



Ridge Meadows Seniors Society

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www.rmssseniors.org

“Connecting adults 55+ with a happy, healthy life”

April 20, 2021

Dear Members,

As you may have heard on Monday, there has been an extension to the Group Fitness “pause”.

The “pause” will continue through to the May long weekend for all indoor group fitness. Indoor Group activities include fitness, snooker, table tennis and dance.

If you had registered and paid for the last Session 3 and confirmed email contact is sufficient, **we will automatically roll you over into the next Session 5 unless you call us to say otherwise. Phone calls will be made for those who had stated that calls were your preference.** Session 5 will commence the week of May 31st unless the pause is extended again.

Programs that will continue at both centres are: seniors food bank, virtual workshops, tax clinic, one:one tech support, driving service and caregivers support group. Please check our website over the coming weeks for details about “new” outdoor walking groups leaving from both centres.

♥ In the mean time, we would be very appreciative if you were to support the Society by taking advantage of our takeaway meals or soups both hot and frozen at either of our centres.

Be safe and please reach out if you need any assistance.

Sincerely,

Maria Perretta

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Executive Director

Ridge Meadows Seniors Society

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