

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows November & December 2019 Program Guide



Variety Plus
presents:
**Rocking Around
the Holidays**
Nov. 29 & 30
2:00pm
Tickets sales
begin Nov 1
\$10.00
(see pg. 9)

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 Nov 11, Dec 25 & 26



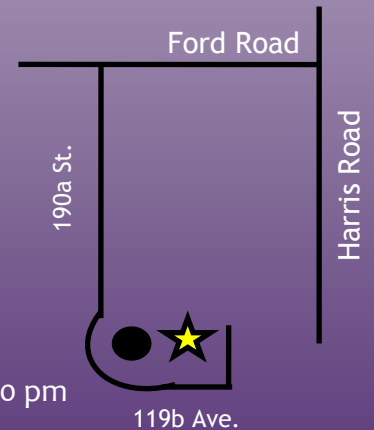
Pitt Meadows

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 Nov 11, Dec 25 & 26



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

Activity Coordinator, Carmen Tischer

604-477-0425; carmen@rmssseniors.org

Outreach Coordinator, Bev Schmahmann

604-380-0516; info@rmssseniors.org

Volunteer Coordinator, Joys Sooley

604-380-0517; joys@rmssseniors.org

MR Facility Attendants, Amber & Joe

604-467-4993; mrsc@rmssseniors.org

PM Facility Coordinator, Marcia de Vega

604-457-4771; pmc@rmssseniors.org

You Connect Coordinator, Vanessa De Freitas
youconnect@rmssseniors.org

MESSAGE FROM THE RMSS PRESIDENT

Welcome to another edition of the GrapeVine.

Our Annual General Meeting was held in September, and it was somewhat disappointing in the number of members attending. It was good, however, to see more members putting their names forward to run for the board than there were positions to fill. I look forward to working with the returning and new members of a full board in the next year. We will be busy.

So, what's happening in the next few months:

In Pitt Meadows, we are working towards getting the centre repainted and will be looking to schedule that as soon as possible. The parking lot lines are in the city's work plan but given the winter weather conditions, may not get done till spring. As well, we are working towards an additional night opening in January. This will give us Tuesday, Wednesday and Thursday, 9:00am to 9:00pm. If we can make this work, programs will be developed and rolled out as soon as they are ready.

The floors in Maple Ridge have now been scheduled to be replaced. That will begin right after our Christmas dinner December 13. This will take approximately eight weeks to complete (Dec 14 - Feb 16). Staff is working on replacement venues for as many activities as they can. Please watch for announcements and information at the centre.

I have previously mentioned that we apply for various grants as they come up, and as we have a program in mind that is consistent with a grant's guidelines. I am happy to say, we have obtained a grant towards the purchase of a bus. We are working on this project with Seniors Network, Community Services and others to obtain and run a bus that our seniors' agencies would have available for more economical usage and potentially more activities for seniors in our community.

We have also obtained a grant for the development of a care givers connection and support program. This is a multiyear program and development will begin over the next several months. Watch for more news on this program.

As I said, Board and Staff will be busy, and as we head into the Christmas season, what better way to start it off than with our Variety Plus group and their Christmas show, followed up by our Christmas lunches at both centres. Don't miss any of it.

To everybody, a very Merry Christmas and the most Happiest of New Years.

Don Mitchell

Ridge Meadows Seniors Society, President of the Board

BUS TRIPS**ANNOUNCEMENT!**

Bus Trips continue to be very popular. We are pleased to partner with Enjoy Tours who consistently produce entertaining trips.



We are aware that trips tend to sell out quickly - leaving many disappointed. Some members have expressed they had not been aware of the trip until it was already full.

In an effort to “level the playing field”, our upcoming trips will reflect a REGISTRATION BEGINS date. Reception will only start accepting trip purchases as of that day at both of our centres.

That way, whether you see a trip posted online, in the GrapeVine, at one of our centres, or hear of it word of mouth, perhaps everyone will have an equal opportunity to register. We aim to have additional receptionists on hand on REGISTRATION BEGINS days. (REMEMBER: MR centre now has staff on evenings and weekends to accommodate your schedule.)

Leaving your name on a waitlist may result in a second or even third bus trip for the same destination, perhaps on a different date.

Please look for the REGISTRATION BEGINS dates attached to these upcoming trips.

Glow Christmas - Monday, December 9 - \$89

REGISTRATION BEGINS Oct 29

Maple Ridge 3:00-8:15pm

Pitt Meadows 3:15-8:00pm



Celebrate the warmth of season at GLOW Christmas at Tradex in Abbotsford. It's all the magic and wonder of an outdoor festival, hosted inside our bright & spacious venue. Play under the twinkle of half a million lights, interactive with light features and take a holiday selfie beside one of Glow's illuminated sculptures. - Activity Level: Easy

PACKAGE INCLUDES:

- GLOW Christmas admission
- Escorted entry
- Potters Christmas Store
- All fees and taxes



BUS TRIPS

Seattle Art Museum (SAM) - Wednesday, January 22 - \$149

Flesh and Blood: Italian Masterpieces

REGISTRATION BEGINS Dec 4



Maple Ridge 7:30am - 9:00pm

Pitt Meadows 7:45am - 8:45pm

The Seattle Art Museum is proud to present a new exhibition *Flesh and Blood: Italian Masterpieces* from the Capodimonte Museum. Take this rare opportunity to experience the fierce beauty of art from the 16th and 17th centuries. Renowned Renaissance artists such as Titian and Raphael join Baroque masters Artemisia Gentileschi, Jusepe de Ribera, Guido Reni, and Bernardo Cavallino. - Activity Level: Easy

PACKAGE INCLUDES:

- Admission *Flesh and Blood: Italian Masterpieces*
- Escorted entry; guided tour (optional)
- 3.5 hours free time at Seattle Art Museum
- Dinner: Outback Steakhouse
- Relief driver
- All fees and taxes

Please note:
Limited seats
available for
this trip.



