

GrapeVine



55+

RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
July & August 2019 Program Guide



Celebrating RMSS volunteers who lift up our community

FACILITY HOURS

Maple Ridge

Seniors Activity Centre

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



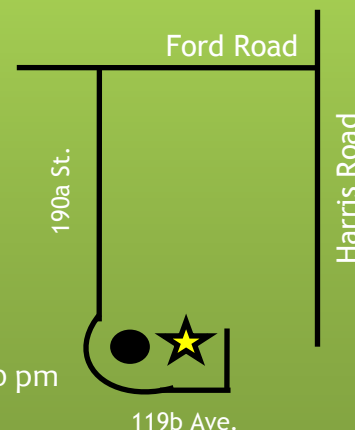
Hours of Operation

Monday - Friday 8:00 am - 10:00 pm
Saturday 8:00 am - 4:00 pm
Sunday 9:00 am - 12:00 pm
Closed Jul 1 & Aug 5 (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 Sundays Closed Jul 1 & Aug 5



www.rmss



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 what promises to be a hot summer based on the spring so far. The air conditioning units will be getting a workout.

A number of things happening over the course of the summer in Maple Ridge:

First, the parking lot is going to be patched/sealed and painted. This will involve some scheduling and activity juggling as the job will be split so the residential side will be done at one time and the activity centre side either before or after. Watch for notices on the bulletin boards and at the front door.

Secondly, our flood repercussions are not over. The wood floor in Halls A, B, and C have to be replaced. We originally thought we would only have to replace two corners of the room that had warped. You will notice now there are cracks appearing between the boards and even cracking some of the boards right across the whole room. Again, we do not have the exact scheduling of this, but hopefully over the course of the summer, to mitigate as best we can any cancellation or rescheduling of activities. Again, watch the bulletin boards and front desk for notices on scheduling.

Thirdly, you may have noticed we have been experiencing leaks in the main hallway water piping. We are currently assessing that situation, to determine if we should be replacing that whole length of pipe, or to continue to repair the leaks as they appear. This will be a large undertaking if we move forward with replacement, and this could again cause some disruption to our various programs and activities. Will let you know as soon as we have further information.

On a positive note, we have none of the above problems in Pitt Meadows as I write this, nor expect any. It will be normal operations through the summer and with the addition of our new bike rack, opportunities for the members that like biking to ride to the centre.

The FOB system, with a few glitches, appears to be working well in Pitt Meadows and we will be rolling this out to the Maple Ridge centre later this summer as well, so you will be able to move back and forth between both centres with one system.

Do have a great summer, enjoy the sunshine and try to keep cool.

Don Mitchell

Ridge Meadows Seniors Society, President of the Board

BUS TRIPS

Sunflower Festival + British Sweets - Monday, August 12 \$89

Maple Ridge 8:30am - 4:15pm

Pitt Meadows 8:45am - 4:00pm

Tulips of the Valley presents The Chilliwack Sunflower Festival with 5 acres of giant sunflowers 12+ feet tall and show gardens featuring 15 varieties of sunflowers. Take a trip down memory lane for lunch at Dickens Sweet Shop and British Museum.

- Activity Level: Easy

PACKAGE INCLUDES:

- Chilliwack Sunflower Festival Admission
- Dickens Sweet Shop and British Museum
- “Taste of Britain” Traditional High Tea Lunch
- Ice cream cone Birchwood Dairy Farm
- All fees and taxes



ITINERARY:

9:30am - Tim Hortons/Starbucks
Abbotsford

10:15am - Chilliwack Sunflower
Festival

12:00pm - Dickens Sweet Shop
and British Museum

- “Taste of Britain” High Tea Lunch

2:00pm - Depart

2:45pm - Birchwood Dairy Farm

- Ice cream cone

3:15pm - Depart

All You Can Eat Crab Cruise - Friday, August 30 - \$159

Maple Ridge 3:15pm - 10:45pm

Pitt Meadows 3:30pm - 10:30pm

Join San Juan Cruises for an All U Can Eat Crab Cruise around Chuckanut Bay. Dine on Northwest’s finest Dungeness crab, as well as baked chicken, delicious side dishes, salads and dessert. Deluxe 100’ tour vessel with indoor and outdoor seating on two levels departing from Bellingham.

