



PROGRAM REGISTRATION INFORMATION

2021 – Session #1

Pre-registration on Jan 13 & 14
Programs begin week of Jan 18

This registration guide features one four week session of classes.

PLEASE NOTE the class “registration opens” date.

Of note: until the Provincial Health Office retracts its current order, the following classes are **on hold**.

- *Aerobic fitness: *Stay Fit 1, 2, 3, Fit & Fun After 55, *Rhythm & Reach*
 - *Check this guide to see if a modified version of an aerobic class has been developed*
- *Dance fitness: Zumba Gold*
- *Dance classes: Ballet, Flamenco, Hawaiian, Line Dance*

RMSS will resume these activities when permitted. Watch for further registration updates.

As RMSS programs were cancelled part-way through a session, ALL pre-paid cancelled classes have been credited to your You Connect account. You Connect credit IS NOW AVAILABLE TO USE.

Cancellation/ Refund Policy: *(This is RMSS’ current COVID-19 cancellation policy and is subject to change.)*

RMSS is committed to keeping our program fees as reasonable as possible. Having consistent, fair ways of handling refund requests is part of what allows us to keep fees low. As RMSS activities are now pre-registered, the following guidelines regarding program cancellations and refunds have been implemented.

- 1.) Respecting our activity leaders’ and fitness instructors’ need to stay home if feeling unwell, should RMSS be unable to source a substitute, that day’s class will be cancelled and a credit put back onto your You Connect account, to be used for future activities or at our lunch counter.
- 2.) If you feel unwell PRIOR to a pre-registered session of classes beginning, you must contact RMSS member services to cancel your registration. Your registration fee will be refunded as a credit on account.

3.) With restricted class numbers in place, once a class is full, a waitlist will be started. Should a registration be cancelled, those on the waitlist will be contacted.

N.B. As possible, check your email prior to coming to the centres. Should there be a need for that day's class cancellation, we will do our best to contact you. Remember to check your junk or spam files. We will only email IF a class has been cancelled.

Staying home when feeling unwell is MANDATORY and one of the best ways to contain any virus spread.

Fitness Class Equipment:

Please note any required equipment for a class must be provided by you, be labelled with your name, and may not be left on site.

Aerobic Fitness Classes:

Please note that due to current provincial restrictions, we are unable to provide any aerobic fitness classes. Some of the instructors have created MODIFIED classes. If you see “modified” added to your class name, know that your instructors have reformatted the class to accommodate the current order. Once that order has been lifted, the class will return to its usual aerobic level.

Fitness classes that have NOT been modified and are on hold: *Fit & Fun and Zumba Gold.*



REGISTRATION OPENS FOR:

Chair Fit 1
Gentle Hatha Yoga
Rhythm & Reach – modified
Table Tennis



REGISTRATION OPENS FOR:

Chair Yoga
Stay Fit 1, 2, 3 – modified
Meditation
Tai Chi

CHAIR FIT 1:**Cost: \$16 / session** (each session has 4 classes)**Instructors:** MR: Cathy / Julia; PM: Lori

Seated exercises with the option to stand. Class format includes cardio, walking in place, balance and agility followed by strength & stretch exercises. Designed to improve quality of life with functional exercises for daily living.

* Bring: a small pillow to support your back, as needed; resistance band (available for purchase at reception); in addition, PMSC class also uses free weights

Day/ Time	RMSS centre	Dates	Registration Opens	Of Note
Mondays 10:00-10:45	MRSC	2021 - Sess #1 Jan 18, 25, Feb 1, 8	Jan 13	
Wednesdays 10:00-10:45	MRSC	2021 - Sess #1 Jan 20, 27, Feb 3, 10	Jan 13	
Wednesdays 10:15-11:00	PMSC	2021 - Sess #1 Jan 20, 27, Feb 3, 10	Jan 13	<i>Later start time</i>
Fridays 10:00-10:45	MRSC	2021 - Sess #1 Jan 22, 29, Feb 5, 12	Jan 13	

CHAIR YOGA:**Cost: \$16 / session** (each session has 4 classes)**Instructors:** MR: Jane; PM: Lynda