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** (one week prior to trip 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, 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



EDUCATIONAL FORUM - another WIN!



Intensify Your
Laugh Lines
Educational Forum



Our future is friendly
with youth like Mohnish



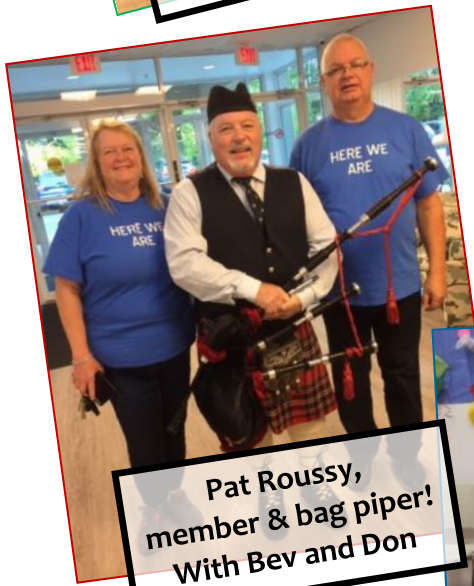
Some of our Here
We Are hosts



Key note speaker,
Terry Small



Thanks for the coffee &
tea, Arlene!



Pat Roussy,
member & bag piper!
With Bev and Don



A full house! And weren't
those hula hoops fun?



It takes a lot of work to
prepare for this event!

Thank you to Bev and the Here We Are team for all
their efforts, our speakers, emcee, vendors, and
sponsors in producing another amazing day.
WE LOOK FORWARD TO NEXT YEAR!

Celebrating Christmas at RMSS

CHRISTMAS LUNCHEON:

Pitt Meadows Centre

Wednesday, December 4, 12:30pm \$20.00

19065 119B Avenue 604-457-4771

(ticket prices reflect hiring offsite caterer)

Maple Ridge Centre:

Friday, December 13, 12:30pm \$15.00

12150 224th Street 604-467-4993

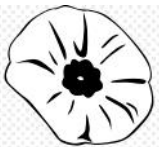


Tickets go on sale November 1st at reception




Christmas Raffle Basket: Our PM centre will be selling tickets for a LOVELY Christmas basket during the month of November, to be drawn at the December 4th luncheon.

Be sure to check it out! Thank you to our PM Craft group for donating an afghan, Pat M. for Christmas baking, PM Events committee for donating a pair of tickets to many upcoming PM centre 2020 events, and all the other donations. Tickets are 3 for \$2.00. Also, **Dec 4, 11am-noon** PM Craft group will have their items for sale, along with some outside vendors. Come a little early for lunch and get some Christmas shopping done.



Holiday Closures: RMSS Centres will be closed
Mon, Nov 11 for Remembrance Day, and
Wed, Dec 25 & Thu, Dec 26 for Christmas & Boxing Day





HOUSING AND THE HARM REDUCTION MODEL

A presentation and discussion on the relationship between:


- trauma
- addiction
- homelessness
- harm reduction

Thursday, November 21st - pre-register

10:00am MR Seniors Activity Centre
12150 224 Street 604-467-4993

1:30pm PM Seniors Activity Centre
19065 119B Ave 604-457-4771

PRESENTED BY DANIKA TOEWS,
STOP HIV SUPERVISOR WITH THE
LOWER MAINLAND PURPOSE
SOCIETY.





P.A. "DOC" LIVINGSTON SRES®*
***SENIORS REAL ESTATE SPECIALIST®**

If you are thinking about selling your home and moving into assisted living, supportive care or independent living, lets sit down and have a chat. No cost or obligation.

LETS HAVE COFFEE!



P.A. "Doc" Livingston PREC*
Team HomeHuntersBC
(604) 787 7028
doc@teamhomehuntersbc.com
*Personal Real Estate Corporation

