

Grapevine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
March & April 2019 Program Guide



“For the Love of Art” exhibitor, Joan. What talented members we have!

FACILITY HOURS

Maple Ridge Seniors Activity Centre

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

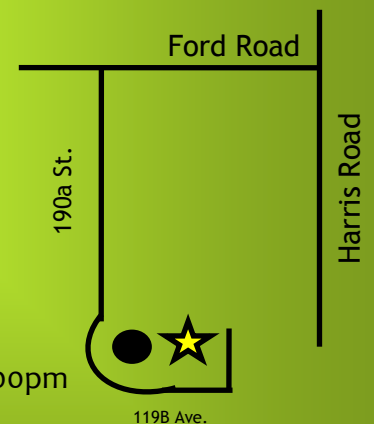


Hours of Operation

Centre closed for restoration
Office hours: Monday-Friday 9:00am-4:00 pm
Take-away meals: Monday-Friday 11:30am-12:30pm
Closed April 19 & 22

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 April 19 & 22**



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

Hi there, and welcome to March after another snowy February. As I am writing this, it is snowing, and more in the forecast for the rest of the week. Hello, March - please and welcome (I think).

A lot of activities going on in spite of the weather. I know it makes the travel difficult and is affecting attendance at some events, but all in all still lots of support.

Great turnout for the “Love of Art” event in Pitt Meadows. Wow, do we have some talented people in our organization, and thank you for sharing your works. I heard more than once, this needs to be an annual event. Kudos to all and the organizing group. Well done, all around.

We are running into some minor hiccups with our “You Connect” program and getting the interface running the way we want it to. Staff is working with the supplier to get these issues worked out and we expect to see them in action in Pitt Meadows at least, very soon.

Things are progressing in Maple Ridge. The painting is done and we should be now seeing floors going down. As soon as that or various parts are done, cabinetry and furniture will be moving. Once all is in place, yes, we will be having a welcome back party, and I think I can hear the Karaoke singers warming up their voices.

In terms of upcoming events, our Volunteer Appreciation Tea will be happening in April. In early May another new event “Car Boot and Craft Sale” will be happening. Variety Plus is already working on their Spring Show for the end of May, and Seniors Week is the first week of June.

Your board is currently at work on a budget for the new fiscal year starting April 1. Given our upheavals this year, this will be a bit of a challenge, but we do have history to help us. We do expect to recover some of our losses through insurance, but will not recover all. Fortunately, we do have some cash reserves to fall back on, so we are still in good shape financially.

That’s it for now, and Happy Easter.

Don Mitchell

Ridge Meadows Seniors Society, President of the Board

BUS TRIPS

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

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

This New York Times
7,000 stranded
Cultures clashed
the night, and gr
North America.

SOLD OUT

part of the remarkable true story of
foundland that welcomed them.
ined into trust, music soared into
Winner! Best Musical across



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

Skagit Valley Tulip Festival (USA) - Monday, April 8th - \$99

Maple Ridge 8:00am - 6:00pm Pitt Meadows 8:15am - 5:45pm

La Conner and Mount Vernon come alive with brilliant colour each spring for the 38th Annual Skagit Valley Tulip Festival. US travel documents required. - Activity Level: Easy

PACKAGE INCLUDES:

- Admission to RoozenGaarde show gardens
- Kiwanis Club Salmon BBQ
- Tulip fields walk, sightseeing
- La Conner free time
- All fees and taxes
- Relief Driver



ITINERARY:

- 9:00am** - USA Border
- 9:45am** - Haggen Ferndale
- 11:00am** - RoozenGaarde display garden
- 12:00pm** - Depart
- 12:30pm** - Salmon BBQ lunch (included)
- 1:45pm** - Tulip field tip toeing + sightseeing
- 2:30pm** - La Conner free time
- 4:45pm** - CND Border

BUS TRIPS

Fraser Valley Wine Tour - Monday, May 27th - \$109

Maple Ridge 8:00am - 4:15pm

Pitt Meadows 8:15am - 4:00pm

Enjoy is pleased to present wine tours and tastings at three of the Fraser Valley's premier wineries and vineyards. - *Activity Level: Easy*

PACKAGE INCLUDES:

- Backyard Vineyards
- Township 7 Vineyards
- The Fort Wine Co.
- 3 Course Winery Lunch
- All fees and taxes



ITINERARY:

10:00am - Fort Langley

- Wendel's Bookstore & Café
- Gasoline Alley

11:00am - The Fort Wine Co.

