13th, - 7:30 pm
 Dec 14th, - 11:00 am & 7:30 pm
 Dec 15th, - 2:00 pm & 7:30 pm

come join us at THE ACT - 604-476-2787

Tickets: Adults \$25.00
Seniors and Students \$20:00
Children under 12 yrs \$15.00

www.spectacularproductions.ca
 SPECC-TACULAR PRODUCTIONS THEATRE GROUP

GET READY FOR THE REFERENDUM



2018 REFEREDUM ON ELECTORAL REFORM IN BC

The referendum will be held by mail Oct 22-Nov 30.

Could you use some clarification on the ballot questions?

- First past the post?
- Proportional representation?

Together with the Ridge Meadows Chamber of Commerce, RMSS will host an explanatory session to review the ballot questions.

Friday, October 12th at 7pm



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.

MON	TUE	WED	THU	FRI	SAT
8:30 Stay Fit 3	8:45 Walking Club (by rec centre)	8:30 Stay Fit 3	8:45 Walking Club (by rec centre)	8:30 Stay Fit 3	9:15 Power Pilates (pre-registered)
9:00 Osteofit (pre-registered)	9:30 Chair Yoga	9:00 Osteofit (pre-registered)	9:00 Fit & Fun after 55	10:00 Chair Fit 1	10:15 KinFit (check dates)
9:15 Stay Fit 2	10:00 Zumba Gold (pre-registered)	10:00 Chair Fit 1	10:30 Rhythm & Reach	10:15 Tai Chi (all levels)	10:15 KinFit (check dates)
10:00 Chair Fit 1	12:00 Chair Yoga	10:30 Stay Fit 1	12:00* Chair Yoga (*new time)	11:30 Hatha Yoga (pre-registered)	
4:00 Gentle Joint Yoga	6:30 Tai Chi (advanced)	2:00 Tai Chi (beginners)	6:30 Gentle Joint Yoga		
WHITE = MAPLE RIDGE		6:30 Power Pilates (pre-registered)			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. Please bring your own mat.

Gentle Joint Yoga

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

KinFit - Kinesiology directed exercises teaching how to move pain free. See ad on pg. 18 for dates at either centre.

Osteofit - *pre-registered class*

See ad on pg. 18

Power Pilates - *pre-registered class*

Caters to ALL levels and abilities. Includes cardio, muscle strengthening, core & balance, stretch & breathing. Taught by certified Pilates instructor, Seana-Lee. \$20 for 4 classes. See ad on pg. 18 .

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, rumba, flamenco, salsa, mambo, swing, Bollywood, disco, tango and much more. \$25 for 5 classes.

KIN-FIT


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?

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.


Saturdays 10:15-11:00am

At Maple Ridge: Sep 8, 15, 22, 29; Oct 6; Nov 3, 10, 24; Dec 8, 15
 At Pitt Meadows: Oct 13, 20, 27; Nov 17; Dec 1

Drop-in fee \$2.00



First visit FREE! Membership required thereafter.
See Reception for more info.



What people are saying about KinFit:

“So great to have a Saturday fitness class to go to.”

“Steven is an excellent teacher. I really enjoy this class.”



“Steven is teaching exercises to improve our ability to function. He is very good at adjusting the exercises to each individual so as not to cause pain.”

“I really enjoyed the KinFit program and hope it will be available again in the Fall.” (And it is!)

Welcome back, Steven, for another season of KinFit!

OSTEOFIT

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


Has your doctor suggested exercises to reduce your risk of falls and fractures? To find a fitness program that proactively and preventatively increases your ability to do day-to-day activities, adds to your confidence and independence, to more so enjoy your quality of life? **Osteofit is what you need!**

A blend of Osteofit Levels 1 & 2 is here for you!

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


\$45 / 6 pre-registered classes

Next session begins:
September 17
(Pre-register by Sep 13)

Membership required. See Pitt Meadows reception for dates & more info.



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



POWER PILATES



INCLUDES: cardio, weight training, core strengthening, stretch component, breathing techniques, modification for joints & back, injury recovery, AND allows you to go at your own pace!

Next sessions begin:
Wed, Sep. 26*
 (Pre-register by Sep 24)
Sat, Sep 29*
 (Pre-register by Sep 27)

Wednesdays: 6:30-7:15pm or Saturdays: 9:15-10:30am

\$20 / 4 Wednesdays pre-registered session - day specific

\$20 / 4 Saturdays pre-registered session - day specific

Bring your own mat. Minimum 12 participants required.

