

Grapevine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
January & February 2019 Program Guide



FACILITY HOURS

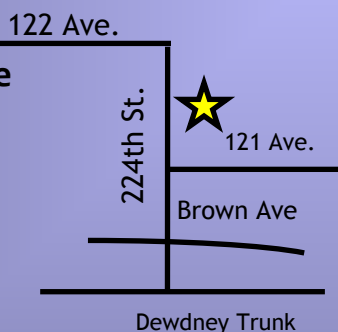
Maple Ridge

Seniors Activity Centre

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

Hours of Operation

Centre closed for restoration
Office hours: Monday-Friday 9:00am-4:00 pm
Take-away meals: Monday-Friday 11:30am-12:30pm
Closed January 1 & February 18



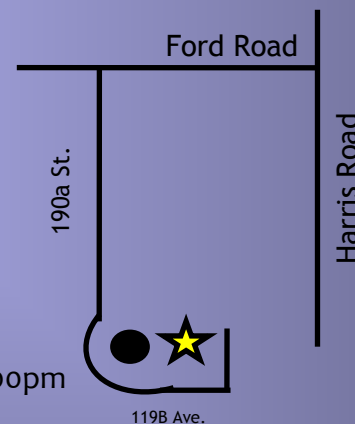
Pitt Meadows

Seniors Activity Centre

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

Hours of Operation

Mon., Thu. & Fri. 9:00am-4:00pm
Tue. - Wed. 9:00am-9:00pm
Saturday 9:00am-2:00pm
Closed Sunday Closed January 1 & February 18



www.rmssseniors.org



VISION: Connecting adults 55+ with a happy, healthy life

MISSION: Providing services, fostering shared experiences, advancing the well being of adults 55+ in Maple Ridge and Pitt Meadows



VALUE STATEMENTS: We strive to ...

- ... be a community leader in relation to issues relevant to adults 55+.
- ... be a welcoming, inclusive, safe centre that celebrates adults 55+.
- ... be a hub of social, fitness, and educational activities for adults 55+.
- ... provide opportunities for volunteerism and community service for our members.
- ... be a caring, compassionate, accessible, and transparent organization that works to improve the lives of our members.
- ... remain relevant and responsive to member needs.

GOALS:

1. Strengthen membership
2. More programs and services at additional locations in Maple Ridge and Pitt Meadows
3. Maintain Organizational Excellence
4. Advocate for affordable housing for adults 55+

MEMBERSHIP INFORMATION

- ◆ Membership cost is \$25 and is valid for a full year.
- ◆ You must be 55+.
- ◆ If you are not a member and are unsure if you would benefit from a membership, please try some activities free of charge up to two times.
- ◆ A membership is required to sign up for bus trips.
- ◆ **LIFETIME MEMBERSHIPS**
A free membership is offered to members over the age of 90. Lifetime members are still required to come into the centre to renew each year.

STAFF PHONE DIRECTORY:

Executive Director, Maria Perretta

604-477-9985; maria@rmssseniors.org

Administrative Coordinator, Nancy Markham

604-467-4593; nancy@rmssseniors.org

Outreach Coordinator, 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

Facility Attendants, Pitt Meadows

604-457-4771; pmsc@rmssseniors.org



MESSAGE FROM THE RMSS PRESIDENT

HAPPY NEW YEAR EVERYBODY

Hope everybody had a great time at Christmas with family and friends, and now onto 2019.

In the Maple Ridge Centre we are hoping for positive news early in the new year with the goal to open by the end of January or sooner. We know you have all missed the centre and we have missed you. As we move forward with the work we will be seeing what improvements we can make i.e. the flooring in particular, and stay tuned for the party when we reopen.

Great news for Pitt Meadows, effective January 8, we will be open Tuesdays from 9:00am to 9:00pm with no break from 4:00 to 6:00 as we have been doing. Watch for new programs as they get developed. Slowly but surely we are expanding our hours and activities in Pitt Meadows and I know staff have some great ideas to bring you in 2019. Lunch is growing and Joanne and her volunteers are getting busier and busier. Great to see.

January will be the roll out of our new electronic membership and registration program "YouConnect". Starting in Pitt Meadows, members will be receiving a key FOB that will enable you to tap into the various programs you participate in and can be preloaded with monies to cover the drop-in fees. This program will dramatically reduce the paper and labour intensive systems we have been using, keep our memberships up to date and provide participation levels of each and every program. This participation level of information is extremely important when we are applying for grants and reporting our activities to both cities. We have been able to put this information together in the past, but it is again, labour and time consuming to do.

If you haven't looked lately, go and have look at our updated Facebook and website. Both have needed and received a significant upgrade and if you can spread the word on Facebook to your networks that would be greatly appreciated and help spread the word of the various programs and events that are happening at our centres and around town.