USA travel documents required.

- Activity Level: Easy (stairs on board)

PACKAGE INCLUDES:

- 2.5 Hour Chuckanut Bay Cruise
- Northwest Dungeness Crab Dinner
- Full Bar Service
- All fees and taxes



For itinerary details, please check with either centre.

BUS TRIPS

Bard on the Beach - *Taming of the Shrew* - Sunday, September 8 \$129
Maple Ridge 11:30am - 6:15pm Pitt Meadows 11:45am - 6:00pm

Celebrating its 30th Season in 2019, Bard on the Beach is Western Canada's largest professional Shakespeare festival. Enjoy a BMO Mainstage performance of *The Taming of the Shrew*, inspired by Bard's hugely successful 2007 'spaghetti western' version. This hilarious Wild West love story features two fierce kindred spirits who finally meet their match in each other. - Activity Level: Easy

PACKAGE INCLUDES:

- Bard on the Beach Shakespeare Festival
- Picnic Lunch by Emelle's
- *Taming of the Shrew* Performance
- All fees and taxes



ITINERARY:

1:00pm - Bard on the Beach Shakespeare Festival
 - Picnic lunch by Emelle's
2:00pm - *Taming of the Shrew* Performance
 - Intermission
5:00pm - 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



YOU CONNECT UPDATE



OUR MAPLE RIDGE LAUNCH DATE IS SEPTEMBER 3rd, 2019!

You Connect has had some exciting new changes and improvements to the program and how it operates! We are currently implementing these changes at our Pitt Meadows location. We are very excited for the program to begin in Maple Ridge!

In the coming weeks Maple Ridge volunteers and staff will be going through a training program to bring You Connect 'live' to Maple Ridge.

In the month of August we will be running a three week long 'Membership Drive'. Membership Drive tables and volunteers will be set up in the lobby of Maple Ridge Seniors Activity Centre. Members will be able to learn more about You Connect, get their FOB registered and load it with cash so they will be ready for September 3rd!

Membership Drive Dates:

August 7 & 8 – 9:30am to 1:00pm

August 15 – 12pm to 5pm

August 9 – 10:30am to 3:30pm

August 17 – 12pm to 3pm

August 12 – 11am to 3pm

August 19 – 9am to 12pm

August 13 & 22 – 4pm to 8pm

August 20 – 10am to 3pm

August 14 – 11am to 4pm

August 23 – 10am to 3pm

Feedback from some of our Pitt Meadows Members:

“The loadable FOB is great, because I can now come to exercise and leave my purse at home!”

“The process of tapping into classes with my FOB is quick and easy, I am so pleased!”

“Having a loadable FOB means I can more accurately budget for my activities each month and not worry about finding change each day!”

If you have any questions or concerns you can email Vanessa at:

youconnect@rmssseniors.org

Stay tuned for details
for an OPEN TO ALL celebration event on Oct 23!

Save the Date



20th
ANNIVERSARY



Saturday, October 26th, 2019

Dinner & Dance Fundraiser

with music by Bruce James Orchestra

SEMI-FORMAL - at Maple Ridge Seniors Activity Centre

Doors open 6:00pm; Event begins 6:30pm

Celebrating Ridge Meadows Seniors Society's

20th Anniversary

Tickets available at RMSS centres

(\$65.00 / \$55.00 for RMSS members)

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)	10:00-1:00 pm
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 (<i>not in August</i>)	9:00-noon
Chair Yoga	9:00-10:00 am
Line Dancing (Level 2)	10:00-11:00 am
Line Dancing (Level 3)	11:15-12:15 pm
Scrabble	1:00-3:00 pm
*ECRC Bingo (<i>not in August</i>)	1:00-3:30 pm
Cribbage	1:00-4:00 pm
Duplicate Bridge	6:30-9:30 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-12:30pm
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
10:00-1:00 pm	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