Membership required. See Pitt Meadows Reception for dates & more info.

* Curious? But don't want to commit just yet? Try a \$5 drop in class:
 Wednesday, September 19, 6:30pm or Saturday, September 22, 9:15am



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



PRE-REGISTERED WORKSHOPS



Fraser Health Falls Prevention Clinic

fraserhealth
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 September 18, 2018
RMSS Maple Ridge 12150 224th St.

Thursday October 25, 2018
RMSS Pitt Meadows 19065 119B Ave.

FREE
PRE-REGISTRATION REQUIRED
Contact 604-587-7866 for an Appointment
Registration is required. Seats are limited and fill up quickly.




WELLNESS WORKSHOPS




Your pharmacist is a wealth of information!



Our local Save-On-Foods pharmacy is offering a series of on-site workshops and in-store health clinics to support your health and well-being.

Tuesdays 10-11am at RMSS Maple Ridge (alongside our Wellness Clinic)
Thursdays 2-6pm - at Save-On-Foods (Valley Fair Mall)

<p>Tuesdays 10-11am at RMSS Maple Ridge</p> <p>Sep 25: Medication Safety Understand the proper use of medications including supplements and other natural health products</p> <p>Oct 23: Update Your Immunizations What you should know and do this flu season if you are 65 years and older</p> <p>Nov 27: Osteoporosis Prevention Learn how to reduce your risk of Osteoporosis</p>	<p>Thursdays 2-6pm at Save-On-Foods</p> <p>Sep 27: Brown Bag Day Bring in your non-prescription & prescription medications for an assessment and personalized care plan</p> <p>Oct 25: Flu & Other Vaccinations Get your flu and other vaccines such as shingles, hepatitis A/B, pneumococcal, and Tdap</p> <p>Nov 29: Bone Density Screening Receive a bone density screening, and lifestyle & nutrition tips</p>
---	--

Registration Details: (Minimum number required to proceed; please register early)
For Tuesdays at RMSS: *pre-register at MR reception 604-467-4993
For Thursdays at Save-On-Foods: *pre-register on the Tuesday or call the pharmacy at 604-465-0426 to book your appointment during listed times. Walk-ins welcome.

HANDS ON TECH PROGRAMS

Searching for some hands on tech help with your Smartphone or Tablet? Peter is here to help!
From basic understanding of how to use your device, notifications, search bar, Wi-Fi & Bluetooth, to apps & widgets.




Program 1: Everything You Need to Master Your Smartphone (two sessions)*
Do you want to master basic functions on your Smartphone?
We will help you understand and use all your smartphones' programs.

Program 2: How Do Tablets Work and What Can I Do With It? (two sessions)*
Learn how to use your android/Apple tablet, navigate your way around a table/ iPad plus review interesting apps for you to install.

Program 1: Mon. Sep 17 & Thur. Sep 20 9:30-11:30am \$2.50
***Pre-register at Maple Ridge reception by Fri. Sep 14**

Program 2: Mon. Sep 24 & Thur. Sep 27 9:30-11:30am \$2.50
***Pre-register at Maple Ridge Reception by Fri. Sep 21**

HANDS ON TECH PROGRAMS

Got more questions than answers about how to be safe online?
Having difficulty deciphering the "good guys" from the "bad"?
Want to ask for help but not sure from whom?
Ian Treleven is here to help with Saturday morning workshops!

Sat. Oct. 13, 10-11am: Computing Best Practices - Follow the Money to Safety
Money motivates the internet. Should I pay for anti-virus? Should I trust the Cloud? My favourite password is "monkey123" - is that bad?
***Pre-register at Maple Ridge reception by Fri. Oct. 12 \$2.50**

Sat. Nov. 3, 10-11am: How Does the Internet Work & How Can I Improve my WiFi?
Do you have "dead spots" in your home WiFi? Should you connect your TV to the Internet? Wonder how to safely connect "smart home" devices (lightbulbs, thermostats) to the Internet? Learn how the Internet works and how to set up your router to make the most of your Internet service.
***Pre-register at Maple Ridge reception by Fri. Nov. 2 \$2.50**

GOLDEN SENIORS WELLNESS CLINIC

IT'S COLD and FLU SEASON

A cold is caused by many viruses and is spread by touching contaminated objects then touching your eyes, nose or mouth. The annual flu epidemic is caused by influenza viruses type A and B. They are spread through the air when an infected person sneezes or coughs.

