



Grapevine

RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
May & June 2018 Issue



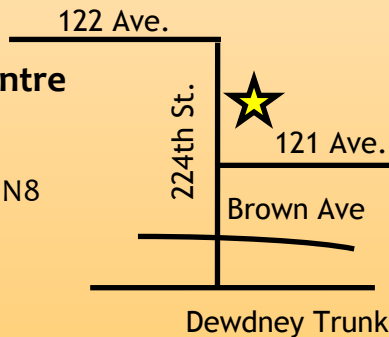
The cast of Variety Plus—see show and ticket details on page 6

FACILITY HOURS

Maple Ridge

Seniors Activity Centre

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



Hours of Operation

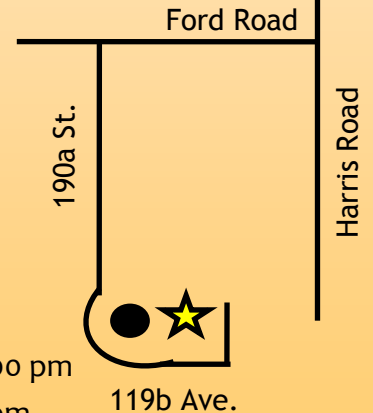
Monday-Friday 8:00 am - 10:00 pm
Saturday 8:00 am - 4:00 pm
Sunday 9:00 am - 12:00 pm

Closed May 21st, 2018 (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 May 21st, 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.

Inside this GrapeVine Issue

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MESSAGE FROM THE RMSS PRESIDENT

Hello all and welcome to the May/June edition of the GrapeVine. Summer will be along later in June and I can't wait.

A sad note to start this edition with the loss of long-time volunteer, Mildred Clutchey. Her wit and humour will be missed by all and every time I go to the coffee bar in particular.

In Maple Ridge, we will be losing some parking spaces, or by the time you read this we may have already lost them. You may or may not know that a number of the stalls used by RMSS are actually owned by the residential tower, and were on loan to us, as they were not needed. As residents have changed, these stalls are now needed, and being reclaimed. We are actively looking for some other solution to our parking issues and will let you know as we progress. No, it will not include a multilevel garage or digging out under the building.

There will be some changes to the sound and lighting in the main hall in Maple Ridge, which you will see listed elsewhere in this edition. These will be a big improvement to the hall and enable hearing and seeing all events right to the back of the room.

In Pitt Meadows, by the time you read this, you will have seen the announcement in both centres – “SATURDAY OPENING”. We are continuing to expand the services and activities to our seniors and this is the next step in that progression. The snooker lads should be happy as I believe this was one of their more popular days. Staff is hard at work coming up with new programs for Saturday and I won't steal their thunder by telling you what they are. You will see them in the coming weeks as they get implemented.

As always there is a lot going on in both of our centres. Seniors Week in particular, June 4-9, there are special activities scheduled in both locations and in both communities. Don't forget the Runway Show coming up on June 9, a joint event with the Hospice Society.

Happy Summer all.

Don Mitchell Ridge Meadows Seniors Society, President of the Board

BUS TRIPS



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

2nd trip added on May 6th. **SOLD OUT**
 Maple Ridge 8:30am - 5:00pm
 Pitt Meadows 8:45am - 4:45pm

Egypt: The Time of Pharaohs - Wednesday, June 13th - \$149

Maple Ridge 7:00am - 7:45pm Pitt Meadows 7:15am - 8:00pm

Be among the first in North America to see this staggering exhibition's priceless ancient artifacts, some an astounding 4,500 years old. - *Activity Level: Easy*

Additional \$20 ferry fee for those under 65 years.

PACKAGE INCLUDES:

- All ferry fees (*under 65, additional \$20*)
- Royal BC Museum Egypt: The Time of Pharaohs
- Legislative Dining Room Lunch
- Victoria's Inner Harbour free time
- Relief Driver
- All fees and taxes

ITINERARY:

8:30am - Tsaw. BC Ferries reservation
10:35am - Swartz Bay
11:30am - Royal BC Museum
1:15pm - Legislative Dining Room Lunch
 - Inner Harbour free time
3:15pm - Depart
4:30pm - BC Ferries Swartz Bay
6:35pm - Tsawwassen



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

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

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**



Variety Plus is busy preparing for their spring show which this year will be June 1st and 2nd. The theme of the show will take its lead from the popular TV talent competition shows like “The X Factor” and “America’s Got Talent”.

