

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
May & June 2019 Program Guide



Our re-opening celebration at Maple Ridge Centre

FACILITY HOURS

Maple Ridge Seniors Activity Centre

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

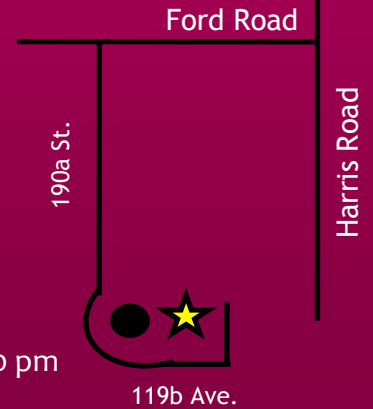


Hours of Operation

Monday - Friday 8:00 am - 10:00 pm
 Saturday 8:00 am - 4:00 pm
 Sunday 9:00 am - 12:00 pm
 Closed May 20 (office hours M-F, 9am-4pm)

Pitt Meadows Seniors Activity Centre

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



Hours of Operation

Mon., Thu. & Fri. 9:00 am - 4:00 pm
 Tue - Wed. 9:00 am - 9:00 pm
 Saturday 9:00am - 2:00pm
 Closed Sunday **Closed May 20**



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

Hello all, and welcome to another compendium of information, events and activities surrounding our seniors society.

Of course, the big news this month is the re-opening of all activities in Maple Ridge. It has been a journey and learning experience these last six months and, as I write this, everything is still not quite finished. If there is a positive, it is that we have been able to upgrade the flooring, the painting, and reorganized some of the counters and furnishings. We have an upgraded new look through out the building. One more great big thank you to our community partners who stepped up to help us keep our programs going somewhere in our two cities.

A number of people have asked about finances over the time we have been closed and from the questions, there seems to be a misconception or lack of knowledge on how we generate our income. So, I thought I would give you a brief outline.

We have an operating agreement with both the City of Pitt Meadows and the City of Maple Ridge to manage and operate the seniors activity centres. They provide funding to do this, but this represents less than half of our operating budget.

Internally, income comes from membership fees, food services both on-site and contract (Meals on Wheels), program fees, special events, and room rentals.

We also have income from grants – Gaming (provincial), New Horizons (Federal), Maple Ridge Community Foundation, and Rotary, to name a few. We are always looking at what grants are available and how we might use those monies to create new one time programs for our members (The History Project is an example that will be completed with a New Horizons grant) as well as getting long term projects started and running (Here We Are group for example, with a New Horizons Grant).

The closure in Maple Ridge will obviously have affected some of our revenue streams, and there will most certainly be a loss of income. The building repairs are covered by the strata insurance and RMSS insurance will cover some of our losses and we do have some funds to fall back on. We will be planning a fundraiser later in the year not only to help with this, but also to celebrate our 20th anniversary.

In the meantime, happy spring everybody. It is gardening time.

Don Mitchell

Ridge Meadows Seniors Society, President of the Board

BUS TRIPS

Fraser Valley Wine Tour - Monday, May 27th - \$109 **Second bus added**

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

Butchart Gardens Afternoon Tea

- **Wednesday, June 12th - \$159 **SOLD OUT****

- **Monday, June 17th - \$159 **Second date added****

Maple Ridge 6:00am - 8:00pm

Pitt Meadows 6:15am - 7:45pm

* these times are different than June 12th trip

The Dining Room Restaurant at Butchart Gardens offers a unique atmosphere, a view of the gardens and outstanding service. Take afternoon time to see the colors in peak season throughout all areas of the vast garden. *Additional \$20 ferry fee for 64 years and under. - *Activity Level: Easy*

PACKAGE INCLUDES:

- Admission Butchart Gardens
- Afternoon Tea Lunch
- Butchart Gardens Free Time
- Mitchell's Farm Market
- Sidney Waterfront Promenade
- All fees and taxes
- All ferry fees*



For itinerary details, please check with either centre.

BUS TRIPS

Celebration of Light Dinner Cruise - Wednesday, July 31st - \$169

Maple Ridge 5:30pm - 12:15am

Pitt Meadows 5:45pm - 12:00am

Experience an unforgettable fireworks dinner cruise with Vancouver Cruises! Feast on a West Coast Buffet featuring baked salmon and carving station, seasoned roasted potatoes, caesar salad, tossed green salad with four dressings, fresh vegetables, fresh bread, coffee, tea and dessert buffet. - Activity Level: Easy (stairs on board)

PACKAGE INCLUDES:

- English Bay anchoring for best views
- 4 hour cruise
- Dinner buffet
- All fees and taxes



ITINERARY:

7:00pm - Boarding

7:30pm - Sailing

- Dinner

- English Bay Fireworks

11:00pm - Return

11:15pm - 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



You Connect Update



It has been an exciting month for our new You Connect Program. A great big thank you to our Pitt Meadows volunteers and members for your patience while we worked out some minor kinks. The Pitt Meadows Seniors Activity Centre You Connect Program has been fully operational since mid-March. We have had great success and the feedback from our members has been overwhelmingly positive! The ease of dropping into programs with the tap of your FOB has been such a great perk to all our activity programs.