Cold symptoms begin one to two days after contact and are usually mild, starting with a scratchy or sore throat which can become painful but usually gets better by the 2nd or 3rd day. Nasal discharge often thickens and discolors. Your nose can be partially or totally blocked up until the 4th or 5th day when your cough starts. The cough might start off with phlegm but gradually becomes a dry cough. A cold may have other symptoms depending on the contracted virus such as fever, sneezing and headache. The onset of cold symptoms is gradual, you can appear well to others and you can usually continue with normal activities and work.

The flu can occur abruptly; you might feel well in the morning but be very ill in the afternoon. The symptoms might seem like a cold at first, as sore throat and watery nasal discharge can occur in both. With the flu, the nasal discharge stays watery and does not thicken. Headaches and fever (as high as 41° C (106° F)) are more common and severe with the flu. People with the flu usually appear sick to others with flushed warm skin and watery reddened eyes. With the flu, the person experiences aches and pains in the muscles, joints and the area around the eyes. When you have the flu you are tired and it is more common for the person to miss work and activities.

Colds and flu are caused by viruses; antibiotics will not work unless you have a bacterial infection along with the flu. If you have severe symptoms or breathing problems check with your doctor. Prescription medications can help prevent the flu or lessen symptoms but they must be used within 48 hours of feeling ill.

Self treatment products are available to help control your symptoms. Common cold and flu medications contain pain relievers, decongestants for runny noses, expectorants to thin out chest and nasal secretions and cough suppressants. If you have any medical conditions or take any medication it is always best to get your pharmacist's help in deciding which product would be best for you.

GOLDEN SENIORS WELLNESS CLINIC

Prevention is the best medicine. Practice frequent and thorough hand washing with warm soapy water, avoid touching the eyes, nose or mouth. Get your flu shot and remember any vaccination can take up to two weeks to build up enough antibodies to protect you. The flu shot protects against flu viruses that have been identified as causing the most problems in the current year. It is also recommended to get vaccinated against pneumococcal disease. There are two pneumococcal vaccines Pevnar-13 and Pneumovax administered one year apart. Pevnar -13 vaccine is not free; if you have never had a pneumococcal vaccine it is recommended to get Pevnar-13 first then Pneumovax one year later. Pneumovax is provided free to those with certain conditions and everyone over 65. Usually only one lifetime dose is needed - a second dose may be recommended for people with certain conditions. See your doctor or pharmacist for vaccinations.

Remember cover your mouth with your sleeve when you cough or sneeze, wash your hands frequently with warm soapy water, and stay at home if you are sick.

- 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!**



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

MAPLE RIDGE ACTIVITY CENTRE

Tuesday, October 16th 9:30am-3pm

PITT MEADOWS SENIORS CENTRE

Thursday, October 18th 9am-1pm

**Flu shots subject to availability*

Holiday Closures: RMSS Centres will be closed:

**Monday, September 3 for Labour Day, and
Monday, October 8 for Thanksgiving Day.**



Accepting New Members
Through September

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 Fall show on August 29th
We meet at 1:00 pm each Wednesday
in Hall C at the Senior Centre in Maple Ridge.

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



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](http://www.cruiseshipcenters.com/Marjorie%20Locke)

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 \$8 round trip or one way. Higher amounts may apply due to added time and distance.
(Given the increase in gas prices, a review of the gratuity provided to our volunteer drivers was necessary. After discussion, the rate per ride locally will be increased from \$6 to \$8 effective September 2018.)
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

