



**When was the last  
time you saw your  
elderly or isolated  
neighbours?**

As we enter into the winter months, take time to note whom you haven't lately seen.  
Be a good neighbour and reach out. Do they need any support?  
Are you able to provide it? Can RMSS be of help? Call us!

**Ridge Meadows Seniors Society**

Maple Ridge Seniors Activity Centre: 12150 224 St., Maple Ridge 604-467-4993

Pitt Meadows Seniors Activity Centre: 19065 119B Ave., Pitt Meadows 604-457-4771