- Tasting

12:00pm - Backyard Vineyards

- Lunch
- Tour & tasting

2:00pm - Depart

2:15pm - Township 7 Vineyards

- Tasting

3:00pm - Depart

The fine print & additional info:

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

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

REFUND POLICY: no refunds will be issued after the **DEADLINE DATE** unless the trip is cancelled by RMSS or the Tour Company. If a trip is cancelled by the Tour Company or RMSS, a full refund will be given.

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



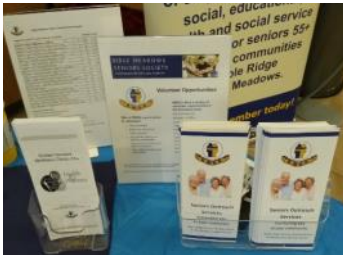
Want to share a RMSS bus trip photo?
Please email your submission to:
carmen@rmssseniors.org



RMSS NEWS

HERE WE ARE

The Here We Are team are back in action for 2019. Look for us in the community at the following events...



- **April 13 - 10:00am – 2:00pm Memorial Peace Park for Earth Day**
The theme for Earth Day is Health, which ties in perfectly with our seniors activity centres, promoting all our activities and classes that encompass and promote healthy living.
- **May 4 – 9:00am – 1:00pm Pitt Meadows Seniors Activity Centre for Car Boot & Craft Sale**
- **Haney Farmers May Market** – we will be out at the market on a Saturday, ready for our new season of connection with our community.

Educational Forum for 2019 – the Educational Forum will be held at the Maple Ridge Seniors Activity Centre on **October 5th**, 2019. Mark your calendars for a day filled with speakers, inspiration, fun, and vendors resources.

Let our team know of any community event you would like to see us attend.
Call Bev at 604-380-0516.



It's been an exciting couple of months moving forward with getting our members their FOBS for the upcoming "You Connect" program. It is a big process to transition 1800 memberships to a FOB! To date we have had great success in smoothly getting most of our Pitt Meadows members onto this new system. That means we have roughly 300 FOBS assigned and handed out. We thank you for your patience and understanding as we continue to move forward. Our goal is to have everyone who drops into Pitt Meadows programs using their FOBS in early March – but the delay has been centred around a few bugs in the program that are currently being worked out behind the scenes. Please stay tuned for future updates regarding You Connect and we will get everyone using their FOBS very soon. Staff have been pleasantly surprised to see so many people embracing this new system and eager to get started! If you have any questions or comments please email Vanessa at youconnect@rmssseniors.org



COMING SOON



Watch for your invitation - coming soon!

Lifting Communities

Are you an RMSS Volunteer?
Save the date for the
2019 Volunteer Appreciation Tea
at Maple Ridge
Seniors Activity Centre
Tuesday, April 9th
at 2pm

Please RSVP by April 1st
at 604-467-4993
or in person at Maple Ridge or
Pitt Meadows Reception Desk.

Maple Ridge Seniors Centre - re-opening soon!

Probably the most asked question of our RMSS staff, board members, and receptionists is: “So, when is the Maple Ridge centre re-opening?”

And the inevitable answer always is : “We don’t really know, but soon.”

Both members and staff have needed to dig deep into our reserves of patience as we have waited out the insurance issues, and now the renovation process which is well underway.

We will do our best to let you know when we are again OPEN.

Yes, we will have an Open House!

Yes, we will resume all programming.

Yes, we very much look forward to seeing you soon, and your welcoming spirit to all who venture in through our RMSS doors.



It's Tax Season!



Tax Clinics are here - to qualify:

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

Come and get your 2018 tax return completed for free by one of our volunteers.

RMSS membership not required to receive this complimentary service.