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

* Bring: *nothing additional required*

Day/ Time	RMSS centre	Dates	Registration Opens	Of Note
Tuesdays 9:00-9:45	MRSC	2021 - Sess #1 Jan 19, 26, Feb 2, 9	Jan 14	
Wednesdays 11:30-12:15pm	PMSC	2021 - Sess #1 Jan 20, 27, Feb 3, 10	Jan 14	<i>Later start time</i>
Wednesdays 12:45-1:30pm	PMSC	2021 - Sess #1 Jan 20, 27, Feb 3, 10	Jan 14	<i>Later start time</i>
Thursdays 12:00-12:45pm	PMSC	2021 - Sess #1 Jan 21, 28, Feb 4, 11	Jan 14	

GENTLE HATHA YOGA: *formerly called Gentle Joint Yoga at MRSC and Hatha Yoga at PMSC*

This Hatha Yoga class involves floor work.

at MRSC

Cost: \$16 / session (each session has 4 classes)

Instructors: MR: Jane / Jackie

* Bring: your own mat, foam block (4" x 6" x 9") and yoga strap

Day/ Time	RMSS centre	Dates	Registration Opens	Of Note
Mondays 3:30-4:15pm	MRSC	2021 - Sess #1 Jan 18, 25, Feb 1, 8	Jan 13	
Thursdays 3:30-4:15pm	MRSC	2021 - Sess #1 Jan 21, 28, Feb 4, 11	Jan 13	

at PMSC

Cost: \$20 / session (each session has 4 classes)

Instructor: PM: Lynda

* Bring: your own mat, foam block (4" x 6" x 9") and yoga strap

Day/ Time	RMSS centre	Dates	Registration Opens	Of Note
Tuesdays 12:15-1:00pm	PMSC	2021 - Sess #1 Jan 19, 26, Feb 2, 9	Jan 13	

RHYTHM & REACH - MODIFIED

Cost: \$16 / session (each session has 4 classes)

Instructor: Keren

Focus: Rhythm & Motion

Enjoy gentle and paused moves following the rhythm of slow beats.

* Bring: *nothing additional required*

Day/ Time	RMSS centre	Dates	Registration Opens	Of Note
Fridays 9:00-9:45am	PMSC	2021 - Sess #1 Jan 22, 29, Feb 5, 12	Jan 13	<i>Later start time</i>

STAY FIT 1 - MODIFIED

Cost: \$16 / session (each session has 4 classes)

Instructor: Lori

Focus: Strength, Balance & Agility (Low to Low Moderate Level)

This class starts with a low intensity, active warm up, followed by balance and agility exercises and continues to work on functional ability with exercises using bands and hand-held weights for strength followed by a stretch and relaxation component. Exercises can be done sitting and/or standing – your choice. (no cardio component to this class)

*Bring: free weights, resistance band (available for purchase at member services) and mat (optional)

Day/ Time	RMSS centre	Dates	Registration Opens	Of Note
Wednesdays 9:00-9:45am	PMSC	2021 - Sess #1 Jan 20, 27, Feb 3, 10	Jan 14	<i>Later start time</i>

STAY FIT 2 - MODIFIED

Cost: \$16 / session (each session has 4 classes)

Instructor: PM: Adela

Focus: Total Body Fit

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

* Bring: resistance bands (available for purchase at member services) and free weights (options for with and without weights will be provided).

Day/ Time	RMSS centre	Dates	Registration Opens	Of Note
Mondays 9:00-9:45am	PMSC	2021 - Sess #1 Jan 18, 25, Feb 1, 8	Jan 14	<i>Later start time</i>
Mondays 10:15-11:00am	PMSC	2021 - Sess #1 Jan 18, 25, Feb 1, 8	Jan 14	<i>Later start time</i>

STAY FIT 3 - MODIFIED

Cost: \$16 / session (each session has 4 classes)

Instructors: MR: Cathy / Debbie

Focus: Stay Fit Total Body

For this 45 minute class, the goal will be to give the whole body a good all round safe workout, avoiding any elevation of the heart rate.