**** please note: as most of our activities are volunteer led, italicized programs reflect limited programming or on summer hiatus. If in doubt, call ahead to confirm.***

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 Dancing (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 10:15-11:00am



SATURDAY - monthly

- 2nd Sat: *Trivia (pre-reg.) 11:00am-noon
- 2nd & 4th wks: Painting (pre-reg) noon-2:00pm

* limited programming or on summer hiatus; call ahead

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



Companions, Homemakers Health Care Aides, Nurses

Medical and Non Medical Care, Alzheimer's Care,
Morning/Evening/Overnight Care

Free Same Day Assessment

778-730-0225

www.qualicare.com

[qualicarehctricities](https://www.facebook.com/qualicarehctricities)



UPCOMING PRE-REGISTERED CLASSES:

At PM Seniors Activity Centre

HATHA YOGA: Fridays 11:30am

4 classes: Jul 26 - Aug 16; \$20

4 classes: Aug 30 - Sep 20; \$20

At MR Seniors Activity Centre

ZUMBA: Tuesdays 10:30am

5 classes: July 26 - Aug 16; \$25

And the winners of this year's Seniors Week Raffle prizes are:



\$100 lotto tickets - (MR) Angie Hodgkins
 (PM) Karen Campbell
 \$100 picnic basket- (MR) Kathleen Spiess
 (PM) Maxine Kent



All proceeds (\$955) to go to Educational Forum coming October 5. (see pg. 18 for more info)
 Thank you for your support!

WORKSHOP: Intro to Beading

Tuesday, July 23 OR 30 2:00-4:00pm

Cost: \$10 (instruction & materials)

Instructor Anthea will provide prepared beginner beading project kits. Two beading projects included with either course. (Advanced samples shown.)

**Pre-register by Jul 16 at
Maple Ridge reception**



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!



Watch for Here We Are in the community!



Multicultural Day at Memorial Peace Park: Jun 29

Canada Day: Jul 1 (PM & MR)

Bard on the Bandstand: Jul 19 (PM), Jul 26 (MR)

Rotary duck Race: Aug 11

Music on the Wharf: Jul 15 & 29, Aug 12 & 26

Haney Market: Jul 27, Aug 24, Sep 28, Nov 2



Seniors Helping Santa FUNDRAISER

Fabulous \$ CASH PRIZES \$ & 50/50 Draw

Wed. AUGUST 7th 2-4:30pm

(doors open at 1:30pm)

Maple Ridge Seniors Activity Centre

(12150 224th Street, M.R.)

Tickets go on sale starting July 8th at
both centres (Maple Ridge and Pitt Meadows)

Tickets \$10.00 for 4 cards

(Includes tea/coffee and treat)

Extra cards for \$2.00 available during event

Cash bar and snacks will be available





RUNWAY SHOW 2019

RMHS & RMSS

wish to thank these wonderful sponsors:



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Maple Ridge, BC V2X 3K9 www.mapleridgeeyecare.ca

Nomination form 2019 - MACAI Awards

**Name of Nominee: Joys Sooley - Volunteer Coordinator
of Ridge Meadows Seniors Society**

Category: Volunteer



Reason for Nomination:

Joys has been the Volunteer Coordinator at RMSS since 2017. Since that time she has developed a volunteer recruitment process that is friendly, informal and compassionate. She never underestimates a potential volunteer's skills and uses an individual approach to assessing one's abilities, experience and motivation. Joys often considers how we (RMSS) can adapt our volunteer roles to fit the volunteers' abilities in order to make the experience a positive one for them. She's been known to go as far as creating a volunteer position just to ensure that no one is turned away no matter what their barriers are.

Maria Perretta
Executive Director
Ridge Meadows Seniors Society



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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	
9:00 Osteofit (pre-registered)	9:00 Chair Yoga	9:00 Osteofit (pre-registered)	9:00 Fit & Fun after 55	10:00 Chair Fit 1	
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)	10:15 KinFit (summer break)
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				



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.

Power Pilates - *on hold*

Caters to ALL levels and abilities. Includes muscle strengthening, core & balance, cardio, stretch & breathing.