By appointment only

Maple Ridge Seniors Activity Centre

Call 604-467-4993

Thursdays

March 7 - April 25

9:30am - 3:30pm

By appointment only

Pitt Meadows Seniors Activity Centre

Call 604-457-4771

Tuesdays

March 5 - April 30

9:30am - noon

Note: *They **cannot** help with income tax returns for deceased individuals or bankruptcy*

BC's Speculation and Vacancy Tax



Speculation and Vacancy Tax Declaration

Anyone needing assistance with completing their declaration can bring it to either centre during our income tax clinics and one of our volunteers will be happy to help. Please be sure to bring your letter and your social insurance number. Declarations must be completed by March 31st or a tax notice may be issued for 0.5% of the assessed value of your property. Everyone on title must fill out a declaration.

No appointment needed for help with this.

(Appointment is needed for getting your taxes done.)

WITH THANKS...to these generous donors of space, service, product

Royal Canadian Legion
Branch 88
Maple Ridge

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



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*



**MAPLE RIDGE
 PARKS, RECREATION
 & CULTURE**



**CARPET ONE FLOOR
 & HOME**



**ACT arts
 centre**



**CHARTWELL®
 retirement residences**



**DONATING
 INTERIOR DESIGN
 SERVICES**

Kristina helps the Ridge Meadows Seniors Activity
 Centre after a flood

DROP-IN PROGRAMS: *if unsure, call ahead for location details*

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-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>	12:30-3:30pm
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>at Willow</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 C</i>
Carpet Bowling - <i>at PMSC</i>
Duplicate Bridge - <i>MRSC Hall B</i>
Gentle Joint Yoga - <i>on hold</i>
Crib - <i>on hold</i>

DROP-IN PROGRAMS: *if unsure, call ahead for location details*

FRIDAY

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

<p>Snooker - at PMSC Karaoke - on hold</p>	<p>9am-2pm</p>
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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	9:00am-9:00 pm
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

TUESDAY - monthly

3rd & 4th wks: *Painting (pre-reg.)* 6:30-8:30pm

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

WEDNESDAY - continued

Ukulele	1:30-3:00 pm
Ladies Snooker	2:00-4:00 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	noon-2:00 pm

SATURDAY - monthly

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



Test your Trivia Knowledge
Pitt Meadows Seniors Activity Centre

Second Saturday of the Month
11:00 am - noon

Form your own team or join one on the day
Maximum of 4 persons per team
\$2.00 entry per person
Prizes for winning team

Call 604-457-4771 for more details

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



SAGE TAEKWON-DO

→ (perseverance)

Do your children or grandchildren have listening ears? Or are they just for decoration?

Bring them to Sage TKD's children's class which focuses on listening skills, coordination, cooperation and exercise all while having fun!

Anyone! Try one week for free.

Taught by Steven Lovett, our Kin-Fit instructor.

Tuesdays 6pm, Saturdays 11am
Pitt Meadows Seniors Activity Centre
kintsugihealthandwellness@gmail.com



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 sessions:
March 6 - 25
(pre-register by Mar 4)
April 8 - 29
(pre-register by Apr 5)

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

"Connecting adults 55+ with a happy, healthy life."
www.rmssseniors.org



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



FOR YOUR SAFETY

PLEASE MAKE SURE APPROPRIATE ATHLETIC SHOES ARE WORN DURING FITNESS CLASSES.



RUBBER SOLE, CLOSED HEEL & TOE.

ZUMBA GOLD



Free Demo:
Mar 12th, 10-11am

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
\$25 / 5 week pre-registered sessions
Maximum 20 participants

Next session:
Apr 2 - 30
(Pre-register by Mar 29)

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

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Maple Ridge Seniors Activity Centre
12150 224th Street, Maple Ridge
604-467-4993



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

Next session begins:
Mar 12 - Apr 16
(Pre-register by Mar 8)

Tuesdays 2:45-3:45pm
\$30 / 6 week pre-registered sessions
Minimum 8 participants to proceed.
Membership required. See Pitt Meadows reception for more info.

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



TAI CHI/QiGong



Looking to increase your flexibility?
 Improve your balance? Strengthen your core muscles?
 Do you need a low-impact activity?
 How about protecting your joints?
 Tai Chi is both a martial art and gentle form of exercise that provides these benefits (and many more)!