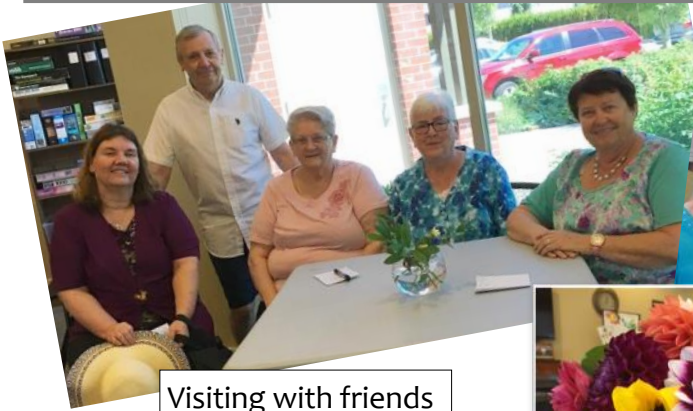
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**Cathy 778-227-8970	**Cathy 778-227-8970	**Cathy 778-227-8970	**Lance 604-328-8860	**Cathy 778-227-8970
**Lance 604-328-8860	**Louise 604-512-4351	**Lance 604-328-8860	**Louise 604-512-4351	**Lance 604-328-8860
	**Peter 604-230-5732	**Peter 604-230-5732	**Peter 604-230-5732	**Peter 604-230-5732
	**Sheila 604-463-8929	Claudia 604-467-8385	Anne 604-763-5623	Claudia 604-467-8385

Claudia will be
unavailable from
Sep 15-30

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

HAVING FUN AT RMSS!



Visiting with friends



PM Craft Ladies



Thank you, Agnes, for sharing your beautiful flowers with our Pitt Meadows Centre again this summer! So very appreciated!



Thank you to the Seniors Helping Santa Bingo Volunteers!

Mah Jong, anyone?



A spontaneous gift of summer well wishes from the younger generation!



Rock painting



Trivia Saturdays with "Alex Trebec"!

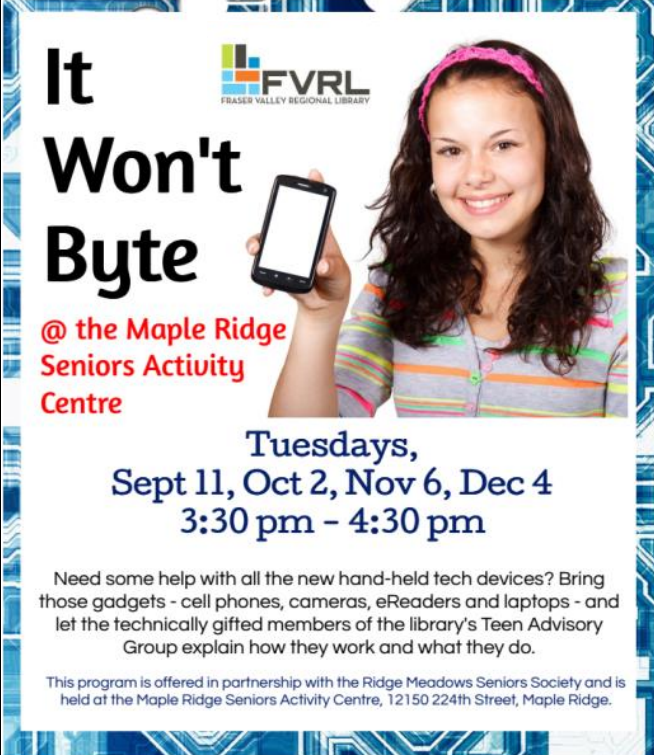
TECH LOUNGE – Maple Ridge & Pitt Meadows

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	&	Thursday
<p>Maple Ridge</p> <p>10:00 Drop-in</p> <p>Basics:</p> <p>Email, Internet, Phone, Tablet, Camera, and Tech Support</p> <p>Drop-in fee \$1</p>		&	<p>Maple Ridge</p> <p>10:00 Drop-in</p> <p>Basics:</p> <p>Email, Internet, Phone, Tablet, Camera, and Tech Support</p> <p>Drop-in fee \$1</p>
<p>Pitt Meadows</p> <p>1:00-3:00</p> <p><i>(*new day & time)</i></p> <p>One on One computer help by appointment</p> <p>Call 604-457-4771</p> <p>Drop-in fee \$2</p>	<p>Pitt Meadows</p> <p>12:30-2:00</p> <p>One on One computer help by appointment</p> <p>Call 604-457-4771</p> <p>Drop-in fee \$2</p>	&	<p>Pitt Meadows</p> <p>10:30-12:00</p> <p>Drop-in computers, tablets, laptops</p> <p>Drop-in fee \$1</p>

Check out page 19 for some topic specific pre-registered tech workshops!