Looking forward to growth and an exciting 2019.

Don Mitchell

Ridge Meadows Seniors Society, President of the Board

BUS TRIPS

Seattle Art Museum: Peacock in the Desert - Wed., January 16th - \$129

Maple Ridge 7:45am - 8:45pm

Pitt Meadows 8:00am - 8:30pm

The Seattle Art Museum is proud to present a new exhibition - Peacock in the Desert: The Royal Arts of Jodhpur, India. Imagine yourself in the luxuriant royal spaces of India's historic courtly life. Resplendent with brilliant paintings, lavishly made ceremonial object, finely crafted arms and armor and sumptuous jewels. - *Activity Level: Easy*

USA Travel Documents required

PACKAGE INCLUDES:

- Admission to Peacock in the Desert
- Escorted entry
- Guided tour (optional)
- 3.5 hours free time at Seattle Art Museum
- Dinner: Outback Steakhouse
- Tour mgr. gratuity
- Relief driver
- All fees and taxes



ITINERARY:

9:00am - US Border

9:45am - Haggan Market Street Café
Ferndale (washroom/coffee)

10:15am - Depart

12:15pm - Seattle Art Museum (SAM)

- lunch (on your own) at Taste Restaurant
or SAM casual fare

2:15pm - Guided Tour

3:45pm - Depart

5:30pm - Dinner Outback Steakhouse
(included)

6:45pm - Depart **7:30pm** - CDN Border

Behind the Scenes - Wednesday, February 27th - \$109

Maple Ridge 8:15am - 4:30pm

Pitt Meadows 8:30am - 4:15pm

Take part in this unique opportunity to tour a working television and radio facility, CBC News Studios. Tour Rogers Arena, dine at the time-honoured Sylvia Hotel and enjoy morning coffee on Commercial Drive. - *Activity Level: Easy*

PACKAGE INCLUDES:

- CBC News Studios guided tour
- Rogers Arena guided tour
- Lunch at the Sylvia Hotel
- Calabria Italian Café (coffee or tea)
- Tour manager gratuity
- All fees and taxes

ITINERARY:

9:15am - Calabria Italian Café

10:00am - CBC News Studios guided tour

12:00pm - Lunch Sylvia Hotel

2:00pm - Rogers Arena guided tour

3:30pm - Depart



BUS TRIPS

Come From Away - Thursday, March 7th - \$169

Maple Ridge 4:15pm - 11:30pm **Pitt Meadows 4:30pm - 11:15pm**

This New York Times Critics' Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. Winner! Best Musical across North America. - *Activity Level: Easy*



PACKAGE INCLUDES:

- Come From Away ticket
- Evening performance
- Escorted seating
- Panini dinner Café Calabria
- Tour manager gratuity
- All fees and taxes

ITINERARY:

- 5:30pm** - Café Calabria
- panini dinner (included)
- 7:15pm** - Queen Elizabeth Theatre
- escorted seating
- 8:00pm** - Come From Away performance
- 10:30pm** - 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.

December's trip to Vancouver Christmas Market & VanDusen Gardens.



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!



RMSS NEWS



We are getting closer to our launch date of January 24th!

Over the coming weeks volunteers and staff will be going through a training program to bring YouConnect 'live' to the Pitt Meadows Seniors Centre. What does this mean for our members, you ask? Well, the short answer is, you no longer have to carry a fragile, paper membership card or loose change to pay for drop in programs. This is just the beginning. As each phase is implemented the possibilities are endless. You will eventually be able to pay for meals, register online for bus trips, pre-register for classes and much, much more. But we will keep it simple for awhile.

Each member will be given a FOB tag to hang on your key chain. That FOB will be registered to you and is what will give you access to all our drop in programs. You will be able to load it with cash or cheque at the reception desk. When you attend your drop in program the activity leader will ask for your FOB tag, tap it on a FOB reader attached to a tablet and it will automatically deduct your drop in fee. Easy peasy!

To speed up the process and alleviate the amount of traffic through our reception desk, a Membership Drive table will be set up in the lobby of the Pitt Meadows Centre. All members will be able to learn more about YouConnect, get their FOB, and load it with cash so all will be ready for January 24th! The table will be available on the following days:

January 7 - 9:30am to 1:30pm

January 11 & 18 - 9am -2:30pm

January 8 - 1pm to 3pm

January 15 - 9am-2:30pm

January 9 - 9:30 to 3pm

January 16 - 5pm-8pm

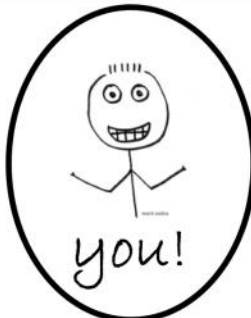


COMING SOON

 **Start off your Family Day Long Weekend by** 
JOINING US as we showcase RMSS members' artistic talents!



Saturday, Feb 16th 1-3pm
Pitt Meadows Seniors Activity Centre - 19065 119B Ave. 604-457-4771
Admission by donation (proceeds support Pitt Meadows Seniors Activity Centre)
Raffle - Refreshments - Meet the artists - Check us out!
Do you have a submission? Are you an RMSS member? Contact Carmen at 604-477-0425



It's Almost Tax Season!