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, rumba, flamenco, salsa, mambo, swing, Bollywood, disco, tango and much more. \$20-\$25 for 4-5 classes, depending on dates. See pg 18

Intensify Your Laugh Lines Educational Forum



**TICKETS ON SALE STARTING
MONDAY, AUGUST 19**

**October 5, 2019
9:30am-3:00pm
Maple Ridge Seniors
Activity Centre**

An educational forum for seniors & seniors in training

A day of speakers, vendors, and activity center information that highlights a positive view of aging for seniors.

Purchase your ticket \$6.00 at the Maple Ridge or Pitt Meadows Activity Centres.

The day includes lunch with dessert, tea and coffee and snacks

Welcoming back key note speaker Terry Small!


Addressing *Make Your Brain Smarter and Healthier Everyday*

Look out for more details coming soon.



Call 604-467-4993 or email info@rmsseniors.org



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GOLDEN SENIORS WELLNESS CLINIC**Getting Ready for a Vacation?**

With any trip out of the country ask your pharmacist to print a list of your current medications to take with you. Put your medications in your carryon luggage and make sure you carry enough medication to last several days beyond your return date in case of an unexpected delay. Check out the Health Canada website for recommended vaccinations for your destination well in advance of your departure date.

Ear pain is common when flying. Rapid descent can close the Eustachian tube and you need to open it to equalize the pressure. You can try swallowing with the nose held shut or attempting to force a breath out with the lips closed and the nostrils squeezed together. Decongestants, such as pseudoephedrine taken one hour before descent are often recommended for those who have a cold, sinus congestion or a history of middle ear infections. Decongestants should not be used by patients with certain conditions such as high blood pressure, heart disease, depression, diabetes and others so always check with your doctor or pharmacist prior to use.

With long flights an increased risk of deep vein thrombosis (DVT) may exist. To help prevent DVT it is recommended to move around as much as possible and exercise calf muscles every half hour by flexing and rotating ankles for a few minutes, avoid excessive alcohol and caffeine, and drink plenty of other fluids. People are at increased risk of a DVT if they over 40 years old, very tall or short individuals, having a previous leg swelling, a recent minor leg injury or minor surgery or have extensive varicose veins. In addition to the general recommendations, take short naps unless in a normal sleeping position: avoid leg discomfort, crossing the legs and consider the use of support stockings. Anyone with recent heart disease, recent major leg injury or surgery or a family history of DVT should seek medical advice concerning potential risks, need for support stockings and a preventative dose of aspirin.

With the crossing of several time zones jet lag can be a concern (more so for travel in an eastern direction). Make sure you are well rested by ensuring a few nights of uninterrupted sleep before your flight. On your flight set your watch to your destination time and take meals and sleep according to those times.

GOLDEN SENIORS WELLNESS CLINIC

Practice good flight hygiene: avoid large meals at unusual times, avoid excessive caffeine and alcohol, drink plenty of water and wear loose-fitting clothing. Melatonin may be tried for jet lag although there is not a lot of evidence supporting its use. Check with your pharmacist for possible drug interactions between melatonin and your current medications. For eastward flights it has been suggested to take melatonin before your flight at your destination's bedtime and then at bedtime for four days after the flight. For westward flights it can be taken after 11pm for four days following the flight.

- 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.
Please note: Closed during August**



BEEZ FOOT CARE SERVICES



\$25 for approx. 15-20 minute appointment

**Mondays: July 8 & 15
August 12 & 19
September 9 & 30**

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

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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



HOLIDAY SCHEDULES:

- Louise will be unavailable July 15-August 1, and only afternoons August 22-30
- Jeri will be unavailable during August

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Theatre Series
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Golden Ears Summer Movie Series
6-PACK

Single tickets on sale
Monday, July 1



We offer the following home care services :

- Personal Care
- Respite Care
- Live In & Out Care
- Home Support
- Companionship & Meal Preparation
- Dementia Care
- Hospital Care Recovery
- Overnight Care

Everything we do is driven by our mission and values: To enhance the lives of aging adults and to treat everybody like a member of our own family.