Stage lighting and sound are in the process of being significantly upgraded. Upgrades will include additional overhead and on-stage lighting, additional stage microphones, along with a new sound panel. The cast members look forward to giving their best this coming June. Recent shows have been sold out so be sure to get your tickets early.

Cheers! - **Variety Plus**



VARIETY PLUS
has Talent

JUNE 1 @ 7PM & JUNE 2 @ 2PM
TICKETS \$8 ADVANCE - \$10 AT DOOR

MAPLE RIDGE SENIORS ACTIVITY CENTRE
12150 224TH ST, MAPLE RIDGE

DOOR PRIZES! REFRESHMENTS!

FOR MORE INFORMATION:
Facebook.com/VarietyPlus
Phone: (604) 467-4993

Presented by Variety Plus and Ridge Meadows Seniors Society

RUNWAY SHOW

June 9, 2018

1:00pm - 3:30pm (doors open at 12:30pm) . 12150 224th St. Maple Ridge



- * Mens, Ladies & Kids Pre-loved Fashion
- * Refreshments & Summer Bites
- * Silent Auction & Prizes
- * Exclusive After-Show Clothing Sale (3:30-4:00pm)

Tickets \$12

Supporting the Ridge Meadows Hospice Society & the Ridge Meadows Seniors Society

Tickets available at:



Ridge Meadows Hospice Thrift Store

Ridge Meadows Hospice Thrift Store
3-12011 224th Street, Maple Ridge
604-463-7711 | www.ridgemeanowshospicesociety.com



Pitt Meadows Seniors Activity Centre
19065 119b Avenue, Pitt Meadows
604-457-4771 | www.rmssseniors.org

Maple Ridge Seniors Activity Centre
12150 224th Street, Maple Ridge
604-467-4993 | www.rmssseniors.org

Sponsored by



In-Kind Support



* A SUMMER FASHION EVENT

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.

Come on out to support our members participating in the Pitt Meadows Day Parade, Saturday, June 2nd who will be representing RMSS and the Here We Are project.



PLEASE WELCOME...



During the months of June and July you may see some BCIT 1st term nursing students as they will be fulfilling part of their practicum at our Maple Ridge Centre:

- on Weds. in Jun/Jul in our fitness classes
- on Tuesdays in July at our Wellness Clinic

They will be learning about our older adult population who are living independently. Feel free to have a chat and see if you can be of assistance to them.

They want to learn...from you!



MAPLE RIDGE SENIORS VILLAGE

is proud to be an

Event Sponsor of the

2018 RUNWAY SHOW & TEA

Maple Ridge Seniors Village is a campus of care providing a wide range of amenities and services. With Independent Living, Assisted Living, and Residential Care available to our residents, we offer a concept of 'aging in place' - there is no need for you to move if your needs change in the future.

@RETCONCEPTS RETIREMENTCONCEPTS.COM

MAPLE RIDGE SENIORS VILLAGE
A Retirement Concepts Community

604.466.3053
22141 - 119TH AVENUE,
MAPLE RIDGE, BC, V2X 2Y7

MRSV.INFO@RETIREMENTCONCEPTS.COM

LEARNING TOGETHER

Emergency Preparedness

What Every Senior Needs to Know



There are many challenges that seniors and vulnerable populations will face in a major event. Come out and learn what you will be facing and more importantly what you can do to prepare to limit your discomfort. Receive a copy of the coveted

Emergency Preparedness Guide – What Every Senior Needs to Know!

Date: Monday, May 7, 2018

Time: 09:30 – 11:30 am

Location: MR Seniors Activity Centre



Date: Monday, May 7, 2018

Time: 1:00 - 3:00 pm

Location: PM Seniors Activity Centre



Alzheimer Society
BRITISH COLUMBIA

Dementia Dialogues

Grief, Loss & Dementia



Video Viewing - Grief, Loss & Dementia: Caregivers Share their Journey

Participants will view and discuss the award-winning film, Grief, Loss & Dementia. In this film, caregivers discuss their losses and grief as they witness the progression of their family member's dementia.

Learn strategies for coping with feelings of grief & loss.

This Video Viewing is for Family Members & Friends of someone living with Dementia or Memory Loss and is not intended for the person with the diagnosis.

Date: Thursday, May 3rd, 2018

Time: 6:00 - 8:00 p.m.