CHERYL BENNEWITH

NOTARY PUBLIC
WE SEAL OUR SERVICE WITH A SMILE

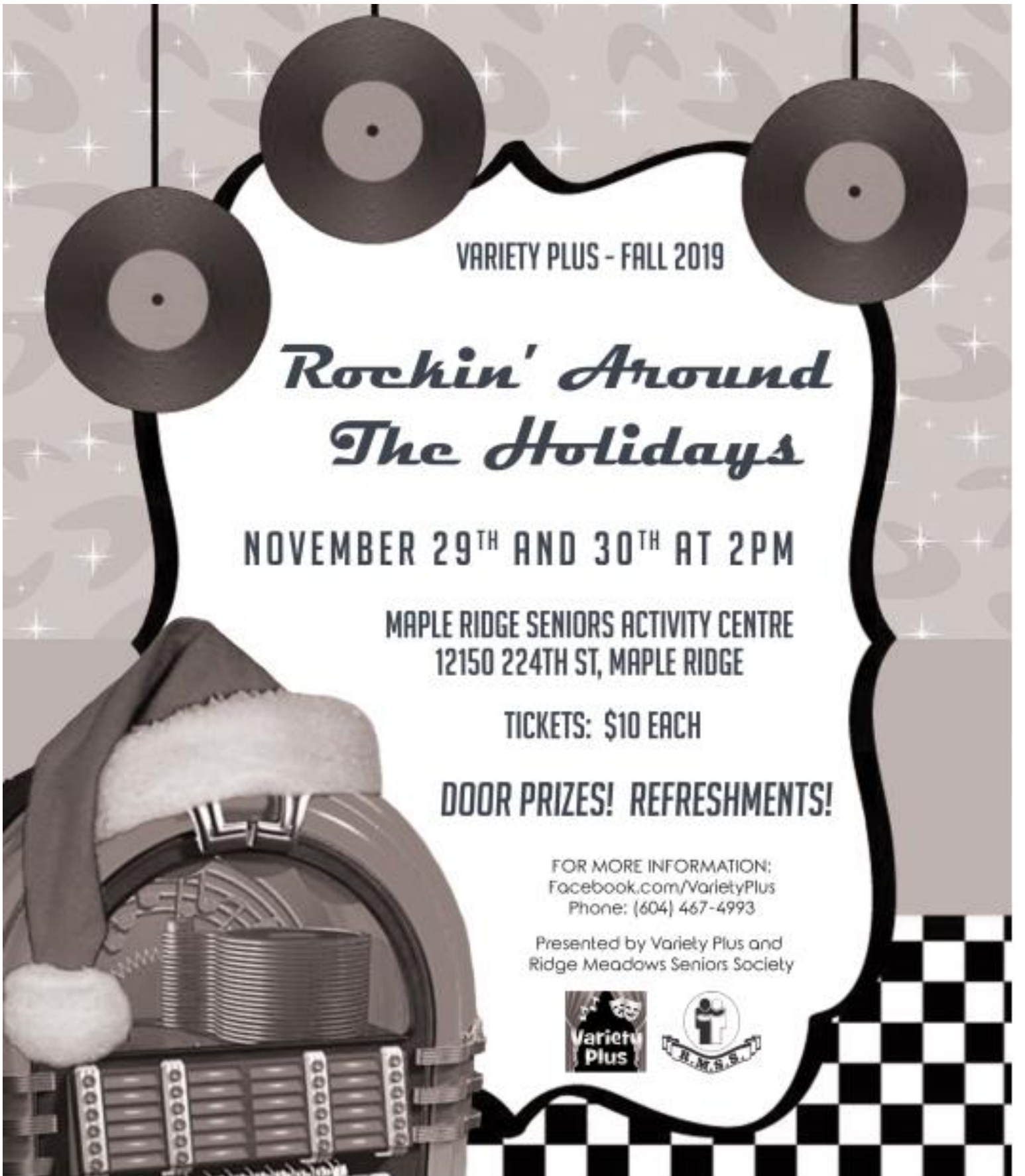


If there's a will, there's a way!

As a BC Notary for 25 years, Cheryl Bennewith can help you plan with confidence!

Contact Cheryl today at 604-467-5555 to book a free consultation to ensure your estate planning affairs are in order!

WILLS | POWERS OF ATTORNEY
tel: 604-467-5555 **email:** info@bennewith.com
22366 McIntosh Avenue, Maple Ridge, BC V2X 3C1



VARIETY PLUS - FALL 2019

Rockin' Around The Holidays

NOVEMBER 29TH AND 30TH AT 2PM

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

TICKETS: \$10 EACH

DOOR PRIZES! REFRESHMENTS!

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

Presented by Variety Plus and
Ridge Meadows Seniors Society



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
NEW! Chair Tai Chi	9:00-10:00 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	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	1:00-3:30 pm
Cribbage	1:00-4:00 pm
NEW! Beading (bring own project)	2:00-4:00 pm
Duplicate Bridge	6:30-9:30 pm
Tai Chi	6:30-8:00pm
Table Tennis	7:00-10:00pm

Hall closure
Dec 13-Feb 16

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
Games Day (board)
Gentle Joint Yoga
Cribbage



Call ahead to confirm individual class cancellations for the holidays or hall closure.

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

FRIDAY

8:00-4:30 pm
 8:30-9:30 am
 8:30-11:30 am
 10:00-11:00 am
 12:30-4:30 pm
 1:00-4:00 pm
 2:00-3:00 pm
 7:00-8:30 pm

Snooker
 Stay Fit 3
 Table Tennis
 Ladies Snooker
 Chair Fit 1
 Line Dancing (Beginner)
 Line Dancing (Level 1)
 Scrabble
 Poker
 *Partnership Bridge
 *Line Dancing (Level 2)
 Create
 *Iceless Curling
 (CANCELLED Nov 29)
 Whist

8:00-4:30 pm
 8:30-9:30 am
 8:30-11:30 am
 9:30-11:00 am
 10:00-11:00 am
 11:30am-12:30pm
 1:00-2:00 pm
 1:00-3:00 pm
 1:00-4:00 pm
 1:00-4:30 pm
 2:00-3:30 pm
 7:00-9:00 pm
 7:00-8:30 pm
 7:00-9:00 pm

8:00-4:30 pm
 9:00-10:00 am
 10:00-1:00 pm
 10:30-11:30 am
 1:00-2:00 pm
 1:00-3:00 pm
 1:00-3:00 pm
 1:00-4:30 pm
 2:00-4:00 pm
 6:30-7:30 pm
 7:00-10:00 pm