INTERGENERATIONAL GARDEN(corner of 121st Avenue and Edge Street)**Hard Work and Fun in the Sun at the Intergenerational Garden**

People who live in the neighborhood near RMSS in Maple Ridge always enjoy walking past the bright spot that is the Intergenerational Garden. The tall yellow sunflowers and other flowers used for companion planting (plants used to attract good bugs and keep bad ones away) add to the visual feast while the sweet peas were wonderfully fragrant. The nasturtiums were beautiful to look at, and they made the lettuce donations to the Food Bank look wonderful! Volunteers were busy all summer keeping the garden looking fresh, producing healthy food and an always attractive spot for passers-by to enjoy.

In the hot weather we had this summer, the volunteers faithfully watered every morning and evening. During the school year, the students harvested the produce and by summer holidays, they had used asparagus, peas, spinach, Swiss chard, beans, lettuce, cabbage, garlic, kale, strawberries and herbs. During the summer holidays, though, the produce kept growing and with no students to harvest it, the volunteers did it each week and delivered it to the Friends-in-Need Food Bank. After the produce was washed, the Food Bank happily received lettuce, carrots, Swiss chard, beets, zucchini, cucumbers, tomatoes, garlic, beans, kale, cabbage and herbs.

Besides the watering and harvesting, our volunteers did general garden maintenance. Weeds were pulled from both vegetable beds and walkways, plants that had gone to seed were pulled unless we wanted to save some seeds for next year, soil sometimes needed to be moved from one place to another and compost needed to be turned. It was a hot summer but a productive one and rewarding for everyone involved in keeping it going. The students will be returning to the garden in September and October, before the beds are laid to rest for winter break until March. - *Article written by Sheila Pratt*

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



One of our faithful volunteers 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

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



- From the June 23rd
 Bridge Tournament:
1. Arlene Browning & Bernie
 2. Flo Teroposky & Garry Skoropada
 3. Brian Harris & Julie
 4. Ameer Hode & Wallace Young
 5. Kubrak Orest & Linda
 6. Ken & Dianne Little
 7. Marlene Sumi & Tom



50/50 winner:
Jim White
CONGRATULATIONS!

Accepting most of the insurance carriers

BE IN CHARGE OF YOUR HEARING!

Experience the power of rechargeable technology today!

CALL TODAY FOR A CONSULTATION

604.510.2299



90% recommend rechargeable to a friend or family member

Up to **6 years** battery life

Fast charging

24HRS of hearing

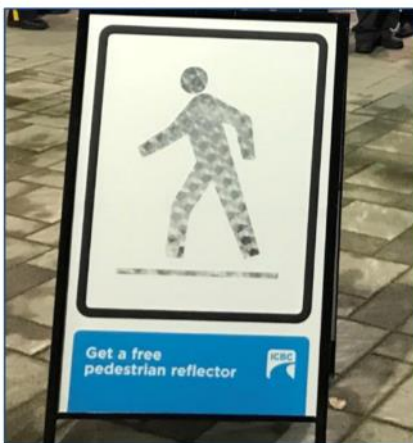


Pitt Meadows Seniors Activity Centre:
19065 - 119B Avenue, Pitt Meadows, BC

Maple Ridge Seniors Activity Centre:
2150 - 224 Street, Maple Ridge, BC

www.absolutehearing.ca

DROP-IN SERVICE CLINICS: MONTHLY



PEDESTRIAN SAFETY FOR SENIORS

Look, listen and be seen. As the weather changes and daylight hours decrease, pedestrians become more vulnerable. 43 per cent of all crashes with pedestrians happen between October and January. But it doesn't have to be this way.

This engaging presentation by ICBC will cover road safety smarts to help us all be safe pedestrians. Hosted by the Maple Ridge, Pitt Meadows, Katzie, Seniors Network as part of our Seniors Transportation Initiative.

Visit www.icbc.com for more information.

September 26

10:30 am - 12 pm

RMSS Maple Ridge Seniors Activity Centre - 12150 224th Street

Free Event

Refreshments will be served

Please Register to reserve your spot!