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

Cost: By donation

Please pre-register as space is limited

Call to register: 604-298-0780

E-mail: info.northfraser@alzheimerbc.org

FREE SEMINAR

HOW TO SIGNIFICANTLY IMPROVE BEHAVIOURS AND MOODS OF PEOPLE WITH DEMENTIA

New and practical insights from neuroscience with Experience centered Care with H.E.A.R.T. Methodology

When: May 15 2.00 PM – 3.30 PM

Where: Maple Ridge Seniors Activity Centre
12150 224th Street, Maple Ridge, BC

RSVP: info@Optimizeyourlife.com or call 604-724-8972

What you'll learn:

3 unexpected common mistakes that keep many professional and family care partners stuck in a vicious circle of stress related behaviours

Understanding the deeper layers of the brain and how we can use these insights to make drastic changes

The secrets to change resistance and motivate a person with dementia to act

Top insights that help you significantly reduce or prevent 'difficult' behaviours



This event is for medical professionals including OT's, nurses, physiotherapists, doctors, geriatricians, healthcare leaders, people with dementia, families and anyone interested in drastically improving quality of life with dementia!



Presenter: Nadine Jans MSc. Rec. Clinical and Health Psychology Psychologist Netherlands and Registered Clinical Counsellor BC Founder of Uptimize Coaching, Counselling & Training Creator of Experience Centered Care with H.E.A.R.T. Methodology www.uptimizeyourlife.com



Emergency Preparedness & Safety Fair

Pitt Meadows Heritage Hall

May 12 | 10am - 3pm

Vendors and Presentations

pittmeadows.bc.ca



First Aid Kit and Medications



Battery-powered or hand crank flashlight



Battery-powered or hand crank radio.



Multi-functioning knife

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



to No Frills for their recent donation of potted primulas for the MR Lounge!

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

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

MAPLE RIDGE LUNCH HOURS:

11:30am-1:00pm

Prices: Soup \$2, 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
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
Computer Help By Appt	1:30-3:30 pm
Ladies Snooker	2:00-4:00 pm
Snooker	4:00-8:45 pm

WEDNESDAY - *continued*

Canasta	6:00-8:45 pm
Power Pilates (now pre-reg. See details pg. 14)	
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
DVD 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
Darts	12:00-2:00pm
<i>Activity ideas? Contact Carmen 604-477-0425 or carmen@rmssseniors.org</i>	



Pitt Meadows Seniors Activity Centre is now open Saturdays from 9am-2pm

WANTED

**Program ideas!! Activity Leaders!!
Would you like to lead a walking group?
How about a cycling club? Swing dance?
Call Carmen at 604-477-0425**

In the meantime, come on by for KinFit (see ad on pg. 14), play Snooker, Darts, games, or visit over a cup of coffee.

Dementia Friends Workshop



As the population of our province ages, we will all be affected by dementia - as friends and family members, neighbours and people in the labour force. The Dementia Friends workshop is an opportunity to enhance your knowledge of how to best support people living with dementia in your community. We can all play a role in making our community a great place to live for people with dementia!

Date: Thursday, June 14th, 2018

Time: 1:00 – 3:00 p.m.

Location: RMSS Pitt Meadows Seniors Activity Centre

Call/Email to RSVP: 604-298-0780 or info.northfraser@alzheimerbc.org

If you are a caregiver or person living with dementia looking for information or assistance please call the First Link® Dementia Helpline at 1-800-936-6033.

THE WESBROOKE

SENIORS LIVING COMMUNITY



Imagine...

The Freedom & Security You Deserve

Independent Living...

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

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

Assisted Living...

The Care & Comfort You Deserve

Our Manor experience has...

- A registered 33 suite assisted living residence
- Certified nurse on staff
- 24 hr. staffing for security & comfort
- Private Manor dining room & lounges
- Specialized wellness programs
- Services available for your individual needs
- Jr. studio, studios & 1 bedroom suite



**Come and join us for Seniors Week at THE WESBROOKE:
June 1st to 9th**
Daily events and festivities including Entertainment, Food, Community Bingo, High Tea, special 'Mocktail Evening' and more!

THE WESBROOKE
12000 190A Street, Pitt Meadows BC Open 10am - 5pm Daily
www.thewesbrooke.com | 604.460.7006



Developed by ALLEGRO PROPERTIES INC. LEAGUE ASSETS CORP. Managed & Operated by CABA GROUP

READY TO "MOVE-IT"?