SATURDAY

Snooker
 Karaoke
 (CANCELLED Nov 30)

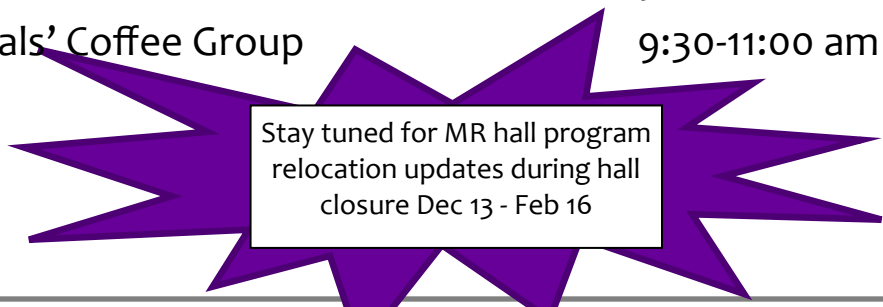
8:00-4:00 pm
 1:00-4:00 pm

SUNDAY

Snooker
 Gals' Coffee Group

9:00-noon
 9:30-11:00 am

**Afternoon hall programming cancelled Nov 29 for Variety Plus, and Dec 13 for Christmas Luncheon.*



DROP-IN PROGRAMS AT PITT MEADOWS – Drop-in

Daytime hall programs
cancelled Dec 4 for
Christmas Luncheon.

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
NEW! Games (board)	6:30-8:30 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	1:00-2:00 pm
Table Tennis	1:00-3:30 pm
Whist	1:00-3:30 pm
Ukulele	1:30-3:00 pm

WEDNESDAY

Flamenco Dance	2:00-3:00 pm
Ladies Snooker	2:00-4:00 pm
Snooker	4:00-8:45 pm
Iceless Curling	7:00-8:30 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
Tech Help (drop-in)	10:00am-noon
Rhythm & Reach	10:30-11:30 am
Tech Help (drop-in)	1:00-3:00 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

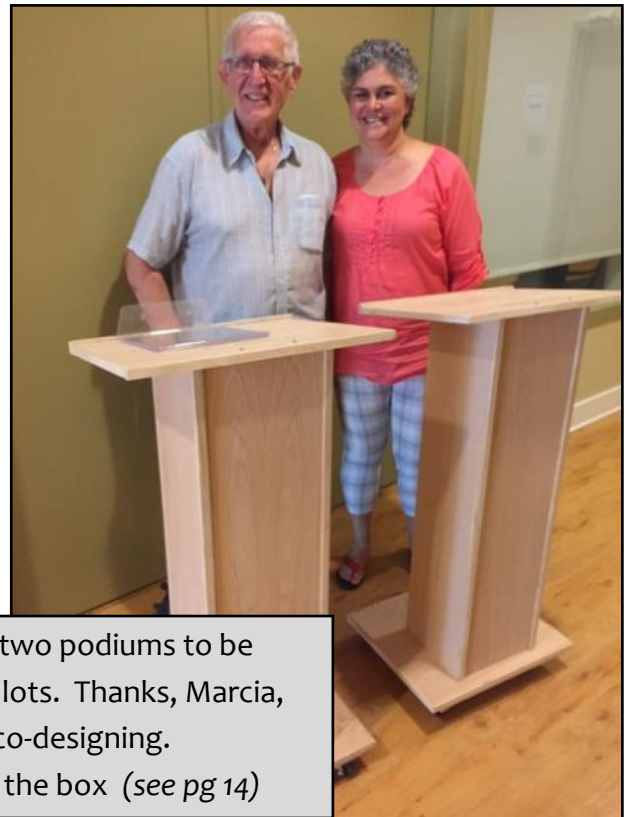
DROP-IN PROGRAMS AT PITT MEADOWS – Drop-in fee applies

SATURDAY

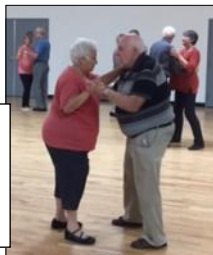
Snooker	9:00am-noon
Walking Club	9:30-11:00 am
Coffee Klatsch	10:00-11:00 am
KinFit	10:15-11:00 am

SATURDAY - monthly

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



Thank you, Ken, for building two podiums to be used for submissions and ballots. Thanks, Marcia, PM Facility Coordinator, for co-designing. Vote now for #aging outside the box (see pg 14)



Lynda & Bob at Dance Lessons (see pg 15)



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



DANCE CARDIO



Welcome to a great new after-work cardio class!

Stay fit while grooving to some “all time favourites” from across the globe and throughout the decades. This workout includes an end of class full body stretch to improve balance and flexibility.

- taught by Keren Chevere Perez

Wednesdays 5:45 - 6:30pm

\$20 / 4 week pre-registered sessions
(minimum number required to proceed)

Next session:

Nov 13 - Dec 4
(Pre-register by Nov 8)

Membership required. See Pitt Meadows reception for more info.