Tax Information Session

Feb 21st 10-noon in the Maple Ridge Craft Room

Do you have questions about or wonder if you qualify for:

Disability tax credits, MSP subsidy, Fair Pharmacare, caregiver amounts, medical expenses???

Come to our tax information session and find out!!

RSVP to Maple Ridge Seniors Centre



Tax Clinics coming soon - To qualify:

- ⇒ You are 55+
- ⇒ Your household income less than \$35,000 (individuals) or \$45,000 (couples)
- ⇒ You have a basic income tax return
- ⇒ You have less than \$1000 in interest income

Appointment information will be made available soon.



WITH THANKS...to those who have opened their doors to us

Royal Canadian Legion
Branch 88
Maple Ridge

*Proudly serving our
 our community and
 our Veterans
 for 92 years.*




**MAPLE RIDGE
 PARKS, RECREATION
 & CULTURE**

St. John the Divine Anglican Church
Sunday worship at 10:00am

We are a welcoming and inclusive faith community.

Strengthen relationships, and make new ones. Feed your mind and connect your heart.

For more information visit us on Facebook.



St. John the Divine Anglican Church
 21299 River Rd.
 Maple Ridge, BC V2X 2B1

*A parish on the ancestral lands of the
 Coast Salish First Nations*

Roots & Grooves
 in the Listening Lounge




Friday,
 January 25, 2019
 8:00 pm

Ballet Jörgen
Coppélia



Friday,
 February 15, 2019
 7:30 pm

Cellicious
 The Bergmann Duo with Rebecca Wenham, cello



Thursday,
 March 28, 2019
 10:30 am

Ô-Celli



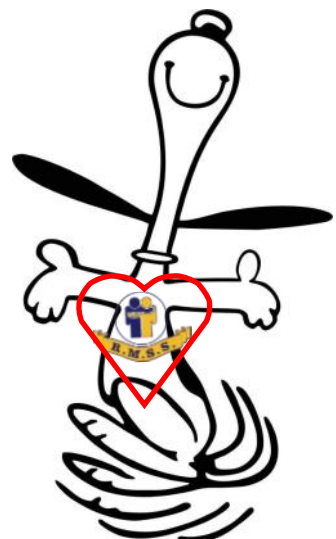
Sunday,
 March 31, 2019
 2:00pm



revera



CHARTwell
 retirement residences



theactmapleridge.org

mapleridgeact
 @mapleridgeact
 mapleridgeact

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

DROP-IN PROGRAMS *on the move* – Drop-in fee applies

MONDAY

Snooker - <i>at PMSC</i>	9am-4pm; 6-9pm
Stay Fit 3 - <i>at GMYC</i>	8:30-9:30am
Chair Fit 1 - <i>MRSC Hall B</i>	10-11am
Bridge (Lessons - Intermediate) - <i>at PMSC</i>	10am-noon
Tech Help (see pg. 25) - <i>at PMSC</i>	10am-1pm
Carpet Bowling - <i>MRSC Hall B</i>	1-3pm
Table Tennis - <i>at PMSC</i>	1-3:30pm
Gentle Joint Yoga - <i>at Willow</i>	4-5pm

TUESDAY

Snooker - <i>at PMSC</i>	9am-4pm; 6-9pm
Health & Wellness - <i>MRSC Hall B</i>	9am-noon
Chair Yoga - <i>at Willow</i>	9:30-10:30am
Line Dancing (Level 2) - <i>St. John</i>	10:15-11:15am
Line Dancing (Level 3) - <i>St. John</i>	11:15-12:15pm
Tap/Jazz Dance Lessons - <i>at PMSC</i>	1-2:30pm
ECRC Bingo - <i>on hold</i>	—
Cribbage - <i>Legion</i>	1-4pm
Duplicate Bridge - <i>MRSC Hall B</i>	12:45-3:30pm
Table Tennis - <i>at PMSC</i>	1:30-3:30pm
Tai Chi/QiGong (adv.) - <i>at Willow</i>	6:30-8:00pm
Mexican Train - <i>on hold</i>	—

MAPLE RIDGE LUNCH HOURS:

(take-away only)