* Bring: your own mat, resistance band (available for purchase at member services) or tubing, and free weights.

Day/ Time	RMSS centre	Dates	Registration Opens	Of Note
Mondays 8:30-9:15am	MRSC	2021 - Sess #1 Jan 18, 25, Feb 1, 8	Jan 14	
Wednesdays 8:30 -9:15am	MRSC	2021 - Sess #1 Jan 20, 27, Feb 3, 10	Jan 14	
Wednesdays 11:30 am-12:15pm	MRSC	2021 - Sess #1 Jan 20, 27, Feb 3, 10	Jan 14	
Fridays 8:30-9:15am	MRSC	2021 - Sess #1 Jan 22, 29, Feb 5, 12	Jan 14	



We are pleased to confirm that RMSS centres' continue to exceed the province's safety protocols. That said, due to changes in permissible activities, we must put on hold any aerobic, dance fitness, and dance classes. Once the province lifts this aerobic fitness related ban, we will advise of new registration dates to resume these programs.

In the meantime, feel free to try another class altogether! Better to remain active and stay connected than to wait for your "tried and true" to return.

Some fitness classes have been **modified** to accommodate the new restrictions – your instructors are here and waiting for you. (Stay Fit 1, 2, 3 and Rhythm & Reach have all been modified.) When permitted, a return to your favourite aerobic classes will occur.

At our PM centre, we welcome two new fitness instructors, Adela and Keren, who are enthusiastically awaiting you! (We bid Tammy and Kim farewell, who have chosen alternate career paths.)

Pre-registration dates are noted in each class' section. We plan on a Jan 13 & 14 registration period, followed by classes resuming the week of Jan 18. (as we are able)

TAI CHI/QIGONG:

Gentle slow movements that focus on breathing, balance and core strength. Tai Chi helps to reduce stress and increase flexibility. Over time, this practice improves the mind, strengthens the body and spirit, and slows the aging process.

Please note:

- CHAIR TAI CHI: for all levels
- TAI CHI: for those who have previously practiced, but may need a refresher
- TAI CHI – Beginner: self-explanatory

at MRSC

Cost: \$8 / session (each session has 4 classes)

Instructors: Chair: Berna; MR: Dina & Wayne

* Bring: *nothing additional required*

Day/ Time	RMSS centre	Dates	Registration Opens	Of Note
CHAIR (all levels) Mondays 1:15-2:15pm	MRSC	2021 - Sess #1 Jan 18, 25, Feb 1, 8	Jan 14	
TAI CHI Wednesdays 1:00-2:00pm	MRSC	2021 - Sess #1 Jan 20, 27, Feb 3, 10	Jan 14	

at PMSC

Cost: \$16 / session (each session has 4 classes)

Instructors: PM: Kay & Ruona

*Bring: *nothing additional required*

Day/ Time	RMSS centre	Dates	Registration Opens	Of Note
TAI CHI Fridays 10:15 -11:00am	PMSC	2021 - Sess #1 Jan 22, 29, Feb 5, 12	Jan 14	Later start time
TAI CHI – Beginner Fridays 11:30 am-12:15pm	PMSC	2021 - Sess #1 Jan 22, 29, Feb 5, 12	Jan 14	Later start time



TABLE TENNIS:**Cost: \$4 / session** (each session has 4 classes)

Enjoy this stimulating exercise of both your mind and body. No doubles play at this time.

- * Bring: table tennis paddle (coloured table tennis balls are provided; each player serves/handles a dedicated colour to reduce high touchpoint; will be sanitized after use)