Emergency Preparedness What Every Senior Should KNOW

Would you know what to do in the case of an emergency? Learn about:

hazards in our area,
personal preparedness,
including special tips for older adults



DATE: Wednesday, Nov 6, 2019
TIME: 10:00 - 11:00am
LOCATION: Maple Ridge Seniors Activity Centre
12150 224th Street
FREE! Pre-register at: 604-467-4993



DATE: Thursday, Nov 7, 2019
TIME: 1:30 - 3:00pm
LOCATION: Pitt Meadows Seniors Activity Centre
19065 119B Avenue
FREE! Pre-register at: 604-457-4771



This is Joe. He, and fellow RMSS staff member, Amber, have recently started as MR Facility Attendants to cover evenings and weekends. You can now renew your membership or purchase that trip when it suits your schedule!

Aging Outside the Box

Hitting senior status is not a time to slow down, it's a new stage for the opportunity to become more involved and disrupt the limits of aging.

Seniors of Ridge Meadows are dynamic people that are doing amazing things that break the stereotypical views about chronological age and calibrate expectations of what it means to age.

If you know an older adult who is disrupting the limits of aging, send us a message and tell us a little about them (or yourself!) at youconnect@rmssseniors.org or call us at 604-477-9985.



MEET DINA!



Dina has been a Tai Chi instructor for 20 years, teaches classes three times a week and she can do the splits!

#agingoutsidethebox
#seniorsofridgemeanows #rmssseniors

DANCE LESSONS



Going on a cruise? Or just want to brush up on your dance skills? Take this four class workshop to learn some swing/ballroom basics. Gain some confidence so you can dance the night away! (Also open to anyone who would love to learn/upgrade their dance.)

Mondays: Nov 4, 18, 25 & Dec 2

1:30-2:30pm

\$30 per person (singles welcome)

Pre-register by Nov 1 (minimum number required to proceed)

*Cha Cha, Mambo, Swing, Waltz

Membership required. See Maple Ridge reception for more info.



HELLO CANADA!

ESL and Living Skills for people new to Canada



We will talk about:

- current events - how to handle emergencies - local activities - handling telephone calls - eating out - and **what YOU want to learn**



CLASSES ARE FREE! (\$1.00 per class to offset cost of materials)
PLEASE JOIN US!
TELL A FRIEND!

Tuesdays 10:00 - 11:30am starting September 10th

Pitt Meadows Seniors Activity Centre
19065 119B Ave. Pitt Meadows

To register or for more information:
Email: hellocanada.esl@gmail.com
Facebook: [www.fb.me/HelloCanadaESL](https://www.facebook.com/HelloCanadaESL)



Dementia dialogues: TAKING THE STRESS OUT OF SOCIAL GATHERINGS

EXPLORE WAYS TO MODIFY TRADITIONS TO MAKE THE HOLIDAYS MORE ENJOYABLE



Join us for this dementia dialogue to learn strategies to minimize stress for the person living with dementia and caregivers, friends and family. Topics will include planning ahead, letting go of "what should be," caregiver resilience and creating new memories and traditions.

Where

Pitt Meadows Seniors Activity Centre
19065 119B Avenue
Pitt Meadows, BC

Registration

To register, call 604-298-0780 or email info.northfraser@alzheimerbc.org

When

Thursday, November 14, 2019
2 - 4pm

Special instructions

Please note: Space is limited and pre-registration is required.

- at RMSS Pitt Meadows centre



Dementia dialogues: Creating moments of joy

Learn how to create positive engagements with someone living with mid-to-late stage dementia



This video-based discussion will provide inspiration and examples on how to engage someone living with mid-to-late stage dementia in a meaningful and positive way. Free to attend; donations appreciated.

Where

Maple Ridge Seniors Activity Centre
12150 224th Street
Maple Ridge BC

Registration

To register, call 604-298-0780 or email info.northfraser@alzheimerbc.org.

When

Monday, November 25, 2019
1:30 to 3:30pm

Special instructions

Please note space is limited and pre-registration is required.

- at RMSS Maple Ridge centre



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	 Instructor: Tammy!
9:00 - NEW! Chair Tai Chi					
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 <i>(resumes Sep 14)</i>
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	 <div style="background-color: white; padding: 5px; border: 1px solid black; display: inline-block;"> Stay tuned for MR hall program relocation dates Dec 13 - Feb 16 </div>	
		5:45 - NEW! Dance Cardio (pre-registered)		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.

Dance Cardio - NEW! - pre-registered class

Stay fit while grooving to all time favourites from across the globe and through out the decades. End of class full body stretch. *See pg13*

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*

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 - NEW Chair Tai Chi!

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



MR centre's HALLS A-B-C will be closed for floor restoration from Dec 13/2019 through Feb 16/2020. We are doing our best to find alternate locations for hall programming. The GOOD NEWS is that the rest of MR centre will be open for business as usual! Stay tuned for more details.



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:
Nov 13 - Dec 2
(pre-register by Nov 8)
Jan 27 - Feb 12/2020
(pre-register by Jan 24)

Membership required. See Pitt Meadows reception for more info.

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)
Bring your own mat.

Next session:
Nov 8 - 29
(pre-register by Nov 6)

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

ZUMBA GOLD



Perfect for active older adults who are looking for a MODIFIED Zumba class that recreates the original moves you love at a lower-intensity.

How it works:

The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong!

Tuesdays, 10:30-11:30am
*\$20 / 4 week pre-registered session

Next session:
Nov 5 - 26*
(Pre-register by Nov 1)

Membership required. See Maple Ridge reception for more info.

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)!