Maple Ridge members can be excited that membership drives, where you can return your paper membership card for a FOB, will begin mid-June. Watch for the dates. Receptionists and Activity Leaders will be invited to training sessions in June and July. Our goal for a launch date for You Connect at Maple Ridge is July 22nd.

Thanks again for all your support and patience during this transition period.

If you have any questions or concerns you can email Vanessa at:
youconnect@rmssseniors.org



Watch for Here We Are in the community!

Heading to this year's Home Show?
Keep a look out for our Here We Are team
within the Family Fest area (Planet Ice at the
Maple Ridge Fairgrounds).

Friday, Saturday & Sunday, May 3 - 5.



AN ATTITUDE OF GRATITUDE

During the MR closure, we received many offers of help. We thank you for them all! As our lunch room was only able to offer “take away” meals, it was necessary to rely on one main volunteer to adapt to the daily awkward position of being perched by an open door in all forms of weather to act as cashier. Ruby, our volunteer extraordinaire, rose to the challenge and faithfully served in this capacity - for an hour and a half a day, five days a week, for the six month duration, rarely missing a day. From us all, our heartfelt thanks!



Thank you, Sue Thiessen!

In 2011, RMSS decided to start its own fundraising bridge tournament. This required someone capable of organizing such events and Sue Thiessen has remarkably done so for the past eight years.

During that time, 27 tournaments were hosted at MR centre bringing considerable profit, some of which was donated back to the centre to purchase bridge tables, table cloths, playing cards, bidding boxes, and general funds.

Many volunteers worked alongside Sue, for which we are grateful.

Sue has announced her retirement.
- submitted by Nita Spittel (edited)



Thank you for the many submissions received. Due to limited space, not all could be included. Apparently you are happy to be back at MR centre!



Hurray, Hurray

We are back to work and play

With needles and yarn

With coffee and tea

Conversation, wisdom and

New creations to see.

The purple hats

—seniors helping seniors—

Different charities

And we all can't wait to get back

in the groove

Our history to prove.



- Gerda (RMSS Craft Ladies)

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

MONDAY

Snooker	8:00-4:30 pm
Stay Fit 3	8:30-9:30 am
Table Tennis	8:30-11:30 am
Chair Fit 1	10:00-11:00 am
Tech Help (see pg. 25)	10:00-noon
Bridge (Lessons - Intermediate)	1:00-3:00 pm
Carpet Bowling	1:00-3:00 pm
Gentle Joint Yoga	4:00-5:00 pm

TUESDAY

Snooker	8:00-4:30 pm
Crafts & Needlework	9:00-11:30 am
Health & Wellness	9:00-noon
Chair Yoga	9:00-10:00 am
Line Dancing (Level 2)	10:15-11:15 am
Line Dancing (Level 3)	11:15-12:15 pm
Tap/Jazz Dance Lessons	1:00-2:30 pm
Scrabble	1:00-3:00 pm
ECRC Bingo	1:00-3:30 pm
Cribbage	1:00-4:00 pm
Duplicate Bridge	6:30-9:30 pm
Table Tennis	7:00-10:00 pm
Tai Chi	6:30-8:00pm
Mexican Train	7:00-9:00pm

WEDNESDAY

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

THURSDAY

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

**MAPLE RIDGE LUNCH HOURS:
M-F 11:30am-1:00pm
Soup \$2, Meal \$5.50, Full Meal \$7**

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

FRIDAY

8:00-4:30 pm	Snooker	8:00-4:30 pm
8:30-9:30 am	Stay Fit 3	8:30-9:30 am
8:30-11:30 am	Table Tennis	8:30-11:30 am
10:00-11:00 am	Ladies Snooker	9:30-11:00 am
12:30-4:30 pm	Chair Fit 1	10:00-11:00 am
1:00-4:00 pm	Line Dancing (Beginner)	11:30am-1:00 pm
2:00-3:00 pm	Line Dancing (Level 1)	1:00-2:00 pm
7:00-8:30 pm	Scrabble	1:00-3:00 pm
	Poker	1:00-4:00 pm
	Partnership Bridge	1:00-4:30 pm
8:00-4:30 pm	Line Dancing (Level 2)	2:00-3:30 pm
9:00-10:00 am	Create	7:00-9:00 pm
10:00-noon	Whist	7:00-9:00 pm
10:30-11:30 am		
1:00-2:00 pm	SATURDAY	
1:00-3:00 pm	Snooker	8:00-4:00 pm
1:00-3:00 pm	Karaoke	1:00-4:00 pm
1:00-4:30 pm		
6:30-7:30 pm	SUNDAY	
7:00-10:00 pm	Snooker	9:00-noon
7:00-10:00 pm	Gals' Coffee Group	9:30-11:00 am