In Maple Ridge:

Advanced: Tuesdays 6:30pm
 Beginners: Wednesdays 2:00pm
 Drop-in fee \$1.00

In Pitt Meadows:

All Levels: Fridays 10:15am
 Drop in fee \$2.00

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



"Connecting adults 55+ with a happy, healthy life."
www.rmssseniors.org



Chartwell Willow
 12275 224th Street, Maple Ridge
 MRSC reception: 604-467-4993

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

POWER PILATES



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

Next session:
March 6-27
 (pre-register by Mar 4)

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.

"Connecting adults 55+ with a happy, healthy life."
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Pitt Meadows Seniors Activity Centre
 19065 119B Avenue, Pitt Meadows
 604-457-4771



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

(minimum number required to proceed; pre-register by the preceding Wednesday)

Bring your own mat.

Next sessions:

March 1 - 22;
April 5 - May 3;
May 17 - June 7

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 (*on hold)		
WHITE = MAPLE RIDGE	GRAY = PITT MEADOWS	6:30 Power Pilates (pre-registered)			

**See pg. 10-11
For MR locations**
 (some dates may 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



REMEMBER to
“spring forward”
and turn your clocks
ahead by one hour
on Sunday,
March 10th


SPRING FORWARD



Alzheimer Society
 BRITISH COLUMBIA

Shaping the Journey

March 2019



A five-session education series for people living with dementia and their care partners. We will explore the journey ahead in a positive, informed, supportive environment. Join us to learn about dementia, explore strategies for coping with change and maximizing quality of life. Come meet others going through similar experiences.

Date: Five Tuesdays: March 5th to April 2nd
Time: 4:00 - 6:00 PM
Location: RMSS Pitt Meadows Seniors Activity Centre
 19065 119B Avenue, Pitt Meadows
Cost: Free to attend. Donations are appreciated.
Pre-registration is required. Programs with insufficient registrants will be cancelled.
Call to register: 604-298-0780
E-mail: info.northfraser@alzheimercb.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.



GOLDEN SENIORS WELLNESS CLINIC**CATARACTS**

A cataract is a clouding of the lens of the eye that affects vision. Most cataracts are related to aging. Cataracts may also develop after an injury, inflammation or disease. Age related cataracts are responsible for 51% of world blindness. Vision can be restored surgically. Currently nearly 2.5 million Canadians are living with cataracts and more than 350,000 cataract surgeries are performed yearly in Canada

The lens is behind the iris and the pupil, it is a clear part of the eye that works much like a camera lens focusing light onto the retina at the back of the eye where an image is recorded. The lens also adjusts the eye's focus, letting us see things clearly both up close and far away. If the lens is cloudy from a cataract, the image you see will be blurred. The lens is made up of water and protein. As we age some of the protein clumps together and starts to cloud a small area of the lens. This is a cataract that may grow larger, clouding more of the lens affecting our vision. Most age related cataract come from protein clumping. Another way cataracts can affect the vision is the clear lens slowly colors with age to a yellowish/brownish color, adding a brownish tint to vision. Over time the increased tinting may make it more difficult to read and perform other activities.

Common symptoms of a cataract are:

1. Cloudy or blurry vision
2. Colours seem faded
3. Glare – headlights, lamps, or sunlight may appear too bright; a halo may appear around lights.
4. Poor night vision.
5. Double vision or multiple images in one eye, although this symptom may clear as the cataract gets larger.
6. Frequent prescription changes for glasses. Of course, these symptoms may be a sign of other problems, if you have any check with your eye care professional.

GOLDEN SENIORS WELLNESS CLINIC

The symptoms of early cataracts may be improved with new eyeglasses, brighter lighting, anti-glare sunglasses or magnifying lenses. If these do not help, surgery to remove the cloudy lens and replace it with an artificial one is the only effective treatment. A cataract needs to be removed only when vision loss interferes with your everyday activities such as driving, reading or watching TV.

- 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!