***NEW! Tai Chi Chair Mondays: 9:00-9:45am!**

At Maple Ridge:	At Pitt Meadows:
Chair: Mondays 9am	
Advanced: Tuesdays 6:30pm	All Levels: Fridays 10:15am
Beginners: Wednesdays 2:00pm	
Drop-in fee \$2.00	

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



Will Your Money Last Through Retirement?

You're Invited

Whether you are nearing retirement or have already retired, saving money is just the first step. You also have to make it last.

Our free seminar *Making Your Money Last: 10 Principles for Living in Retirement* provides practical ways to manage your money in retirement, with the goal of providing reliable income.

You want to spend retirement your way. Make sure your money lasts as long as you need it.

The coffee is on us.

November 26, 2019 at 2pm

Please RSVP as limited space is available

**RMSS Maple Ridge Seniors
Activity Centre
12150 - 224th Street
Maple Ridge, BC
V2X 6B6**

We hope you will join us. Please call Aruna Ram or Jenelle Porter at 604-466-1279 by Nov 22, 2019.



Colton Hope, CIM*
Financial Advisor

22971 Dewdney Trunk Road
Suite 201
Maple Ridge, BC V2X 3K8
604-466-1279

www.edwardjones.ca

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GOLDEN SENIORS WELLNESS CLINIC



TRAVELER'S DIARRHEA

Diarrhea is the most common illness affecting up to 50% of travelers to developing countries. Risk factors include adventurous eating habits, for instance purchasing food from street vendors, age (children and the elderly are at greater risk), low stomach acid due to disease or therapy with proton pump inhibitors (esomeprazole, lansoprazole, omeprazole, pantoprazole, rabeprazole) and immunodeficiency. Eighty percent of traveler's diarrhea (TD) is caused by a bacterial infection and is more common when travelling in the summer months of your destination, most likely due to an increase in the fly population. TD usually starts abruptly and may occur anytime during travel or shortly after your return, it is usually mild and self-limiting lasting up to four days, but it can certainly interfere with your vacation plans.

Prevention: "Boil it, cook it, peel it or forget it" summarizes food precautions that should be practiced when travelling to developing countries. Ice, unpasteurized dairy products and food from street vendors should be avoided. Boiled or purified water and hot, cooked foods are safe choices. Eat cold foods when they are cold and hot foods when they are hot and avoid eating either of these if they have come to room temperature. Avoid raw or undercooked meat, fish or shellfish. Don't eat leafy salads, unpeeled fruit or fresh vegetables. Practice good personal hygiene, having clean hands and fingernails will help you avoid Montezuma's Revenge.

Preventive treatment with an antibiotic is not usually recommended unless the person is at high risk. If you are at high risk of contracting TD or you are travelling to an area where getting medical attention will not be possible your doctor may prescribe a course of antibiotic treatment for moderate to severe TD to take with you. In the US bismuth subsalicylate (Pepto-Bismol®) has an indication for prevention of TD taking 2 tablets (524mg) four times daily for not more than three weeks. It can cause blackening of the tongue and stool, and ringing in the ears. It cannot be used by people allergic to aspirin, those on blood thinners or anyone with gout or renal problems.

There is an oral vaccine for cholera that may be effective against the most common bacteria causing TD, Enterotoxigenic E coli. This vaccine is taken in two doses at least one week but no greater than six weeks apart finished at least one week before travelling. It provide protection for three months, a booster dose may be given every three months if continue protection is needed.

GOLDEN SENIORS WELLNESS CLINIC

Self treatment of mild TD: Loperamide is an over the counter medication that you can take with you to treat TD. Take 2 tablets (4mg) for the first dose then 1 tablet (2mg) after each loose bowel movement to a maximum of 8 tablets (16mg) in 24 hours and the treatment should not exceed 48 hours. Also, make sure you maintain good fluid intake. For healthy adults drinking sugary drinks and eating salty crackers is sufficient or you may wish to take oral re-hydration salt packets, used to replace electrolytes as part of your travel kit. If you have more than three unformed stools in 24 hours with distressing symptoms or you are experiencing fever or bloody stool you should seek medical attention.

For more information: www.travelhealth.gc.ca or the BC Healthguide.

- 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.**

BEEZ FOOT CARE SERVICES



\$25 for approx. 15-20 minute appointment

Mondays: November 4 & 25
 December 2 & 9
 January 6 & 27

Maple Ridge Seniors Activity Centre
12150 224th Street

Book your appointment with Vilma: 778-998-2013

Vilma Baldoz-Abalos
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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 with:

- Navigating government services and programs
- Accessing government documents, legislation, and web-based forms
- Congratulatory messages and greetings
- Issues involving provincial ministries or agencies



Bob D'Eith, MLA
Maple Ridge - Mission

604-476-4530

bob.deith.MLA@leg.bc.ca

www.bobdeith.ca



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of BRITISH COLUMBIA

Lisa Beare, MLA

Maple Ridge - Pitt Meadows

604-465-9299

lisa.beare.MLA@leg.bc.ca

www.lisabeare.ca

RMSS 'SENIORS HELPING SENIORS' DRIVING SERVICE

NEED A RIDE? It's simple!