Interested in learning BELLY DANCING?



PRE-REGISTERED

8 WEEK CLASS \$40
(min. 8 participants)

TUESDAYS 2:45-3:45pm

May 8 - June 26

(must register by May 4th)

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

POWER

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?

PLEASE NOTE, CLASS IS NOW PRE-REGISTERED

Wednesdays - 6:30-7:15pm

Pre-registered classes beginning May 9th
8 weeks for \$40; pre-register by May 7th
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



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: May 29th/18

\$25 / 5 week session - pre-register at reception by May 25th

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



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.

Saturdays through June, from 9:30-10:30am

Drop-In Fee: \$2.00

Please note dates & locations below:

Maple Ridge Seniors Activity Centre
12150 224th Street, Maple Ridge
604-477-0425 May 5, 19 & June 16, 30

Pitt Meadows Seniors Activity Centre
19065 119B Ave., Pitt Meadows
604-477-0425 May 12 & June 2





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

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

Register now for our next sets of classes: **Osteofit 1+** (a blending of Levels 1&2)
 Mondays 9am-9:45, Wednesdays 9:15-10:15
 Set 1 begins: Wed. May 9th, 6 classes for \$45 (register by Fri. May 4th)
 Set 2 begins: Mon. Jun 18th, 6 classes for \$45 (register by Wed. Jun 13th)

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



Carpet Bowlers Wanted!

Come join the challenge, fun and social interaction of carpet bowling. The first two bowls and instruction are on us! Membership to RMSS and a small drop-in fee are required after your trial period.

Assistance given to those in a walker or with other requirements.

Viewers welcome at any time, just come in and take a seat.

Maple Ridge Seniors Activity Centre:
 Mondays & Thursdays: 12:45 - 3:00pm

Pitt Meadows Seniors Activity Centre:
 Thursdays: 1:00-3:00pm

Preventive Dental Care for Seniors at Ridge Meadows Seniors Society

12150 224th Street, Maple Ridge, BC V2X 3N8





Maple Ridge Dental Hygiene Inc.

Seniors 10% Discount

Ridge Meadows Seniors Society
 On Fridays by Appointment

604-790-8814

Kornelia, Registered Dental Hygienist

Accepting most of the insurance carriers

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, May 7th & 28th, June 18th & 25th in the Craft Room

Maple Ridge Seniors Activity Centre
 12150 224th Street

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
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

Limited edition **Saturday** class - see pg. 14 for more information.

Power Pilates - now 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.

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





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



Serving the Community For Over 60 Years

It is our mission at Maple Ridge Eye Care to maintain, restore and enhance your eye health.

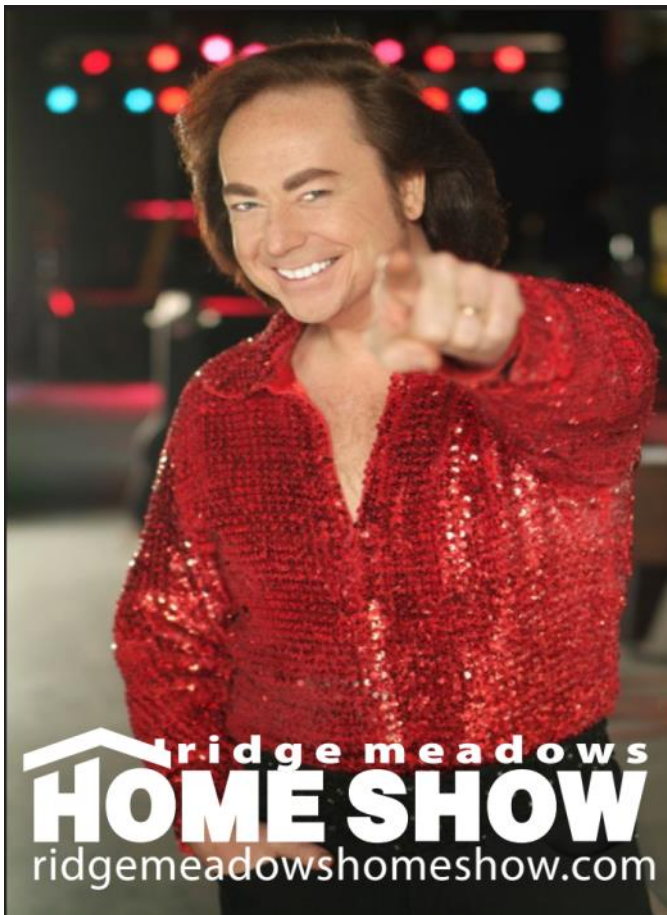
Every eye health exam at Maple Ridge Eye Care - Optometrists includes testing for glaucoma, age-related macular degeneration and cataracts, the most common eye conditions and diseases that can

threaten your sight as you age.