**THRIFTY
FOODS™**

THANK YOU!!! to Thrifty Foods
for their recent donation of flowers
for the MR Re-Opening Celebration.



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

MONDAY

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

TUESDAY

Walking Club	8:30-9:30 am
Scrabble	10:00-noon
Chair Yoga	noon-1:00 pm
Tech Help (by appt)	12:30pm-2:00 pm
Mah Jong	1:00-3:30 pm
Table Tennis	1:30-3:30 pm

TUESDAY - monthly

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

WEDNESDAY

Crafts	9:30-11:30 am
Stay Fit 1	10:30-11:30 am
Guided Meditation	11:45-12:30 pm
Ballet Dance	1:00-1:45 pm
Table Tennis	1:00-3:30 pm
Whist	1:00-3:30 pm
Ukulele	1:30-3:00 pm
Flamenco Dance	1:45-2:30 pm

WEDNESDAY - continued

Ladies Snooker	2:00-4:00 pm
Snooker	4:00-8:45 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
Line Dance (Beginner)	9:15-10:15 am
Rhythm & Reach	10:30-11:30 am
Tech Help (Drop-In)	10:30am-noon
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)	noon-2:00pm
4 th Sat: Games (i.e. Farkle)	10:00-11:30 am

WALKING CLUB



Interested in going for Saturday morning walks?
On local paths and dikes?

DETAILS:
Saturday mornings 9:30am
(for 1-2 hours)
\$1.00 drop-in fee

Meet at Pitt Meadows Seniors Activity Centre -
carpool to/from walk
Coffee time at PMSC thereafter

Painting Classes



Ever wanted to try your hand at painting?
Perhaps taking an art class is on your "must do" list?

Join Michelle on Tuesday evenings,
or Michael on Saturday afternoons
and amaze yourself!

<p>Tuesdays: 3rd & 4th, 6:30-8:30pm <i>in acrylic w/ Michelle</i></p>	<p>Saturdays: 2nd & 4th, 12-2pm <i>in water colour w/ Michael</i></p>
<p>Pre-registered: \$20.00/2 week project (max 10/class) (includes instruction & materials)</p>	

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



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





Mon, June 3rd

10am –noon

**Maple Ridge
Seniors Activity
Centre**

12150 224th St.

In conjunction with National Senior's Health and Fitness Day & Seniors Week, Fit 4 Life Day was developed to promote & celebrate active living.

There are eight activities for members' participation:

<i>Badminton Volley (team)</i>	<i>Walker Race</i>
<i>Bean Bag Target</i>	<i>Obstacle Course</i>
<i>4x1 relay (team)</i>	<i>Pool Noodle Ring Toss</i>
<i>Iceless Curling (team)</i>	<i>TP Target Toss</i>

FREE! Pre-register your desire to attend (whether to compete or to watch & cheer) at either centre's reception .

(For team events, you can come with your team in place or join one the day.)

Please pre-register by May 29:

Maple Ridge Seniors Activity Centre: 604-467-4993

Pitt Meadows Seniors Activity Centre: 604-457-4771

Strawberry Tea



**Ridge Meadows Seniors Society
Invites you to celebrate Seniors Week with
our annual Strawberry Tea
Thursday, June 6th, 2pm
At Pitt Meadows Senior Activity Centre**

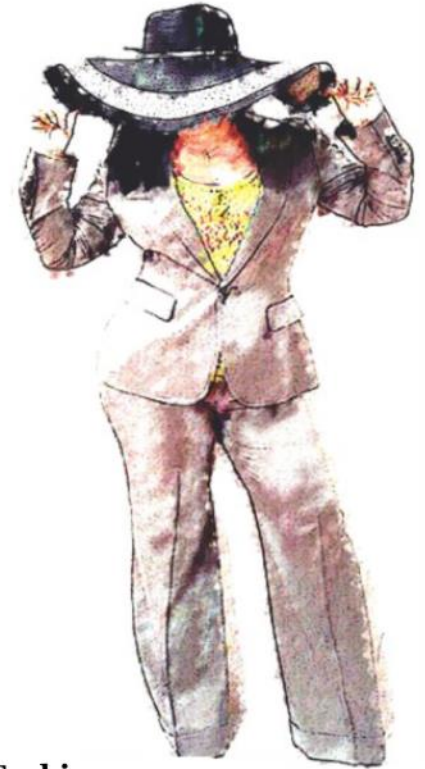
Tickets \$6.00



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



RUNWAY SHOW & TEA SOCIAL



A FASHION FUNDRAISER

with proceeds benefitting
Ridge Meadows Hospice Society
&
Ridge Meadows Seniors Society