M-F 11:30am-12:30pm

Prices: Soup \$2, Meal \$5.50

WEDNESDAY

Coffee & Connect - <i>Legion</i>
Snooker - <i>at PMSC</i>
Stay Fit 3 - <i>at GMYC</i>
Scrabble - <i>Legion</i>
Chair Fit 1 - <i>MRSC Hall B</i>
ACBL G.E. Bridge - <i>One Way</i>
Social Bridge - <i>MRSC Hall B</i>
Table Tennis - <i>at PMSC</i>
Ladies Snooker - <i>at PMSC</i>
Tai Chi (beg.) - <i>location TBA</i>
Ukulele - <i>The Act</i>

THURSDAY

Coffee & Connect - <i>Legion</i>
Snooker - <i>at PMSC</i>
Crafts - <i>Legion</i>
Fit & Fun - <i>MRSC Hall B</i>
Tech Help - <i>at PMSC</i>
Silvertones Choir - <i>St. John</i>
Hawaiian Dance - <i>on hold</i>
Mah Jong - <i>MRSC Hall B</i>
Carpet Bowling - <i>at PMSC</i>
Duplicate Bridge - <i>on hold</i>
Gentle Joint Yoga - <i>at Willow</i>
Crib - <i>on hold</i>

DROP-IN PROGRAMS on the move – Drop-in fee applies

FRIDAY

9:00-11:30am 9am-9pm 8:30-9:30am 9:30-11:30am 10-11am 12:30-4:30pm 12:00-3:30pm 1-3:30pm 2-4pm — 7-8:30pm	Coffee & Connect - <i>Legion</i> Snooker - <i>at PMSC</i> Stay Fit 3 - <i>at GMYC</i> Scrabble - <i>Legion</i> Chair Fit 1 - <i>MRSC Hall B</i> <i>Line Dancing (Beginner) - on hold</i> Line Dancing (Level 1) - <i>St. John</i> Poker - <i>Legion</i> Partnership Bridge - <i>MRSC Hall B</i> Table Tennis - <i>at PMSC</i> Line Dancing (Level 2) Create - <i>on hold</i> Whist - <i>on hold</i>	9:00-11:30am 9am-4pm 8:30-9:30am 9:30-11:30am 10-11am — 1-2pm 1-4pm 12:30-3:30pm 1-3:30pm 2:00-3:00 pm — —
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SATURDAY

9:00-11:30am 9am-4pm 9-11:30am 9-10am 10am-1pm 10:30-11:30am — 1-3pm 1:30-3:30pm 12-3:30pm 6:30-7:30pm —	Snooker - <i>at PMSC</i> Karaoke - <i>on hold</i>	9am-2pm
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LEGEND:

MRSC = Maple Ridge Seniors Activity Centre
PMSC = Pitt Meadows Seniors Activity Centre
GMYC = Greg Moore Youth Centre by Leisure Centre
Legion = Royal Cdn Legion Branch #88 12010 224th St.
One Way = One Way Club 22270 North Ave.
St. John = St. John the Divine 21299 River Rd.
The Act = The Act 11944 Haney Place
The Willow = Chartwell Willow 12275 224th St.

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

MONDAY

Snooker	9am-4pm; 6-9pm
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
Snooker	9am-4pm; 6-9pm
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

Snooker	9:00am-9:00pm
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

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

THURSDAY

Walking Club	8:30-9:30 am
Snooker	9:00am-4:00pm
Line Dance (Beginner)	9:15-10:15 am
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	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:
Mon-Sat. 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
Walking Club	9:30-11:00 am
Coffee Klatsch	10:00-11:00 am
KinFit	10:15-11:00 am
Darts	12:00-2:00 pm

SATURDAY - monthly

2nd Sat: Trivia (pre-reg.)	11:00am-noon
3rd Sat: Painting (pre-reg.)	10:00am-noon
4th Sat: Games (i.e. Farkle)	10:00-11:30 am



Test your Trivia Knowledge

Every 2nd Saturday of the month
(pre-register by the preceding Wednesday)

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

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



CALL TODAY OR REGISTER ONLINE
FOR YOUR PRIVATE SHOWING

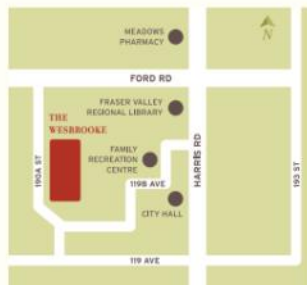
THE WESBROOKE

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
CASA GROUP



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

In Maple Ridge: w/ Austin calling

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

Friday: Level 1 1:00-2:00pm
Level 2 2:00-3:00pm

In Pitt Meadows: w/ Jim calling

Monday: Level 1 10:30am-noon

Thursday: *Beginner 9:15-10:15am

Drop-in fee \$1.00

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



55+

St. John the Divine Anglican Church
21299 River Road, Maple Ridge
MRSC reception: 604-467-4993

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

Ready to tackle your fitness goals?
We have many fitness programs to help!