Day/ Time	RMSS centre	Dates	Registration Opens	Of Note
Mondays 12:45-1:45pm	MRSC	2021 - Sess #1 Jan 18, 25, Feb 1, 8	Jan 13	
Mondays 2:00-3:00pm	MRSC	2021 - Sess #1 Jan 18, 25, Feb 1, 8	Jan 13	
Mondays 1:15-2:15pm	PMSC	2021 - Sess #1 Jan 18, 25, Feb 1, 8	Jan 13	
Mondays 2:30-3:30pm	PMSC	2021 - Sess #1 Jan 18, 25, Feb 1, 8	Jan 13	
Thursdays 10:00-11:00am	MRSC	2021 - Sess #1 Jan 21, 28, Feb 4, 11	Jan 13	
Thursdays 11:15am-12:15pm	MRSC	2021 - Sess #1 Jan 21, 28, Feb 4, 11	Jan 13	
Fridays 1:00-2:00pm	PMSC	2021 - Sess #1 Jan 22, 29, Feb 5, 12	Jan 13	
Fridays 2:15-3:15pm	PMSC	2021 - Sess #1 Jan 22, 29, Feb 5, 12	Jan 13	
Fridays 3:00-4:00pm	MRSC	2021 - Sess #1 Jan 22, 29, Feb 5, 12	Jan 13	



MEDITATION:

The mind, heart, and body can improve with regular meditation, helping ease chronic pain, anxiety, stress, improve heart health, boost mood and immunity; 45 minutes of meditation is equivalent to four hours of sleep.

* Bring: *nothing additional required*

at MRSC

Cost: \$4 / session (each session has 2 classes)

Facilitator: MR: Bev

Day/ Time	RMSS centre	Dates	Registration Opens	Of Note
Tuesdays 1:30-2:30pm	MRSC	2021 – Sess #1 Jan 19, Feb 2	Jan 14	<i>Meets twice a month</i>
Tuesdays 3:00-4:00pm	MRSC	2021 – Sess #1 Jan 19, Feb 2	Jan 14	<i>Meets twice a month</i>

at PMSC

Cost: \$8 / session (each session has 4 classes)

Facilitator: PM: Bev

Day/ Time	RMSS centre	Dates	Registration Opens	Of Note
Wednesdays 2:00-3:00pm	PMSC	2021 - Sess #1 Jan 20, 27, Feb 3, 10	Jan 14	<i>Later start time</i>

INCOME TAX HELP:

Cost: Free! By appointment

Our volunteers are here to help with your taxes. Membership not required. Bring photo I.D. To qualify:

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

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

Day/ Time	RMSS centre		Of Note
Wednesdays 1:00-2:00pm	MRSC	Offered monthly, 3 rd Wed each month	TO BOOK AN APPOINTMENT <i>at Maple Ridge centre:</i> phone 604-467-4993

SNOOKER:

Snooker plans to reopen the week of Jan 18. To reserve your time of play,

- at MR centre call: Rob @ 778-245-3745 - at PM centre call: John @ 604-720-7020

TECH HELP:

Cost: \$2.00 / by appointment

Volunteer: MR: Peter; PM: John

Receive tech help from your patient peers. Bring your smart phone, laptop, iPad, table, electronic notebook... and get help with:

- Setting up an email account
- Learning how to load and use apps
- Want to start a Facebook account?
- Staying cyber smart
- Setting up a video call (i.e. Zoom, Skype, etc.) to stay in touch with family & friends, and for virtual medical appointments
- Trouble shooting YOUR specific issue

Book your half hour appointment ahead of your visit. Mask required.

*** Must know your password to access your device. Bring your device's charge cord.**

Day/ Time	RMSS centre	Of Note
Mondays 1:00-1:30pm	PMSC	TO BOOK AN APPOINTMENT at Pitt Meadows centre: phone 604-457-4771 (aiming to resume Jan 18)
1:45-2:15pm	PMSC	
2:30-3:00pm	PMSC	
Wednesdays 1:00-1:30pm	PMSC	TO BOOK AN APPOINTMENT at Pitt Meadows centre: phone 604-457-4771 (aiming to resume Jan 20)
1:45-2:15pm	PMSC	
2:30-3:00pm	PMSC	
Thursdays 9:00-9:30am	MRSC	TO BOOK AN APPOINTMENT at Maple Ridge centre: phone 604-467-4993 (aiming to resume Jan 21)
9:45-10:15am	MRSC	
10:30-11:00am	MRSC	
11:15-11:45am	MRSC	

**If you have any questions regarding program registration,
call RMSS member services at:**

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

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

Connecting adults 55+ with a happy, healthy life