Please call us today for your full, eye health exam.

101-23015 Dewdney Trunk Rd. **Tel. 604-463-4469**
 Maple Ridge, BC V2X 3K9 www.mapleridgeeyecare.ca



ridge meadows HOME SHOW
ridgemeanowshomeshow.com

Bobby Bruce as Nearly Neil
DIAMOND

Especially for Seniors

Walk down memory lane with Neil Diamond tribute artist Bobby Bruce at Ridge Meadows Home Show's Family Fest. First 250 seniors receive complimentary cookies and coffee or tea, courtesy McDonald's Restaurants.

Saturday, May 5 1:30 pm

Maple Ridge Fairgrounds



GOLDEN SENIORS WELLNESS CLINIC

Insomnia

How much sleep is enough varies from person to person, but most adults need seven to eight hours a night. Ninety percent of adults will experience insomnia at some time in their life. Common signs of insomnia are difficulty falling asleep, waking up often during the night and having trouble going back to sleep, waking up too early in the morning and feeling tired when you wake up. Symptoms of insomnia include sleepiness during the day, general tiredness, irritability and problems with concentration or memory.

Insomnia can be caused by stress, changes in sleep timing, shift work and jet lag. Medical conditions such as depression, anxiety, asthma, gastrointestinal reflux disease, heart failure, and sleep apnea can cause insomnia. Medications can cause insomnia; these include decongestants (found in cold remedies), some antidepressants, diuretics (having to get up to urinate during the night), anticonvulsants and others. Check with your pharmacist if you have questions about your medication and before purchasing any over the counter sleep remedies. Mild insomnia can be prevented or cured by practicing good sleep habits listed below. Check with your doctor if you experience insomnia for longer than three weeks.

Habits for getting a good night's sleep

Do not nap during the day- napping during the day throws off your body clock and makes it more difficult to sleep a night. If you must nap, try for less than 30 minutes early in the day.

Limit caffeine and alcohol – avoid for several hours before bedtime. Caffeine is a stimulant and can keep you from falling asleep. Alcohol can cause waking during the night and interfere with the quality and quantity of your sleep.

Do not eat a heavy meal late in the day. A light snack before bedtime however might help you sleep.

Don't smoke - nicotine is a stimulant.

Keep a regular schedule - try to go to bed and wake up at the same time every day, even on weekends.

Avoid prolonged use of phones, tablets and reading devices (e-books) that give off light before bed. This can make it harder to fall asleep.

Lower the brightness of lights 1 hr before bedtime – this helps stimulate release of melatonin, a hormone that promotes sleep in response to darkness.

Expose yourself to bright light/sunlight soon after awakening – this helps your body's natural biological clock.

GOLDEN SENIORS WELLNESS CLINIC

Exercise early in the day – 20 to 30 minutes of regular exercise can help you sleep but do not exercise within a few hours of going to bed.

Make your bedroom comfortable. Be sure it is dark, quiet, not too warm or too cold. If light is a problem use a sleep mask. If noise is a problem try ear plugs.

Make your bedroom primarily a place for sleep or sex – do not activate your mind with projects or work.

If you can't sleep and don't feel drowsy, get up and read or do something not overly stimulating until you feel sleepy.

Hide your clock – focusing on the time can make you stressed and anxious.

- 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!**



Join us May 15th as Sun Valley Medical Supply will be here to offer free walker & wheelchair checks and brake adjustments, and June 5th for our Seniors Week OPEN HOUSE.



**Your Grandchild's Voice
has Changed - Have
Your Hearing Aids?**

www.absolutehearing.ca

ABSOLUTE
HEARING SERVICES INC

**TRADE-IN
DAYS SAVINGS
EVENT!**

**RECEIVE
UP TO \$800 OFF***

the purchase of new hearing aids.