Featuring MENS, LADIES & KIDS Pre-Loved Fashion
EXCLUSIVE AFTER SHOW CLOTHING SALE

Saturday, June 8th, 2019
1:00 - 3:00 p.m.

Maple Ridge Seniors Activity Centre - 12150 224th St.
Tickets \$12.00

TICKETS FOR SALE AT THESE LOCATIONS

**RIDGE MEADOWS
SENIORS ACTIVITY CENTRE**
12150 224th Street
Maple Ridge

**RIDGE MEADOWS
HOSPICE THRIFT STORE**
#3 - 12011 224th Street
Maple Ridge

**PITT MEADOWS
SENIORS ACTIVITY CENTRE**
19065 119B Avenue
Pitt Meadows



VARIETY PLUS - SPRING 2019

Camp Golden Ears

SENIORS IN THE WILD!



MAY 31 at 7PM & JUNE 1 at 2PM

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

**DOOR PRIZES!
REFRESHMENTS!**

**TICKETS
\$10 EACH**

FOR MORE INFORMATION:
[Facebook.com/VarietyPlus](https://www.facebook.com/VarietyPlus)
Phone: (604) 467-4993



Presented by Variety Plus and Ridge Meadows Seniors Society



FITNESS PROGRAMS

GRAY BACKGROUNDS– PITT MEADOWS FITNESS PROGRAM

WHITE BACKGROUNDS– MAPLE RIDGE FITNESS PROGRAM



Drop-in fees are \$2.00 per class
Pre-registered fees will vary by class

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

MON	TUE	WED	THU	FRI	SAT
8:30 Stay Fit 3	8:45 Walking Club (by rec centre)	8:30 Stay Fit 3	8:45 Walking Club (by rec centre)	8:30 Stay Fit 3	9:15 Power Pilates (pre-registered)
9:00 Osteofit (pre-registered)	9:00 Chair Yoga	9:00 Osteofit (pre-registered)	9:00 Fit & Fun after 55	10:00 Chair Fit 1	10:15 KinFit
9:15 Stay Fit 2	10:30 Zumba Gold (pre-registered)	10:00 Chair Fit 1	10:30 Rhythm & Reach	10:15 Tai Chi (all levels)	9:30 BYOB* new! See pg 18
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)			

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 functional exercises for daily living.

Chair Yoga

A 60 minute gentle movement class that incorporates breathing exercise and basic stretching while seated in a chair.

Fit & Fun after 55

Our most challenging cardio workout that includes 30 minutes of easy to follow low impact choreography, balance, posture, strength training and relaxation.

Gentle Hatha Yoga - pre-registered class

This is a 60 minute Hatha Yoga Class with floor work. Please bring your own mat. \$20 for 4 classes. See pg 18

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.

Osteofit 1+ - pre-registered class

A class that proactively and preventatively increases your ability to do day-today activities by reducing your risk of falls. \$45 for 6 classes. See pg 18

Power Pilates - pre-registered class

Caters to ALL levels and abilities. Includes muscle strengthening, core & balance, cardio, stretch & breathing. \$20 for 4 classes. See pg 18

Rhythm & Reach

Enjoy easy to follow choreographed, low impact moves for tons of fun followed by an extended stretch and relaxation on floor mats. Please bring your own mat.

Stay Fit 1

This class format includes an active warm up, low impact cardio, balance, agility, standing and seated strength & stretch exercises.

Stay Fit 2

This is a fun and energetic low impact class designed to improve your cardio, strength, flexibility & balance. Most strength and stretch work is done in a seated position.

Stay Fit 3

This challenging workout is designed to elevate your heart rate and challenge your muscles. It incorporates stationary balance work and stretches on floor with mats. Equipment is not provided.

Tai Chi/QiGong

Gentle, slow movements that focus on breathing, balance and core strength. It helps to reduce stress and increase flexibility.