1. Become an RMSS member: \$25 a year or free for those 90+ (must still register for membership).
2. Call a driver from the schedule below. If daily driver is unavailable select other drivers in the schedule. **Please call at least one day ahead.**
3. Reimbursement for drivers is a minimum \$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
**Duffy 604-466-9617	Cathy 604-404-7450	Claudia 604-467-8385	Anne 604-763-5623	Cathy 604-404-7450
**Jeri 604-842-6595	**Duffy 604-466-9617	**Duffy 604-466-9617	Cathy 604-404-7450	Claudia 604-467-8385
**Joe 604-786-4253	**Louise 604-512-4351	**Jeri 604-842-6595	**Duffy 604-466-9617	**Joe 604-786-4253
**Louise 604-512-4351 (afternoons)	**Peter 604-230-5732	**Linda Lee 778-713-3833	**Joe 604-786-4253	**Peter 604-230-5732
Please note corrected phone number for Linda Lee	**Sheila 604-463-8929	**Louise 604-512-4351	**Louise 604-512-4351	 Linda Lee
**Jeri 604-842-6595 (afternoons)		**Peter 604-230-5732	**Peter 604-230-5732	

Relief drivers:

****Gillian Hodge 604-476-2109, &
**Linda Lee 778-713-3833
may be available only if you find
that none of the drivers are able.**

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

HANDS ON TECH PROGRAMS



Searching for some hands on tech help with your Smartphone or Tablet? Peter is here to help! From basic understanding of how to use your device, notifications, search bar, Wi-Fi & Bluetooth, to apps & widgets.

Program 1: Everything You Need to Master Your Smartphone (two sessions)*

Do you want to master basic functions on your Smartphone? We will help you understand and use all your smartphones' programs.

Program 2: How Does a Tablet Work and What Can I Do With It? (two sessions)*

Learn how to use your android/Apple tablet, navigate your way around a tablet/iPad plus review interesting apps for you to install.

Program 1: Mon. Nov 18 & Thu. Nov 21 10am-noon \$2.50

***Pre-register at Maple Ridge reception by Fri. Nov 15**

Program 2: Mon. Nov 25 & Thu. Nov 28 10am-noon \$2.50

***Pre-register at Maple Ridge Reception by Fri. Nov 22**



As part of his recovery from a broken ankle, MP Dan Ruimy joined in to one of our Chair Fit classes. Heal up, soon!

It Won't Byte



@ the Maple Ridge Seniors Activity Centre

Tuesdays,
Nov 5 & Dec 3
3:30 pm - 4:30 pm

Need some help with all the new hand-held tech devices? Bring those gadgets - cell phones, cameras, eReaders and laptops - and let the technically gifted members of the library's Teen Advisory Group explain how they work and what they do.

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

Maple Ridge Public Library
130-22470 Dewdney Trunk Road, Maple Ridge | 604-467-7417
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Kinesiology
(group & individual ex's)



Brace Supports



Chiropractic



Physiotherapy

**We are at Pitt Meadows Seniors Activity Center on
Weds afternoon
Call NOW 604-423-4788**

FREE Assessment !

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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 style="color: red; font-weight: bold;"><i>Thank You to our dedicated tech volunteers!!!</i></p>	&	<p>Maple Ridge 10:00am - 1:00pm (not Nov 14) 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 \$2.00</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 10:00am - noon; 1:00-3:00pm (not Nov 28) Drop-in \$1.00</p> <p>Computers, tablets, laptops</p>

NEW!!! Year-Round Tax Help

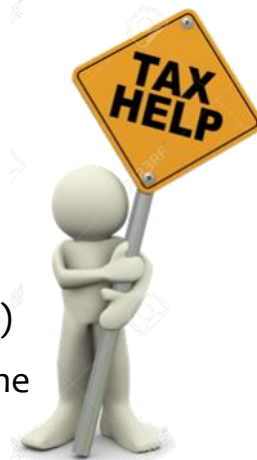
Third Thursday of each month

9am-noon by appointment

at Maple Ridge Seniors Activity Centre



- 55+
- Income below \$35,000 (individual) or \$45,000 (couples)
- Basic tax return with less than \$1,000 investment income
- Membership not required



INTERGENERATIONAL GARDEN

(corner of 121st Avenue and Edge Street)



Our Intergenerational Garden has been put to bed until spring and the children will have to wait until then to start digging and growing again. Now we'll have lots of time to think about the benefits of gardening.

We all know some of the benefits of gardening:

- Besides having food that is fresher, tastes better and is healthier (if you grew it without any pesticides or chemicals), it's of course cheaper than store-bought food.
- Gardeners experience a great sense of satisfaction from producing food and flowers.
- Gardeners burn calories and enjoy healthy stretching while working in the garden.
- Light activities associated with gardening can help you sleep better at night.
- Gardening provides good exercise for your hands, not places usually exercised in 'classes'.
- Gardening with family members is an opportunity for bonding.

And scientists now believe that:

- Contact with soil bacteria can increase levels of serotonin and reduce anxiety (taking a walk can do the same thing); perhaps these are associated with lower cortisol levels that are associated with lowered stress.
- Early exposure to dirt (really 'soil') for children has been linked to all kinds of long-term health benefits from reducing allergies to reducing autoimmune diseases.

Besides all the above reasons, you never know what will turn up in your garden. I put nectarine pits (organic, so they weren't irradiated) in my compost. The following year, the compost was spread in a bed and guess what? The seeds has germinated! I took care of them and I now have a nectarine tree and I gave a seedling to a friend who now has a very productive peach tree (nectarines are believed to perhaps be a peach but with a recessive gene). I've had kale sprout up in my garden. I've had a wonderful patch of small, extremely sweet alpine strawberries find a productive home in my garden.