*Depending on the technology level of the purchased hearing aids, each hearing aid traded-in will receive up to \$400 OFF

**Call Us to Arrange a
Free Hearing Test!**

604-510-2299

5501 - 204 Street, Unit 104, Langley BC (Langley Mall)

JOIN US at Greystone Manor



MOTHER'S DAY BRUNCH

SUNDAY, MAY 13 2018

10:00 AM – 12:30 PM | \$18 Seniors, \$22 Adult, Kids \$1 per yr (4-12 yrs) | Reserve by May 7th, 2018

SENIORS WEEK

MAY 27 – 30TH, 2018

**Reserve by May 21, 2018, all events*

MARILYN MONROE SHOW & BBQ DINNER | SUNDAY, MAY 27TH

3:45 PM – 6:30 PM | \$15 Seniors and \$19 Adult per person | Dinner, Entertainment by Suede Dogs

STRAWBERRY TEA & SHOPPING WITH CARDA CREATIONS | MONDAY, MAY 28TH

2:00 PM | No charge for the tea

ICE CREAM SOCIAL | TUESDAY, MAY 29TH

1:00 PM | \$2 per person

ELVIS LUNCHEON | WEDNESDAY, MAY 30TH

12:00 PM | \$8 per person | Entertainment by Phil Vanloo

FATHER'S DAY BRUNCH BUFFET

SUNDAY, JUNE 17, 2018

10:00 AM – 12:30 PM | \$18 Seniors, \$22 Adult, Kids \$1 per yr (4-12 yrs) | Reserve by June 11th, 2018



604-467-2808 | 11657 Ritchie Ave, Maple Ridge | www.greystoneretirementresidence.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 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 **Katrina 778-388-3276 Michelle 778-288-1538	**Peter 604-230-5732 **Sheila 604-463-8929 **Jeri (afternoons only) 604-842-6595 Michelle (afternoons only) 778-288-1538	**Cathy 778-227-8970 Claudia 604-467-8385 Michelle 778-288-1538 **Peter (mornings only) 604-230-5732	Anne 604-763-5623 **Peter 604-230-5732 Michelle (afternoons only) 778-288-1538	**Cathy 778-227-8970 Claudia 604-467-8385 **Katrina 778-388-3276 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		

A very big...



to Gil & Doug for their regular help with changing out our message board sign at our Maple Ridge centre - *through rain and sleet and snow* - and now hopefully during sunnier and drier days as well!

Much appreciated, gentlemen!



**Tuesday,
July 24th,
2-3:30pm**

Seniors Helping Santa Fundraiser BINGO!

Maple Ridge
Seniors Activity
Centre Lounge



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



HAVING FUN AT RMSS!



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 \$2</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 Lab: computers, tablets, laptops \$1</p>



It Won't Byte

@ the Ridge Meadows Seniors Centre

**Tuesdays,
May 1 & then see you in Sept!
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



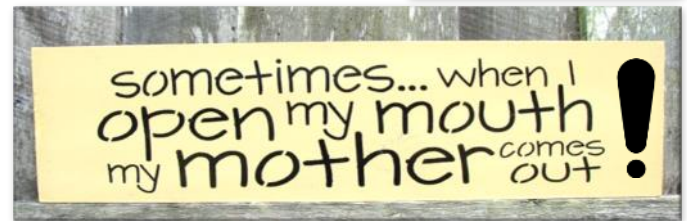
Holiday Closure: RMSS centres will be closed Monday, May 21st for the Victoria Day holiday.



*Happy Mother's Day!
May 13th*



*Happy Father's Day!
June 17th*





**Rotary Duck Race Tickets are being sold at
Maple Ridge & Pitt Meadows Seniors Centres**

By purchasing a ticket you are essentially adopting a duck! That duck will be released **Sunday, August 12th 2018** into the Alouette River at Maple Ridge Park to vie for the finish line and float to victory. In addition to many other prizes, the grand prize is a 2017 Fiat 124 Spider Convertible.



Tickets are \$10.
RMSS receives \$9 from each ticket sale that will go towards revitalizing the RMSS Peer Support Program for seniors

**Ridge Meadows Seniors Society
Peer Support Program Project**

We receive an over whelming number of calls from seniors, caregivers and family members looking for resources & assistance concerning seniors health challenges, loneliness, housing questions and elder abuse. To assist in meeting the needs of these seniors, RMSS will be creating a training program and recruiting volunteers. These volunteers who wish to offer their talents assisting others will be required to complete a systematic training program in order to do so through the society.