(Tues. Advanced, Wed. Beginners, Friday– all levels)

Zumba Gold - pre-registered class

This is a 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 and much more. \$20-\$25 for 4-5 classes, depending on dates. See pg 18

POSTURE & BALANCE IMPROVEMENT WORKSHOP



Improving your posture and balance is ALWAYS a good idea and an achievable goal. Learn some easy every day tips to improve posture, balance and even your core.

Taught by a BCRPA Trainer of Fitness Leaders who understands movement and mobility issues ALL seniors face.

Wednesday, May 1 6:15 - 7:15pm

FREE! Please pre-register at reception.

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



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



RMSS activity centres will be closed Monday, May 20

UPCOMING PRE-REGISTERED CLASSES:

At PM Seniors Activity Centre

BELLY DANCE: Tue 2:45pm

Free Demo - Tue May 14

6 classes: May 21 - Jun 28; \$30

HATHA YOGA: Fri 11:30am

4 classes: May 17 - Jun 7; \$20

4 classes: Jun 21 - Jul 12; \$20

OSTEOFIT 1+: Mon 9am & Wed 9:15am

6 classes: May 6 - 27; \$45

6 classes: Jun 5 - 24; \$45

PILATES: Wed 6:30pm

Free Demo - Wed May 1 6:15pm

4 classes: May 8 - 29; \$20

4 classes: Jun 5 - 26; \$20

At MR Seniors Activity Centre

ZUMBA: Tue 10:30am

4 classes: May 7 - 28; \$20

4 classes: Jun 4 - 25; \$20

BYOB FITNESS CLASS



BRING A BUDDY - MAKE A BUDDY

Come with a friend or partner up in class and experience fitness together!

Join Sylvie as she teaches partner exercises to:

- Stretch - Balance - Assist with Flexibility - Strengthen

Learn adaptive techniques to strengthen your core, keep you flexible, and get you safely down (and up again!) from the floor.

This is a mat friendly class.

Saturdays, 9:30-10:15am

April 27, May 11, May 25

Drop-in fee \$2.00 per person

If sufficient interest, we will later offer as a pre-registered class


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



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





 **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

GOLDEN SENIORS WELLNESS CLINIC



AGE-RELATED MACULAR DEGENERATION (AMD)

AMD is an eye disease that results in deterioration of the macula (the part of the retina responsible for central vision). As AMD progresses, a blurred area near the centre of vision is a common symptom. Over time, the blurred area may grow larger or you may develop blank spots in your central vision. Objects may also not appear to be as bright as they used to be. AMD by itself does not lead to complete blindness, with no ability to see. However, the loss of central vision in AMD can interfere with simple everyday activities, such as the ability to see faces, drive, read, write, or do close work, such as cooking or fixing things around the house.

Age is a major risk factor for AMD. The disease is most likely to occur after age 60, but it can occur earlier and smoking doubles the risk of AMD. It is more common among Caucasians than among African-Americans or Hispanics/Latinos. Those with a family history of AMD are three times more likely to develop it themselves. Women may be at greater risk than men and people with light skin and eye colour may be more susceptible. Controllable risk factors are: low dietary intake of antioxidants, high fat diets, obesity, smoking, inactivity, excessive exposure to sunlight and high blood pressure.

The Age Related Eye Disease Studies (AREDS) found that daily intake of certain high-dose vitamins - Vitamin C (500mg), Vitamin E (400iu) and Zinc (80mg as zinc oxide) - can slow progression of the disease in people who have intermediate AMD, and those who have late AMD in one eye. They also found a mixture of lutein and zeaxanthin may help further reduce the risk of late AMD. Copper is added to the formula to prevent copper deficiency anemia due to high doses of zinc. Lutein and zeaxanthin are antioxidant carotenoids found in high concentrations in the macular pigment and are believed to protect the retina by limiting oxidant stress from the metabolism of light. Increasing the intake of foods rich in lutein and zeaxanthin (dark-green, leafy and orange vegetables) has been shown to increase macular pigment. AREDS supplementation does not help people with early AMD, and will not restore vision already lost from AMD. But it may delay the onset of late AMD. It may also help slow vision loss in people who already have late AMD.

Researchers have found links between AMD and some lifestyle choices, such as smoking. You might be able to reduce your risk of AMD or slow its progression by

GOLDEN SENIORS WELLNESS CLINIC

making these healthy choices: avoid smoking, exercise regularly, maintain normal blood pressure and cholesterol levels and eat a healthy diet rich in green leafy vegetables and fish.

Check with your doctor before taking eye supplements and see your eye care practitioner at least once every two years.