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TECH LOUNGE – Maple Ridge & Pitt Meadows

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

Bring your smart phone, laptop or tablet!

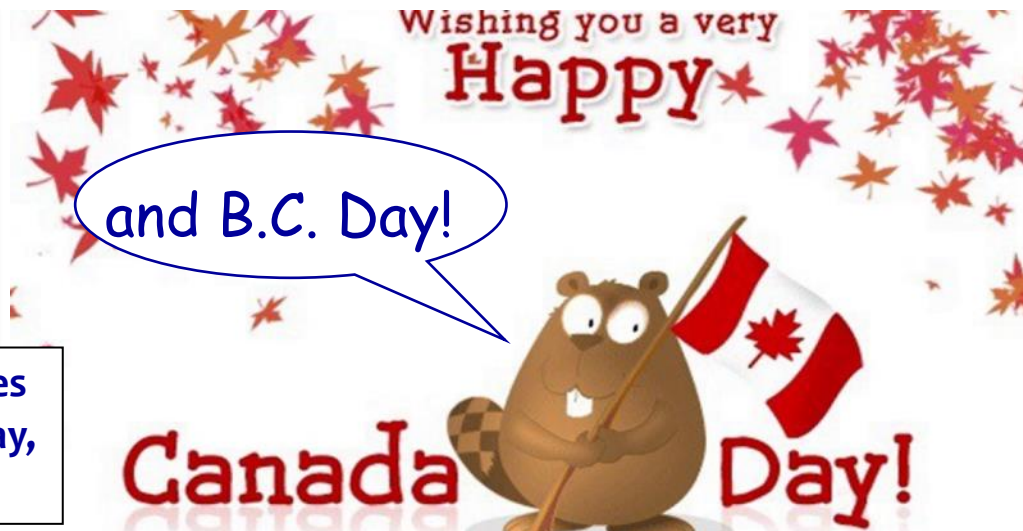
Know your password for your equipment. Bring your device’s charge cord.

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

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



**RMSS activity centres
 will be closed Monday,
 July 1 & August 5**



INTERGENERATIONAL GARDEN

(corner of 121st Avenue and Edge Street)



GARDEN PROVIDES OPPORTUNITIES TO TRY NEW THINGS

The school year at the Intergenerational Garden has come to an end. The late cold winter meant a late planting. By the end of June, the children usually have an abundance of produce ready. However, this season we had to get creative and think outside the box. We gave the children old favorites in a new way, such as radish seed pods and the very delicate flavor of chive blossoms, both very delicious. This approach helps the students think of each

plant as a whole they've harvested in had produce ready before the year and strawberries many children tried first time. (The blue berries but are may also have grows in the 'well'.



rather than just what the past. The classes all for a salad harvest just ended. We have haskaps growing in the garden; haskaps this year, for the berries look like oblong more tart.) Some children tasted asparagus that

Besides peas, lettuce and spinach, they planted garlic, cabbage, corn, potatoes, beans, swiss chard, kale, carrots, cucumbers, radishes, tomatoes, zucchini, pumpkins, peppers, beets, parsnips, and a variety of herbs and flowers. There should be lots left to harvest in September when they return to school! Until then, our senior volunteers will water the garden and harvest the perishable produce that won't wait until September. As well as the school garden beds, we have beds devoted to growing for the Friends in Need Food Bank. Much of the produce harvested from the Intergenerational Garden during the summer will be donated to the food bank. This partnership has helped educate the students on the importance of having healthy, fresh food for all members of our community, and are raising awareness of the food security issues that exist in our community.