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
(resuming January 12th)
Drop-in fee \$2.00



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

55+

POWER PILATES

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 session begins:
January 9 - 30
(*Pre-register by Jan 7)

Wednesdays: 6:30-7:15pm

\$20 / 4 Wednesdays pre-registered session

Bring your own mat. Minimum 12 participants required.

Membership required. See Pitt Meadows Reception for more info.



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

55+

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:
 Jan 15 - Feb 19
 (Pre-register by Jan 11)

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



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



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:
 January 7-23
 (Pre-register by Jan 4)

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



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



ZUMBA GOLD



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.

Free Demo:
 Jan 15 10-11am

Tuesdays, 10-11am
 \$25 / 5 week pre-registered sessions
 Register at: Maple Ridge Seniors Activity Centre
 12150 224th Street, Maple Ridge

Next session:
 Jan 22 - Feb 26
 (Pre-register by Jan 18)

Membership required. See Maple Ridge reception for dates & info.



Greg Moore Youth Centre
 1925 Haney Place, Maple Ridge
 MR reception: 604-467-4993



Gentle HATHA YOGA



Something for everyone with lots of options and modifications! Learn how to practice yoga on a mat using props such as a chair, blocks, straps and bolsters, providing the greatest benefit for your body.

Fridays 11:30am-12:30pm
 \$20 / 4 week pre-registered sessions
 Bring your own mat.

Next session:
 Jan 25 - Feb 15
 (Pre-register by Jan 23)

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



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



FITNESS PROGRAMS

GRAY BACKGROUNDS– PITT MEADOWS FITNESS PROGRAM

WHITE BACKGROUNDS– MAPLE RIDGE FITNESS PROGRAM
check pages 10-11 for alternate MR class locations

55+

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	9:30 Walking Club (meet at PMSC)
9:00 Osteofit 1+ (pre-registered)	9:30 Chair Yoga	9:15 Osteofit 1+ (pre-registered)	9:00 Fit & Fun after 55	10:00 Chair Fit 1	
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
10:00 Chair Fit 1	12:00 Chair Yoga	10:30 Stay Fit 1	12:00 Chair Yoga	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	GRAY = PITT MEADOWS	6:30 Power Pilates (pre-registered)			

**See pg. 10-11
For MR locations**
 (some dates will be
cancelled due to venue
availability)

FITNESS PROGRAMS – Maple Ridge & Pitt Meadows

Chair Fit 1

Seated exercises with the option to stand. Class format includes cardio, walking, balance and agility followed by strength & stretch exercises. Designed to improve quality of life with 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.

\$20 for 4 classes. See pg 15

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 pg. 14.

Osteofit 1+ - pre-registered class

A class that proactively and preventatively increases your ability to do day-to-day activities by reducing your risk of falls.

\$45 for 6 classes. See pg 15

Power Pilates - pre-registered class

Caters to ALL levels and abilities. Includes cardio, muscle strengthening, core & balance, stretch & breathing. \$20 for 4 classes. See pg 14

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 modified high energy cardio dance class which includes balance and strength with an underlying dance flavour. Dance styles include cha-cha, rhumba, flamenco, salsa, mambo, swing, Bollywood, disco, tango. \$20 for 4 classes. See pg 15

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

Accepting New Members
Through February



Variety Plus

Is Looking For New Members!

Join us! Be part of the fun!

Variety Plus is always welcoming new members.
If you sing, play an instrument or just want to have fun,
we have a place for you.

Our goal is 'Having Fun With Music, Dance and Comedy'!

We start preparing for our Spring show on January 9th
We meet at 1:00 pm each Wednesday.

For the first few weeks, we will meet in the 'Craft Room'
at The Act: 11944 Haney Place, Maple Ridge.
Then, we'll move back to our regular location in
Hall C at the Senior Centre in Maple Ridge,
once restorations are complete.

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



GOLDEN SENIORS WELLNESS CLINIC



QUITTING SMOKING

You have decided to quit smoking. While quitting can be hard, it is not impossible. Here are some tips to help you. Good Luck.

1. Don't wait for the perfect day, pick a date to stop smoking within the next two weeks, write it down and stick to it.
2. Write down your reasons for quitting and keep this handy to review when you are trying to resist an urge to smoke.
3. Ask your friends and family to support you.
4. In the days before your quit date start making changes, such as stop smoking in the house or the car.
5. Plan on how you will cope with nicotine withdrawal symptoms.