Gardens can be very healthy and profitable places that are full of surprises!

- Written by Sheilla Pratt

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



RIDGE MEADOWS PROFESSIONALS FOR SENIORS



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 service our senior community. Visit our website to find out more about how our services can help you and your family!

www.ridgemeanowspersonalsforseniors.net

FIND RECOMMENDATIONS FOR

Real Estate • Home Care • Legal Advice • Wills & Estates • Health & Wellness
 Comprehensive Financial Planning • Relaxation • Pain Management • Counselling
 Mortgages & Reverse Mortgages • Home Organization • Down Sizing • Pharmacy
 Moving & Storage • Seniors Support • Accessibility Renovations • Medication Delivery

RMPS TIP OF THE MONTH:

“GETTING HELP EXEMPLIFIES YOUR INDEPENDENCE, RATHER THAN SHOWING DEPENDENCE”

We've all heard it: “You shouldn't be doing that at your age!” When really, what do they know about what you are capable of doing?

Keeping active at any age is important but when it comes to risking further injury or sustaining resilience after a hospital stay or procedure as you age, it is important to know when to ask for extra help.

Think of it this way: If you are recovering from a hospital procedure and are eager to get back to what your life was like pre-op, it is vital to know that certain limitations will occur while you recover. Pushing yourself before your body is ready can lead to a return visit to the hospital, or inhibit your ability to ever fully recover.

Consider the idea that during these times, it is okay to get family or outside help to do those tasks for you that you normally can do with ease. Simple things like bending down to get the clothes out of the dryer, lifting that casserole dish out of the oven, driving yourself to follow-up appointments, walking the dog,

changing the bed linens, or cleaning the bathroom and washing the car.

There are appropriate times to ask for help in order to ensure that you can continue to be independent at home. Asking for help during these times does not show that you are now dependent on other people to carry out the day-to-day activities of your life, but rather is an investment in your health to ensure your independence for years to come.

-Michelle Bailey, Qualicare Family HomeCare
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IT'S NOT RIGHT!

Adult Abuse Warning Signs and What You Can Do!

Adult abuse is a serious problem in Canada. Abuse can take many forms including neglect, physical, psychological or financial abuse, violation of rights, and abandonment.

Neighbours, friends, and family members are the first to see warning signs, but often don't know what to do about it.

It's Not Right! is a presentation intended to educate and engage all Canadians on the issue of older adult abuse and neglect.

After this presentation, you will:

- Recognize warning signs and risk factors of adult abuse and neglect.
- Learn small, practical steps that add up, and make a difference in a life, and in the community where you live!

Let's work together to create a community where everyone feels safe, respected, valued, and supported. Presented by the Maple Ridge, Pitt Meadows, Katzie, Seniors Network's Community Response Network, and the Maple Ridge Public Library.

**Tuesday,
Nov. 5**

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

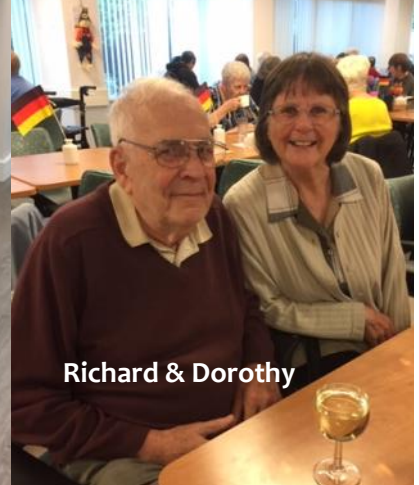
**PROST! Oktoberfest
lunch was great fun!**



Beautiful Dirndl dress, Theresa!



Two of our "red hat" ladies



Richard & Dorothy

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7:30 PM
DEC 14 MATINEE
2:00 PM

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SEN/STUDENT \$20
CHILD (UNDER 12) \$15
TICKETS AT
THE ACT! 604-476-2787

ACT arts centre
THE NEWS
Rotary Club of Meadow Ridge

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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:

Email: info.northfraser@alzheimerbc.org

Dementia Info & Support

Meets every 2nd Mon 9:30am-4:00pm
For info or appt phone 604-298-0780

Support Group

Meets 2nd Tuesday monthly 7-9pm
RSVP 604-298-0711

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

NEW! Food Bank Visit

Meets: Mondays 10:30-11:30am
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

Maple Ridge Garden Club Executive

Meets: 1st Wed each month 6:45pm
For info on general monthly meetings
contact: Greg 604-505-8499

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: Fabi 604-790-4880
Email: mapleridgestrokerecovery@gmail.com

T.O.P.S. Chapter #1368

Meets: Thursdays
Time: 6:00pm
Contact: Barb Rich 604-467-0075

T.O.P.S. Chapter #2304

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

Town 'N Country Dance Club (Square/Round)

Meets: Mondays
Time: 7-9:30pm
Contact: Peter & Lucille 604-380-0130

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
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PLEASE BE SURE to let them know you saw their ad in our GrapeVine!**

Interested in Advertising in the GrapeVine? Contact: carmen@rmssseniors.org

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- MLAs Beare & D'Eith
 - Mediplus Wellness
 - Sage TKD
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**Congratulations to Silvertones Choir for 30+ years
of making melodies and entertaining many!**

OUR VISION

Connecting adults 55+ with a happy, healthy life



PM centre LOVES their painting classes - regularly full with Michelle on Tuesday evenings and Michael on Saturdays

RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2019/2020

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