If you are interested in volunteering at the garden during the summer to water or weed, or during the school year (by working with children), please contact our wonderful Garden Coordinator, Heather Jonatschick. - 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



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

RMPS Tip of the Month "Extended Living"



Many homeowners have considered selling the family home and moving into an extended living complex, often referred to as "a land-based cruise ship" with everything but the water. The thought of having your own apartment with someone else looking after all of the day to day tasks like cooking, cleaning, laundry, and more is a very attractive idea. If you are currently living in a home that no longer suits you and would love to downsize and stay in your community this may be a great option for you! I often speak to people who are 55+ that had considered the move but were uninformed of the dynamics of it. The reality is, most

extended living complexes have a waiting list of 1 year or more, so this is not a quick process and should be acted on when the time is right. Most facilities will provide you with an overnight stay to see how you like it. If you think extended living could benefit you in the future, reach out to your local extended living community and your REALTOR®!

"Doc" is a resident and a long time REALTOR® in Maple Ridge, and often works with seniors thinking about down-sizing or up-sizing.

P.A. "Doc" Livingston SRES®,

Personal Real Estate Corporation, Registered
Seniors Real Estate Specialist

604-787-7028

info@homehuntersbc.com



Ridge Meadows Professionals For Seniors is a group of professionals living and working in the Ridge Meadows community, who strive to cater specifically to seniors in the area. RMPS members come together regularly to share their ideas and information and to work together to build a network of qualified professionals who may together, better serve our senior community. Visit our website to find out more about how our services can help you and your family!

Find recommendations for

Real Estate • Home Care • Legal Advice • Wills & Estates
Financial Planning • Health & Wellness • Pain Management
Mortgages/Reverse Mortgages • Organization • Down Sizing • Counselling
Seniors Support • Accessibility Renovations • Pharmacy
Medication Delivery • Moving • Social Programs • Driving Services

and more on our website

www.ridgemeanowspersonalsforseniors.net

COMMUNITY GROUP MEETINGS AT MAPLE RIDGE SENIORS CENTRE

NOTE: MANY GROUPS TAKE SUMMER BREAK; PLEASE CALL CONTACT TO CONFIRM.

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 (*not Jul/Aug*)
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

New! Alzheimer Society: Dementia Info and Support

Meets: every 2nd Monday starting Jun 24
Time: 9:30am-4:00pm
For info or appt. phone 604-298-0780 or
email info.northfraser@alzheimerbc.org

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

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: Jacyn 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



**Bard on the Bandstand 2019:
The Comedy of Errors (Night at the Circus)**

July 18-20 at Spirit Square, Pitt Meadows

July 25-27 at Memorial Peace Park, Maple Ridge

Bring a lawn chair, a blanket, someone to snuggle with and a donation for the Food Bank.

Preshow entertainment starts at 6:30 and the show starts at 7pm



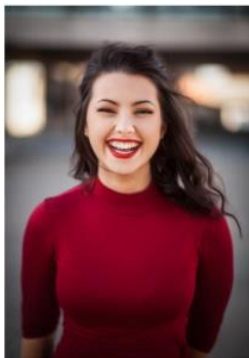
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Are you ready, willing and able to serve as a Director on the RMSS Board?

- ⇒ Are you passionate about the RMSS vision of Connecting adults 55+ to a happy, healthy life?
- ⇒ Are you eager to promote the value of the RMSS services?
- ⇒ Do you enjoy working on projects & committees?
- ⇒ Do you have 20 hours a month to give in volunteer hours?

Answer **YES** to any of these questions? RMSS needs you! Put your name forward to serve on our Board of Directions– **Now is the time!**

Not your time to shine? Pass this along to someone you'd like to see on our board!

Need more information?

Contact dfmitchell@telus.net or 604-467-3087

TREASURE CHEST EVENT

Come search for treasures!
Fundraiser for BC Cancer Foundation

SILENT AUCTIONS of works by known artists

ORIGINAL CREATIVE WORKS available for sale on site

ART SUPPLIES + TOOLS FOR MANY MEDIUMS
storage units · carry cases · display racks
bins · books + magazines

Friday, July 12
7pm-9pm

Saturday, July 13
10am-4pm

Sunday, July 14
10am-4pm

Fraserview Village Hall
22610 116th Avenue
Maple Ridge
604-463-2902

Betty Ann Coy and the Support Team: 604-476-1718



OUR VISION

Connecting adults 55+ with a happy, healthy life



RMSS has the most amazing volunteers!

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.....



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