- 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.
JOIN US FOR OUR SENIORS WEEK OPEN HOUSE ON TUESDAY, JUNE 4th



BEEZ FOOT CARE SERVICES



\$25 for approx. 15-20 minute appointment

Mondays: May 6 & 13,
 June 10 & 17
 July 8 & 15
 August 12 & 19

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

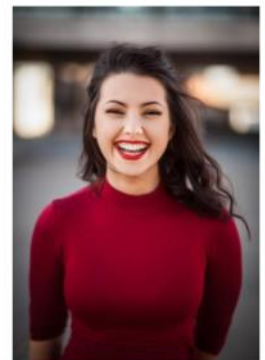
No More Pain :-)

Comprehensive Pain Management

- Chronic Ailing Pain
- Falls
- Car Accident Injury
- Arthritis

Seniors' Wellness

- Sleeping Issues
- Stress & Anxiety
- Post-Surgery Recovery
- Weight Control



- Free Consultation for Seniors.
- Home Visit Treatments Available.
- ICBC & Most Insurances Accepted.

Mediplus Wellness

Acupuncture & Natural Herbal Medicine

604.380.3377

22308 Lougheed Hwy, Suite 104, Maple Ridge

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

By purchasing a ticket
you are essentially adopting a duck!

That duck will be released on

Sunday, August 11th 2019

into the Alouette River at Maple Ridge Park
to vie for the finish line and float to victory.

In addition to many other prizes, the grand prize is a
Fiat 124 Spider Convertible.



Tickets are \$10.

**RMSS receives \$9 of each ticket
that will go towards
Seniors Educational Forum**



We welcome you to
sell a book of tickets on your own
to support this fundraising event!

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.

Tuesday, May 14th

10:30 - 11:30am

Free

Pitt Meadows Seniors Activity Centre
Pre-register: 604-457-4771

SPECC-TACULAR PRODUCTIONS THEATRE GROUP

WWW.SPECCTACULARPRODUCTIONS.CA

OUT OF THE HAT



SHOWTIMES:

JUNE 14 7:30 PM
JUNE 15 2:30 PM
JUNE 15 7:30 PM

TICKETS:

\$15 ADULTS
\$10 SENIORS/STUDENTS
ONLINE AT EVENTBRITE.CA OR AT THE DOOR

VENUE:
OPEN DOOR CHURCH



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	Cathy 778-227-8970	Anne 604-763-5623	Cathy 778-227-8970
**Duffy 604-466-9617	**Louise 604-512-4351	Claudia 604-467-8385	**Duffy 604-466-9617	Claudia 604-467-8385
**Jeri 604-842-6595	**Peter 604-230-5732	**Jeri 604-842-6595	**Joe 604-786-4253	**Joe 604-786-4253
**Joe 604-786-4253	**Sheila 604-463-8929	**Louise 604-512-4351	**Louise 604-512-4351	**Louise 604-512-4351
**Louise 604-512-4351 (afternoons)	**Jeri 604-842-6595 (afternoons)	**Peter 604-230-5732	**Peter 604-230-5732	**Peter 604-230-5732

A relief driver,
 **Gillian Hodge, may be
 available only if you find that
 none of the drivers are available
 604-476-2109

VOLUNTEER DRIVER OPPORTUNITIES AVAILABLE
Have you considered becoming a volunteer driver?
 A rewarding experience, adapted to your schedule
 requiring a small time commitment.
 Contact Joys at 604-380-0517

TINA

CLUTTER GUYS

PROUDLY PRESENT

 LUISA MARSHALL
 as TINA TURNER

Especially for Seniors

As seen on Oprah and Ellen. World tribute artist champion Luisa Marshall pays tribute to Tina Turner, queen of rock'n' roll. On stage in the Family Fest at Ridge Meadows Home Show.

Plus...First 250 seniors enjoy Complimentary coffee and cookies courtesy of your local McDonald's Restaurants.


 ridge meadows
HOME SHOW

Saturday, May 4 1:00 pm MR Fairgrounds



Fraser Health Falls Prevention Clinic



fraserhealth

Better health. Best in health care.

The clinic will provide you with some tips, tricks and recommendations for improving health and preventing falls.

Thursday June 27, 2019

Pitt Meadows Seniors Activity Centre

FREE
REGISTRATION REQUIRED
Contact Falls Prevention Office to book an
Appointment at 604-587-7866
Seats are limited and fill up quickly.

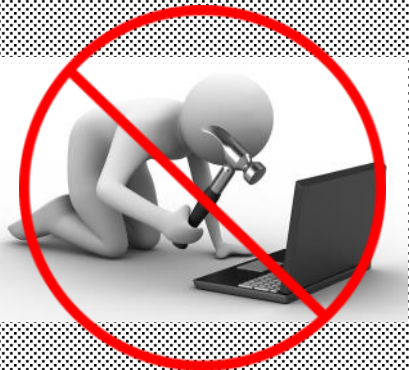
TECH LOUNGE – Maple Ridge & Pitt Meadows

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

Bring your smart phone, laptop or tablet!