It has been identified that many of the calls would be best addressed by senior peer buddies who have been given an opportunity to learn how to help others effectively while using their own life experiences, rather than staff or untrained volunteers.

Rotary Duck Race Fundraising efforts will go directly to the development and implementation of a peer buddies program.

INTERGENERATIONAL GARDEN

(corner of 121st Avenue and Edge Street)

May flowers are beginning to show at the Intergenerational Garden bringing bold colour to brighten our spring days. Thank you to everyone who ordered plants from our Annual Spring Plant Fundraiser. They are set to arrive just before Mother's Day!

Flowers to the vegetable gardener are like icing on our cake. They play a vital role not only for their beauty but also for their ability to attract beneficial bugs and pollinators. Nasturtiums offer an abundance of colour and foliage and their edible flowers are a great addition to any summer salad. It's hard to believe they are also known as a trap plant for aphids.

Nasturtiums attract insects to the plants around them, allowing for the aphids to be easily controlled, eliminated, or destroyed.

May is a popular month for planning your garden or patio and deciding what they will look like for the rest of the growing season. Gardening in small spaces can be challenging.



However, there are plants for every space even if you are limited to a windowsill or a few patio containers. Consider starting with herbs, salad greens, tomatoes, peppers, cucumbers or zucchini. There are lots of varieties to choose from at our local garden centres. Growing your own veggies can be rewarding and beneficial to your health. We look forward to seeing you at the Intergenerational Garden for a visit. Happy gardening!

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

Come and see Heather during Seniors Week as she presents a gardening demo on our Monday, June 4th "Bloom Where You Are Planted" event, and/or learn hands-on at Heather's gardening workshop on Wednesday, June 6th. (For more information, refer to pages 6 & 7)



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

BRIDGE TOURNAMENT FUNDRAISER

Saturday, June 23rd

Pre-registration required:

Call Sue Thiessen (604-467-6662) or email suetee2001@yahoo.ca

Or Jeanette Reynolds (604-463-4366) or email jeanreyn@telus.net

Player charge \$20 per person (includes lunch)

Coffee service @ 9:30am

Play @ 10:00am

**Held at Maple Ridge Seniors Activity Centre
12150 224th St., Maple Ridge**

1st prize \$150

6th prize \$50

2nd prize \$130

7th prize \$30

3rd prize \$110

4th prize \$90

\$20 bonus for all grand slams

5th Prize \$70

\$10 bonus for all small slams

Rising Star: Karaoke

Fridays 6:30-9pm - May 11, June 8, 22

Saturdays 1:00-4pm: May 5, 19, 26, June 16, 30 (not on June 2nd)

Maple Ridge Seniors Centre

Free Admission; refreshments available; sorry, no minors

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

Beer and Wine and light snacks available for purchase.



COMMUNITY GROUP MEETINGS AT MAPLE RIDGE SENIORS CENTRE

Alouette Field Naturalists Group

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

Contact: Duanne van den Berg 604-463-8743

Alzheimer Society: Support Group

Meets: 2nd Tuesday each month

Time: 7:00-9:00pm

Contact: Dorothy Leclair to RSVP

Phone 604-298-0711 dleclair@alzheimerbc.org

Alzheimer Society: Minds in Motion Registered Program

Meets: Fridays, 10:30am-noon

A fitness & social program 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

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: 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

SPECC-tacular Productions Theatre Group

www.specctacularproductions.ca



MOVIE MELODIES

Songs of the Silver Screen

Fri JUNE 1,

**THE WESBROOKE AT
PITT MEADOWS SENIORS
ACTIVITY CENTRE**

7:00 PM

Sat JUNE 16,

**MAPLE RIDGE SENIORS
ACTIVITY CENTRE
12150 224th Street M.R.**

2:00 PM

TICKETS \$20.00 - available at THE WESBROOKE

Online at www.eventbrite.ca At the Door (Cash Only)

LIMITED SEATING

COME JOIN US AND KICK OFF SENIOR'S WEEK

For Info CALL 604-463-5391



Congratulations to both RMSS Maple Ridge Snooker Leagues teams A & B on their respective Lower Mainland Seniors' Snooker League season wins! Additional recognition to both teams as they also won their divisional championships in dramatic style.
(League A is pictured above.)

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..... Noel Rehaume
- Director..... Colette Roussy
- Director..... Kathleen Spiess
- Director.....