BEEZ FOOT CARE SERVICES



\$25 for approx. 15-20 minute appointment

Mondays: March 4,
April 1 & 29,
May 6 & 13,
Jun 10 & 17

Maple Ridge Seniors Activity Centre
12150 224th Street

Book your appointment with Vilma: 778-998-2013

Vilma Baldoz-Abalos
Certified Foot Care Nurse/ Registered Nurse

All of our events are
Cash Only.



11657 Ritchie Ave.
Maple Ridge, BC
604-467-2808

Greystone Manor presents
A Taste of the Mediterranean
Buffet Dinner and Entertainment
March 3rd, 2019
Please RSVP by February 25th, 2019
Seniors \$18.00 and Adults \$22.00
Call for more details

Fashion Show and Buffet Luncheon

See what Maple Ridge has to offer

Wednesday, March 27th At 11:00am
Arrive by 10:45am Cost \$12
RSVP by March 20th

Featuring Clothing from Local Businesses:

- Buttons & Bows
- Once Upon A Tea Leaf
- Ridge Meadows Hospice Thrift Store
- Fashion Closet

Easter Dinner Buffet

April 21st, 2019

Call the number above for available dinner seating's

Please RSVP by April 15th, 2019

Seniors \$18.00 and Adults \$22.00

Children 5-12 years of age \$1.00 per year



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.
4. If you call a driver and there is no answer, please leave your name and number.

5. Rides outside of Maple Ridge/Pitt Meadows, contact the names with **

** indicates drivers who are also driving members outside the Maple Ridge/ Pitt Meadows areas. Priority is given to rides for medical purposes. Additional charges apply; please call driver directly. *Here are some sample rates to hospitals (round trip or one way):*

Abbotsford \$32, Burnaby \$28, Eagle Ridge \$20, Royal Columbian \$24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**Cathy 778-227-8970	**Cathy 778-227-8970	Claudia 604-467-8385	**Duffy 604-466-9617	Claudia 604-467-8385
**Duffy 604-466-9617	**Louise 604-512-4351	**Cathy 778-227-8970	**Joe 604-786-4253	**Cathy 778-227-8970
**Joe 604-786-4253	**Peter 604-230-5732	**Jeri 604-842-6595	**Louise 604-512-4351	**Joe 604-786-4253
**Jeri 604-842-6595	**Sheila 604-463-8929	**Louise 604-512-4351	**Peter 604-230-5732	**Louise 604-512-4351
**Louise 604-512-4351 <i>(afternoons)</i>	**Jeri 604-842-6595 <i>(afternoons)</i>	**Peter 604-230-5732	Anne 604-763-5623	**Peter 604-230-5732
Louise unavailable Mar 6 - Apr 6				

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



Friday, March 8
8:00pm • Studio Theatre

Carlos del Junco & The Blues Mongrels



THE LISTENING LOUNGE SERIES
Join the international award-winning harmonica virtuoso as he serves up a sophisticated and expressive blues/jazz fusion.



Friday, March 15
8:00pm • Mainstage

The Firehall Arts Centre production of

Circle Game

REIMAGINING THE MUSIC OF JONI MITCHELL



Created & directed by Andrew Cohen & Anna Kuman

A reinterpretation of Joni Mitchell's timeless musical works through the ears and eyes of a new generation.

GOLDEN EARS MOVIE SERIES

Monday, March 25
7:30pm • Studio Theatre

The Trip to Spain



Presenting Partner **tiff.**
PG | 1h 48min
Comedy | Drama
Steve Coogan and Rob Brydon embark on another deliciously deadpan culinary road trip, this time to Spain.

CLASSICAL COFFEE CONCERTS

Thursday, March 28
10:30am • Studio Theatre

Cellicious



THE BERGMANN PIANO DUO WITH REBECCA WENHAM, CELLO

Chamber musician and principal cellist of the Vancouver Opera Orchestra **Rebecca Wenham** joins **The Bergmann Piano Duo** to perform works by Bernstein, Britten, Bergmann and more!

Ô-Celli

Sunday, March 31
2:00pm • Mainstage



The captivating octet of passionate master cellists from Europe takes audiences on an energetic and varied musical journey, through the classics of Tchaikovsky and Strauss to Piazzolla and the beloved film score music of *Nino Rota*.