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

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

Monday	Tuesday	&	Thursday
<p>Maple Ridge 10:00am - 1:00pm Drop-in \$1.00 Basics: Email, Internet, Phone, Tablet, Camera, and Tech Support</p>		<p>Maple Ridge 10:00am - 1:00pm Drop-in \$1.00 Basics: Email, Internet, Phone, Tablet, Camera, and Tech Support</p>	
<p>Pitt Meadows 1:00 - 3:00pm By appointment \$2.00 One on one help Call 604-457-4771</p>	<p>Pitt Meadows 12:30 - 2:00pm By appointment \$2.00 One on one help AND income tax questions Call 604-457-4771</p>	<p>Pitt Meadows 10:30am - 12:00pm Drop-in \$1.00 Computers, tablets, laptops</p>	



INTERGENERATIONAL GARDEN

(corner of 121st Avenue and Edge Street)



To Everything There is a Season

After our very late and very cold winter, everyone is so happy to be getting back into the garden. (Although the late cold winter may have been unexpected and inconvenient, there may have been a benefit: some of the slugs getting ready to annoy us, may have become incapacitated!) We'll have fourteen classes planting vegetables and flowers this spring with about twelve volunteers working with the children. The children will learn about soil and composting, seeds germinating and growing under the right conditions, how new seeds are formed and later about how to harvest the food grown.

Some of the food we grow may be new to the children and some of it may be something they already 'don't like', but then they usually love anything they have grown themselves. We will be planting vegetables such as peas, spinach, beans, potatoes, garlic (actually, the garlic was planted in the autumn!), carrots, beets, squash, pumpkins... and we will be harvesting asparagus from our established asparagus bed, strawberries, blueberries and haskaps from our established berry patches and herbs from our wonderful herb garden. New this spring in our garden will be beds designed to raise food for the Friends in Need Food Bank and to raise awareness of food security issues in our community.

The Intergenerational Garden recently lost a most important contributor to its development and supporter to its continued success. Bob Foster, who was very involved in many projects involving seniors and who kept track of the garden's finances and helped obtain grants to keep us going, passed away on March 4, 2019 after suffering a fall. His absence has been felt by many, and the contributions he made will be hard to replace. We all owe him a huge debt of gratitude!

- Article written by Sheila Pratt

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

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



In memory of Bob Foster



Ridge Meadows Senior Society lost a long time member, friend and contributor in the passing of Bob Foster in early March.

Bob was an active member of our finance committee for years and was helping in the preparation of this year's budget at the time of his passing. Most recently Bob was also a leading participant of the History Project being published later this year.

His knowledge and expertise will be sorely missed not only by RMSS but by a number of organizations in our community.

*- submitted by Don Mitchell
RMSS President*

SATURDAY, JULY 13 • 2 P.M. - 3:30 P.M.



Butterfly Release

Make a wish or release in the memory of a loved one. Join us at Willow for entertainment and light refreshments as we release painted lady butterflies. Tickets can be purchased at Ridge Meadows Hospice Thrift Store (12011 224th) Ridge Meadows Hospice office (22320 119th Ave)

\$10 per butterfly, Limited number available!

 Ridge Meadows
Hospice Society
Grief has no timeline.

CHARTWELL WILLOW
12275-224th St., Maple Ridge
604-676-3817 • CHARTWELL.COM

 **CHARTwell**
retirement residences

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



ELDER ABUSE PREVENTION & PERSONAL SAFETY

Elder Abuse can take many forms including neglect, physical, psychological or financial abuse, violation of rights, and abandonment. The Ridge Meadows RCMP Crime Prevention Unit presents this informative session to help you:

- learn to recognize the warning signs and risk factors of senior abuse.
- understand the role ageism plays in abuse.
- recognize the impact of abusive behaviour.
- know who to refer to, and where to find help.
- prevent elder abuse from occurring.

Officers will also discuss personal safety and what you can do to help protect yourself from becoming a victim of crime.

Presented by the Maple Ridge, Pitt Meadows, Katzie, Seniors Network's Community Response Network, and the Maple Ridge Public Library.



**Tuesday,
May 7**
1 – 2:30 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

IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S
WALK IN A BOX



Walk to make memories matter

Date: Saturday, May 11 **Start time:** 10 a.m.