CALL OR EMAIL:

Heather

(604) 786-7404

seniorsnetworkmpk@gmail.com

www.seniors-network.ca



SENIOR DRIVER RE-EXAM INFO SESSION

ICBC and the Maple Ridge, Pitt Meadows, Katzie, Seniors Network present this essential information session for older adult drivers to help keep you safe on the road. Learn about the new Enhance Road Assessment (ERA) program from an ICBC Examiner. Other topics include:

- Driving Today
- Self Assessment
- Enhanced Road Assessment
- Road Safety
- Road Rule Refresher
- Staying Mobile

Visit icbc.com for more information.

October 24

2 - 4 p.m.

RMSS Maple Ridge Seniors Activity Centre - 12150 224th Street

Free Event

Refreshments will be served

Please Register to reserve your spot!

CALL OR EMAIL:

Heather

(604) 786-7404

seniorsnetworkmpk@gmail.com

www.seniors-network.ca



Aging Well Education Series 2018-19

SEP: TravelSmart for Seniors: Using the TransLink Network

Tuesday, September 4, 1:00-2:30pm FVRL - MR Library 22470 Dewdney Trunk Road

TransLink and Seniors Network present:

- where to buy a Compass Card and how to load and use it
- transit tools & resources: Trip Planner, Next Bus, and Alerts
- safety & etiquette on transit

OCT: Time to See Red: Women's Heart Health for Older Adults

Tuesday, October 2, 1:00-3:00pm FVRL - MR Library 22470 Dewdney Trunk Road

Heart & Stroke Foundation present:

Learn about heart health for older women. Learn to recognize the symptoms of heart attack and stroke and what to do if you are alone.

Alzheimer Society
BRITISH COLUMBIA

Accessing Services

September 2018 Workshop



This session is for family caregivers who are currently supporting a person with dementia who is living at home. It will review strategies for accessing support from a variety of sources in your community – from getting help from family and friends, to navigating the formal health care system. The session will also consider some of the challenges that can arise when making the decision to access services and support, and offers strategies for working with service providers and acting as an advocate.

Date: Wednesday, September 26, 2018

Time: 2:00 – 4:00 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@alzheimercbc.org

Thank you for helping us make this a fragrance-free environment by not wearing perfume or scented products. This allows people who are chemically sensitive to attend.

Partially funded by:

Province of B.C., Provincial Employees Community Services Fund, RBC Foundation, NWM Private Giving Foundation, Seaciff Foundation, The Phyllis & Irving Snider Foundation, The 1988 Foundation, Margaret Rothweiler Charitable Foundation, Frank & Yvonne McCracken Foundation, Wheeler Family Foundation, The Belmont Foundation, Paul Lee Family Foundation, Jack Brown & Family Alzheimer's Research Foundation, Victoria Foundation, Dr. Woo Hon Fai Memorial Foundation, Colin & Lois Pritchard Foundation, Don & Lynn Bendickson Foundation, Cadillac Fairview, and by the generous contributions of individual donors.

EMERALD PIG THEATRICAL SOCIETY
AND THE CITY OF PITT MEADOWS
PRESENT



conceived by Nancy Cassaro
directed by Aaron Davis

OCTOBER 26-28 NOVEMBER 1-4

South Bonson Community Centre

Individual Tickets \$60
Groups of 4+ \$55

RSVP at EVENTBRITE.CA

www.emeraldpig.ca or 604-785-1405

DINNER THEATRE

Tickets Include Dinner, Desert, and Dancing
Cash Bar



COMMUNITY GROUP MEETINGS AT MAPLE RIDGE SENIORS CENTRE

Alouette Field Naturalists Group

Meets: 2nd Thursday each month 7:00-9pm

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 Connect

Information and support for caregivers caring for loved ones at home.

Contact Bev S. 604-380-0516

Caregivers Support Group

Meets: Mondays 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

Stroke Recovery Program

Meets: most Fridays

Time: 10:00am-1:00pm

Contact: Jacyln 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



JOIN US
IN SHAPING THE
VISION
FOR PITT MEADOWS

2040

pittmeadows2040.ca



We invite you come and share your vision and join the discussion about the future of Pitt Meadows.

When: Saturday, September 29, 2018, 1pm - 3 pm

Where: Main Hall, Pitt Meadows Seniors Activity Centre

You'll be able to participate in a guided discussion with other community members and share your ideas and vision for Pitt Meadows' future. Refreshments provided!



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." 

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.



*Thank you to our RMSS Board Members for their service this past year.
Our AGM is on September 19th. (Noel Rehaume missing from photo.)*

RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2017/2018

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