CLASSICAL COFFEE CONCERTS

Thursday, April 18
10:30am • Studio Theatre

A Broadway Cabaret



THE BERGMANN PIANO DUO WITH NADYA BLANCHETTE, SOPRANO

The versatile soprano **Nadya Blanchette** joins **The Bergmann Piano Duo** in renditions of some of Broadway's most enduring music by Cole Porter, Richard Rodgers, Leonard Bernstein, George Gershwin, and more.

VARIETY • MUSIC • THEATRE • FILM • DANCE • FAMILY • VARIETY • MUSIC • THEATRE • FILM • DANCE • FAMILY

theactmapleridge.org



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




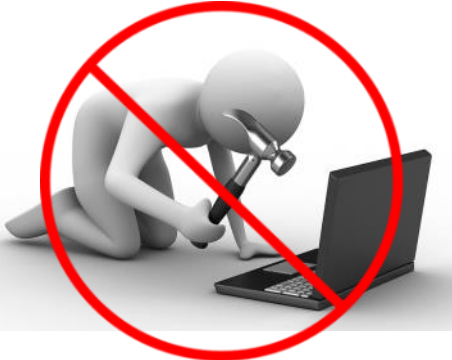
TECH LOUNGE – Pitt Meadows*

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>		

***Call ahead to confirm - schedule will change upon Maple Ridge centre re-opening.**

“It Won’t Byte” is currently running Monday afternoons at Maple Ridge Library.

PLEASE NOTE:
RMSS Seniors Activity Centres will be closed on Good Friday, April 19th and Monday, April 22nd



INTERGENERATIONAL GARDEN

(corner of 121st Avenue and Edge Street)



Springing into Action at the Intergenerational Garden



With the arrival of spring begins the busiest time of year at the Intergenerational Garden. March 1st, we launch our annual spring plant sale! These are excellent quality plants and products and sure to help make your garden beautiful. The order deadline is April 13. Orders can be dropped off at reception at either Seniors Centre or at our Earth Day booth between 10 a.m. and 2 p.m. in Memorial Peace Park. Plant pick up will be perfectly timed near Mother's Day!

Our annual seed exchange, Seedy Saturday on March 16, is a great opportunity to meet like-minded community members. We invite you to join us for this seed and book exchange. Please drop in for tea and share your gardening stories and tips. In addition to the upcoming events, I'm very excited about the reopening of the garden when all the volunteers, students and teachers come back together after the winter break. Freshly turned soil and laying out a plan for spring planting sparks excitement amongst our gardening community for it lets our winter visions grow into fruition.

This year Earth Day celebrations in Maple Ridge focus on "Healthy Community, Healthy Self". Gardening is good for the soul and we are happy to be involved with such a positive event focused on healthy living.

Time spent at the Intergenerational Garden digging in the earth is time well spent. It brings connected learning, patience and respect to our future generations. We need more volunteers to work with our students this spring season! If you are interested, please join us for a volunteer meeting.

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



Maple Ridge
 Dental Hygiene Inc.

Ridge Meadows Seniors Society
 On Fridays by Appointment

604-790-8814

Kornelia, Registered Dental Hygienist

Accepting most of the insurance carriers

A heart-felt THANK YOU to our Pitt Meadows Craft Group for again donating funds to support ongoing programs and activities at our Pitt Meadows centre.



Did you know our very successful "For the Love of Art" event was the brain child of our PM Craft Group? Keep the ideas coming!



THE TOP 10 SCAMS & HOW TO AVOID THEM

The Better Business Bureau serving Mainland British Columbia will present information on the Top 10 Scams that affect Canadians. Learn how they work and get tips on how to identify each scam. Understand how to prevent fraud and learn what to do if you are a victim, know someone who is a victim, or suspect that you have identified an illegal scheme or fraud.

This interactive session will answer your questions and provide an opportunity for participants to share their experiences. Presented by the Maple Ridge, Pitt Meadows, Katzie, Seniors Network and the Maple Ridge Public Library.

Tuesday,
March 5
 1 - 3 p.m.

Maple Ridge
Public Library -
Fraser Room

Free Event

Refreshments
will be served.