Location: Memorial Peace Park in Maple Ridge

Contact: Tel: (604) 786-7404 or seniorsnetworkmpk@gmail.com

Notes: Hosted by the Maple Ridge, Pitt Meadows, Katzie, Seniors Network

www.seniors-network.ca



Make a difference in the lives of people in B.C. affected by dementia

IN SUPPORT OF THE

Alzheimer Society
BRITISH COLUMBIA

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3 21621, BC-7, MAPLE RIDGE, BC V2X 2S2 • (604) 332-9983 • MAPLERIDGECARPETONEMAPLERIDGE.COM

SENIORS HEALTH & WELLNESS FAIR

Learn about resources in your community

Over 30 booths
Free Event

Thursday, May 16
10 a.m. – 2 p.m.

Golden Ears United Church
22165 Dewdney Trunk Rd., Maple Ridge
*Refreshments provided by the
Kiwanis Club of Golden Ears*



- | | |
|---|---|
| <input type="checkbox"/> Health Screenings | <input type="checkbox"/> Dietitian & Diabetes Information |
| <input type="checkbox"/> Free Foot Care | <input type="checkbox"/> Library Outreach Program |
| <input type="checkbox"/> Meal Delivery, Housekeeping | <input type="checkbox"/> Minor Walker Repairs & Adjustments |
| <input type="checkbox"/> Transportation Services | <input type="checkbox"/> Depression & Anxiety Screening |
| <input type="checkbox"/> Elder Abuse Prevention | <input type="checkbox"/> Pension Information |
| <input type="checkbox"/> Talk to a Pharmacist | <input type="checkbox"/> Counselling Program Information |
| <input type="checkbox"/> HandyDART Applications | <input type="checkbox"/> Mental Health Services |
| <input type="checkbox"/> Food Hamper Registration | <input type="checkbox"/> Scams & How to Avoid Them |
| <input type="checkbox"/> Social & Recreational Programs | <input type="checkbox"/> Pedestrian Safety & Senior Driver Info |
| <input type="checkbox"/> Hearing Screening | <input type="checkbox"/> BC Housing Application Support |

For more info, call Heather at (604) 786-7404 or email: seniorsnetworkmpk@gmail.com



COMMUNITY GROUP MEETINGS AT MAPLE RIDGE SENIORS CENTRE

Alouette Field Naturalists Group

Meets: 2nd Thursday each month 7:00-9pm
Contact: Duanne van den Berg 604-463-8743

Alzheimer Society: Support Group

Meets: 2nd Tuesday each month
Time: 7:00-9:00pm
Please RSVP Phone 604-298-0711 or email
info.northfraser@alzheimerbc.org

Alzheimer Society: Minds in Motion

Registered Program

Meets: Fridays, 10:30am-noon
*[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
Contact: Donna 466-1173 or Sheila 467-7183

Cameo Group

A social group for people to meet new friends.
Meets: Thursdays
Time: 1:00-3:00pm
Contact: Gail 604-463-0539

Caregivers Connect

Information and support for caregivers
caring for loved ones at home.
Contact Bev S. 604-380-0516

Caregivers Support Group

Contact Bev S. 604-380-0516

Intergenerational Garden (Feb. thru Oct.)

Meets: 4th Monday each month 2-3:30pm
Contact: Heather 604-837-8915
Email: gardencoord@gmail.com

Parkinson's Support Group

Meets: 2nd Wednesday each month
Time: 2:00-4:00pm
Contact: Edith 604-463-6018

Stroke Recovery Program

Meets: most Fridays
Time: 10:00am-1:00pm
Contact: Jaclyn 778-883-2569

T.O.P.S. Chapter #1368

Meets: Thursdays
Time: 6:00pm
Contact: Carol Rozell 604-996-2062

T.O.P.S. Chapter #2304

Meets : Mondays
Time: 6:00pm
Contact: April 604-476-1239

Town 'N Country Square Dancers

- on summer hiatus
Contact: Peter & Lucille 604-380-0130





Mothers Day Brunch Sunday May 12th

Seating's start at 10:30am—Call for times
Adults \$22 Seniors \$18

All guests must be registered by
Monday May 6th.



For more information or a tour call us at
604-467-2808 • 11657 Ritchie Avenue

Please Note: ALL EVENTS ARE CASH ONLY



"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:
May 6, 2019 at 2:45 pm
Maple Ridge Leisure Centre
Multi-Purpose Room #2
Call 604-467-7355 to Register



MAPLE RIDGE LIQUOR STORE



AT THE CORNER OF 207TH & LOUGHEED

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

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

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



OUR VISION

Connecting adults 55+ with a happy, healthy life



Variety Plus performs their spring show on May 31 and June 1. See pg. 15 for more info.

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.....