Choose two or more proven quit-smoking methods to boost your chances of quitting.

1. Get help from one of the many internet help sites such as www.quitnow.ca or call a Quit Coach toll free at 1-877-455-2233. The one-on-one, tailored counseling and encouragement you get from a quit line is an effective way to quit.
2. Learn about nicotine replacement products from your pharmacist.
3. Ask your doctor about prescription medications that are available for quitting smoking to see if they are appropriate for you.

On your quit day: Stop smoking completely, toss out all tobacco and get rid of your ash-trays.

Avoid people and situations where you will be tempted to smoke. If you usually smoke in a particular chair, sit somewhere else. Change your usual routine, so your new routine does not include smoking. Exercise can take your mind off your cravings, help improve your mood, increase your energy level and help keep off extra weight. Believe in yourself and your plan. Call the Quit Coach or talk to your support group.

GOLDEN SENIORS WELLNESS CLINIC

Withdrawal symptoms can last anywhere from a few days to 4 weeks. Exercise will help and here are a few other tips to deal with withdrawal symptoms. Trouble sleeping – avoid caffeine. Dry throat, cough, and phlegm – drink lots of water; it will help flush out nicotine and thin mucous. Dizziness – get up slowly from sitting or lying down. Trouble concentrating – take lots of breaks. If your chest is tight – take several slow deep breaths. For 2-4 weeks you may feel hungry, your brain is confusing a nicotine craving with a craving for food. Your mouth is not busy smoking so you have the urge to eat. Plan to eat healthy balanced meals. Try crunchy, low calorie snacks like raw veggies, pretzels, plain popcorn and fruit. Drink lots of water.

When you get a craving, wait it out, they usually last just a few minutes. Try another activity, drink lots of water, take a walk, call a friend or use a nicotine replacement product.

For some people it takes several tries to finally quit so do not give up, every attempt brings you closer to finally quitting. Talk to your doctor and other healthcare providers for assistance.

- 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!

Our current entrance is through the NW fire exit of the building, or if using a walker or wheelchair, through the main entrance and then take a right into Hall A.

Falls Prevention Info Sessions coming soon!



Fraser Health
Falls Prevention Clinic



Pitt Meadows: Feb 5 10:30-11:30am
Pre-register: 604-457-4771

Maple Ridge: Mar 20 10:00-11:00am
Pre-register: 604-467-4993

RMSS 'SENIORS HELPING SANTA'

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



For the generous support and donations from



Ridge Meadows Seniors Society

London Drugs – Maple Ridge



Ridge Meadows Seniors Society Kitchen – Maple Ridge
Ridge Meadows Seniors Society Craft Ladies – Maple Ridge
Ridge Meadows Seniors Society Craft Ladies – Pitt Meadows

Tasty goodies!



Thank you!

Chartwell Willow Retirement Community
Holyrood Manor

Maple Ridge Department of Public Works
Maple Ridge Municipality

Maple Ridge Secondary School Culinary Program
Maple Ridge Seniors Village

Panorama Ladies

Personal Touch Hair Care
St Luke's Catholic Church

St John The Divine Anglican Church
Stardom Child Care Centre – Pitt Meadows
Sure Copy and Print Centre

Cash Donations!



Thank you!



Door Prizes!
Thank you!

.....and many anonymous donors

Handmade items!
Thank you!



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 **Duffy 604-466-9617 **Jeri 604-842-6595 **Louise 604-512-4351	**Cathy 778-227-8970 **Louise 604-512-4351 **Peter 604-230-5732 **Sheila 604-463-8929 **Jeri 604-842-6595 (afternoons)	**Cathy 778-227-8970 **Jeri 604-842-6595 **Louise 604-512-4351 **Peter 604-230-5732 Claudia 604-467-8385	**Duffy 604-466-9617 **Louise 604-512-4351 **Peter 604-230-5732 Anne 604-763-5623	**Cathy 778-227-8970 **Louise 604-512-4351 **Peter 604-230-5732 Claudia 604-467-8385