Please register to
reserve your spot!

CALL OR EMAIL:
 Heather
 (604) 786-7404

seniorsnetworkmpk@gmail.com
www.seniors-network.ca



**SAVE THE
DATE!!!**



FOR THE

9am - 1pm



Concession food
available for purchase



OPEN TO ALL! RESERVE YOUR PARKING SPOT OR TABLE TODAY!

(reservation secured with payment, until spaces SOLD OUT)

Parking spot: \$20 (includes two parking spots, one for your car and one to: "spread out" your sale items, possibly set up a canopy in case of sunny - or not - weather, set up your OWN chair...)

Table rental: \$10 (includes 6' table and 1-2 chairs for vendors as needed; will be set up INSIDE our Pitt Meadows Seniors centre)

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

UPCOMING WORKSHOPS & PRESENTATIONS

Stay on Your Feet! Fall Prevention Presentation

This group presentation will provide you with some tips on how to reduce your risk of having a fall.

Date: Wednesday, March 20
Time: 10:00-11:00am
Place: Social Activity Room
RMSS Maple Ridge Seniors Activity Centre

Nothing is more
valuable than your
independence...
So why risk it?

Please pre-register by
calling: **604-467-4993**



DO YOU HAVE VISION OR HEARING LOSS?

DO YOU KNOW SOMEONE WHO HAS?
COME TO THE
9th ANNUAL
VISION / HEARING RESOURCES OPEN HOUSE
Ridge Meadows Seniors Activity Centre
12150 224 Street
Maple Ridge, B.C.
Saturday, April 6, 2019: 1:00 - 4:00 pm.
FREE ADMISSION --- NO PREREGISTRATION
DISCOVER WHAT'S HERE FOR YOU
SERVICES, EQUIPMENT, RECREATION, EDUCATION
Sponsored by **The Maple Ridge Lions Club**
For more details contact mapleridgelionsclub.org or
Brian Hetherington at 604 467 2696

HOME SAFETY PRESENTATION

The Home Instead safety presentation is a video addressing how to remain living safely and independently within one's own home.

Join Doug Mix as he presents and answers questions. Home safety checklist provided.

Wednesday, April 17th 10:00 - 11:00am Free Maple Ridge Seniors Activity Centre Pre-register: 604-467-4993	OR	Tuesday, May 14th 10:30 - 11:30am Free Pitt Meadows Seniors Activity Centre Pre-register: 604-457-4771
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"Connecting adults 55+ with a happy, healthy life."
www.rmssseniors.org

Maple Ridge Seniors Activity Centre 12150 224 th Street, Maple Ridge 604-467-4993	Pitt Meadows Seniors Activity Centre 19065 119B Avenue, Pitt Meadows 604-457-4771
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CHRONIC PAIN Self-Management Program

KNOWLEDGE + SKILLS + CONFIDENCE

FREE Six-Session Workshop for Adults with Any Kind of Ongoing Pain

Saturdays: April 6 - May 11, 10:00am-12:30pm
 RMSS Maple Ridge Seniors Activity Centre
 12150 224th St., Maple Ridge
 REGISTER: 1-866-902-3767 OR 604-940-1273

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
(call ahead to confirm location)
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 (call ahead to confirm)
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 (call ahead to confirm)
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: (call ahead to confirm location)
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 (call ahead to confirm)
Contact: Edith 604-463-6018

Stroke Recovery Program

Meets: most Fridays
Time: noon-2:00pm (call ahead to confirm)
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: Mondays 7:00 - 9:30pm
(call ahead to confirm location)
Contact: Peter & Lucille 604-380-0130





 **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

OUR VISION

Connecting adults 55+ with a happy, healthy life



Many of the RMSS staff and board members attended the 2018 Business Excellence Awards Dinner having been shortlisted as “Non-Profit of the Year”. Great job, everyone!

RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2018/2019

President.....Don Mitchell
Vice-President.....Geoff Hampson
Secretary..... Fran Preston
Treasurer.....Gary Spence
Director..... Richard Newman
Director..... Lindsay Norcross
Director..... Colette Roussy
Director..... Kathleen Spiess
Director.....