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



Emerald Pig Theatrical Society presents

KEN LUDWIG'S

THE THREE MUSKETEERS

directed by
Sharon Malone

March 21-23

March 28 - 30

7:30 pm

Matinees

March 23 and 30

2:00 pm

Tickets on Eventbrite

\$15/20

Inlet Theatre, Port Moody

100 Newport Drive

www.emeraldpig.ca



TECH LOUNGE – 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>10:00am-1:00pm Drop-in w/ Peter Basics: Email, Internet, Phone, Tablet, Camera, and Tech Support Drop-in fee \$1</p>		&	<p>10:00am-1:00pm Drop-in w/ Maureen & Peter Basics: Email, Internet, Phone, Tablet, Camera, and Tech Support Drop-in fee \$1</p>
<p>1:00-3:00pm One on One w/ John computer help by appointment Call 604-457-4771 Drop-in fee \$2</p>	<p>12:30-2:00pm One on One w/ Lyn computer help AND income tax questions by appointment Call 604-457-4771 Drop-in fee \$2</p>	&	<div style="border: 1px solid black; padding: 5px;">  <p>It Won't Byte @ the Maple Ridge Seniors Activity Centre Tuesdays, Feb 5, Mar 5, Apr 2 3:30 pm - 4:30 pm</p> <p><small>Need some help with all the new hand-held tech devices? Bring those gadgets - cell phones, cameras, eReaders and laptops - and let the technically gifted members of the library's Teen Advisory Group explain how they work and what they do.</small></p> <p><small>This program is offered in partnership with the Ridge Meadows Seniors Society and is held at the Maple Ridge Seniors Activity Centre, 12150 224th Street, Maple Ridge.</small></p> </div>



Call ahead to confirm:
 604-467-4993



It Won't Byte
 @ the Maple Ridge Seniors Activity Centre
 Tuesdays, Feb 5, Mar 5, Apr 2
 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 - and let the technically gifted members of the library's Teen Advisory Group explain how they work and what they do.

This program is offered in partnership with the Ridge Meadows Seniors Society and is held at the Maple Ridge Seniors Activity Centre, 12150 224th Street, Maple Ridge.

INTERGENERATIONAL GARDEN

(corner of 121st Avenue and Edge Street)



Volunteer with the Intergenerational Garden...



The Intergenerational Garden is in need of additional volunteers for the 2019 season. We will be holding volunteer information sessions during the month of March 2019 please check the March/April GrapeVine for the dates and locations of our volunteer meetings.

Please join us to find out some of the small ways you can make a big difference in the lives of our future generations. Volunteering with the Intergenerational Garden is heartwarming: we promote inclusivity, teamwork, and grow a passion for a healthy lifestyle.

We have many different volunteering opportunities at the garden and in our community - whether you choose to work with our students, help with ongoing fundraisers, or attend public events. We are also in need of volunteers to work in the garden to help with watering and harvesting of produce. Volunteering with us is very flexible. We have some volunteers that commit 1-2 hours a week during the growing season and some that may only come to one or two special events during the year. If you have a desire to help we can offer the right fit for your schedule.

Gardeners Tip: Food costs are on the rise and the average home in BC is predicted to spend an additional \$400 this year on groceries. Container gardening is quick, easy and an affordable way to offset some of these costs. Now is the time to start planning a spring crop of fresh greens or discover the possibilities of growing your own micro greens.

For more information regarding our monthly meetings, volunteering or fundraisers please contact:

Heather Jonatschick - Garden Coordinator gardencoord@gmail.com 604-837-8915.



ROOM RENTALS

Need a place for a business meeting? AGM? Wedding or Special Event? Room rentals are available at both the RMSS Maple Ridge and Pitt Meadows Seniors Activity Centres. Our prices are the best in town!

There are three large halls that can accommodate 60-275 people. Our smaller meeting rooms can accommodate up to 50 people and are perfect for that smaller meeting.

For more information on room rentals at the Maple Ridge Centre, call Nancy at **604-467-4593** nancy@rmssseniors.org
 For information about rooms at the Pitt Meadows Centre, call Marcia or Michelle **604-457-4771** pmsc@rmssseniors.org

Preventive Dental Care for Seniors at Ridge Meadows Seniors Society

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



Ridge Meadows Seniors Society
 On Fridays by Appointment
604-790-8814
 Kornelia, Registered Dental Hygienist

Accepting most of the insurance carriers

Helping you with life's up and downs!

\$29.95
A LOVING GIFT

EZ-RISER

MOBILITY TOOL

Extend your active life in the home and garden

Customer Service: 604.465.0913 Easyriser Mobility Ltd. A Canadian Company

Member of the Better Business Bureau

To place order visit our website:
easyrisertools.com

Holiday Closures: 


RMSS Centres will be closed:

Tuesday, January 1st

and Monday, February 18th

Family Day



 **MEADOWRIDGE**
LAW LLP
Lawyers and Notaries

We prepare Power of Attorney and Wills.
(home visits available)

**We handle Home Sales, Mortgages, Purchases
and Reverse Mortgages.**

We also practice Family Law.

www.meadowridgelaw.com

Tel: 604-477-1077 | Email: assistant@meadowridgelaw.com

Suite 650-22470 Dewdney Trunk Rd, Maple Ridge, BC V2X 5Z6

Is this for you? Or someone you know?

"Being involved in **Choose to Move** has given me the incentive to be more active. I look for simple ways to add a little more movement to my everyday living."



GET THE MOTIVATION YOU NEED TO BE ACTIVE.
JOIN CHOOSE TO MOVE. IT'S FREE!

www.choosetomove.info

Choose to Move

FREE INFO SESSION:
January 21, 2019
Maple Ridge Leisure Centre
Call 604-467-7355 to Register



Alzheimer Society
BRITISH COLUMBIA

Getting to Know Dementia

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

January 2019 Workshop



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

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

Date: Wednesday, January 23rd, 2019

Time: 6:30 – 8:30 p.m.

Location: RMSS Pitt Meadows Seniors Activity Centre
19065 199B Ave, Pitt Meadows

Cost: Free to attend. Donations are appreciated.

Call to register: 604-298-0780

E-mail: info.northfraser@alzheimerbc.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:

*Brian & Beverley de La Mothe Foundation, The Rix Family Foundation, The Phyllis & Irving Snider Foundation, Seaciff Foundation, The 1988 Foundation, St. Mary's Health Foundation of New Westminster, Margaret Rothweiler Charitable Foundation, Wheeler Family Foundation, Paul Lee Family Foundation, The Highbury Foundation, Jack Brown & Family Alzheimer Research Foundation, The Clark Family Foundation, Djavad Mowafaghian Foundation, Colin & Lois Pritchard Foundation, The Kapler-Carter Foundation, The Belmont Foundation, The Legion Foundation, The Lecky Foundation, Provincial Employees Community Services Fund and by the generous contributions of individual donors.
We acknowledge the financial support of the Province of British Columbia.*



MAPLE RIDGE LIQUOR STORE



AT THE CORNER OF 207TH & LOUGHEED

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

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

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



COMMUNITY GROUP MEETINGS - *call to confirm details*

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 (at Greystone Manor)
Please RSVP Phone 604-298-0711 or email
info.northfraser@alzheimerbc.org

Alzheimer Society: Minds in Motion Registered Program

Meets: Fridays, 10:30am-noon
(at Pitt Meadows Seniors Activity Centre)
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 (at Chartwell Willow)
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 (at The Legion)
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: (at The Legion)
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 (Fraserview Comm. Hall)
Contact: Edith 604-463-6018

Stroke Recovery Program

Meets: most Fridays
Time: noon-2:00pm (at The Legion)
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

Meets: (L)Mondays 6:30-8pm; (A)8-9:00pm
(at Pitt Meadows Seniors Activity Centre)
Contact: Peter & Lucille 604-380-0130



Congratulations to RMSS on our recent nomination!

2018 BUSINESS EXCELLENCE AWARDS

*The Chamber of Commerce Serving Maple Ridge & Pitt Meadows
2018 Business Excellence Award Nominee*

This certificate is awarded to

RIDGE MEADOWS SENIORS SOCIETY

In recognition of your nomination for
NON-PROFIT ORGANIZATION OF THE YEAR

Ken Holland
Ken Holland
President of the Board of Directors

Flori Chaykowski
Flori Chaykowski
Executive Director



Chamber of Commerce
Maple Ridge Pitt Meadows



Sunday, Feb 10th
5:30 pm to 8:30 pm

Burger Salad or Fries and Beverage

FARMERS HELPING SENIORS PUB NITE

Tickets \$25 at Community Services 22718 Lougheed Hwy Maple Ridge Before February 5th

The Honey Public House 22222 Lougheed Hwy Maple Ridge

Raffle Baskets Door Prizes Dessert Auction 50/50 Karaoke

\$25

Maple Ridge - Pitt Meadows - Sooke SENIORS NETWORK

FEAST

Langley **POS~ABILITIES** Society
"changing disabilities into possibilities"

TRY ON A DISABILITY

"People don't realise how difficult it is to get around in our world until they try it" says Zosia Ettenbery.

After an informative session each participant will be given a disability and a task to complete. This is a chance to learn about disabilities and perform tasks that someone living with that disability is forced to overcome every day.

DATE: FEBRUARY 7, 2019
TIME: 0900 - 1300
LOCATION: SOUTH BONSON COMMUNITY HALL
RSVP: emo@pittmeadows.ca or 604 460 6713

REFRESHMENTS SERVED

Brought to you by:

Maple Ridge - Pitt Meadows - Sooke SENIORS NETWORK

Pitt Meadows Emergency Management Office
12007 Harris Rd, Pitt Meadows

#153630v1

OUR VISION

Connecting adults 55+ with a happy, healthy life



Iris and Fran are ready to sell you 50/50 tickets at our Pitt Meadows Seniors Activity Centre!
Next event will be February 16th "For the Love of Art" - see pg. 7 for more info

RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2018/2019

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Vice-President.....Geoff Hampson
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