

# GrapeVine



**RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows**  
September & October 2021 Program Guide



**WELCOMING BACK additional members to resumed activities!**

## FACILITY INFO

### Maple Ridge Seniors Activity Centre

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

#### Member Services

Monday - Friday 9:00 am - 3:30 pm  
*Closed Sep 6 & Oct 11*

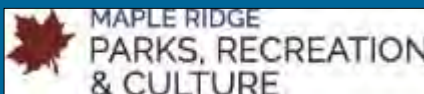
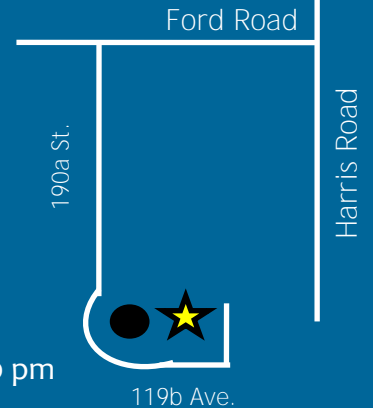


### Pitt Meadows Seniors Activity Centre

19065 119b Ave  
Pitt Meadows, BC V3Y 0E6  
604-457-4771

#### Member Services

Monday - Friday 9:00 am - 3:30 pm  
*Closed Sep 6 & Oct 11*



[www.rmssseniors.org](http://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:**

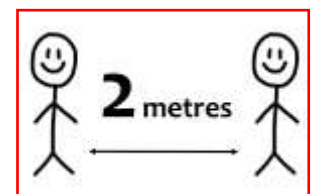
1. Strengthen membership
2. More programs and services at additional locations in Maple Ridge and Pitt Meadows
3. Maintain Organizational Excellence
4. Advocate for affordable housing for adults 55+

**STAFF PHONE DIRECTORY:**

- Executive Director, Maria Perretta**  
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- Administrative Coordinator, Nancy Markham**  
 604-467-4593; nancy@rmssseniors.org
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## A MESSAGE FOR YOU

It has been almost one full month since we have been re-opened with close to a our full complement of activities at both centres. In fact, we are one of the very few seniors centres that are open. Over the last year and half, I learned so much about infection control (more than I ever wanted to know) that I felt it was important to continue to implement some of what was learned into our daily practice at the centres. As I watch numbers continue to rise, read modelling reports & vaccine studies and ponder various graphs and data tables, it is quite apparent that this is not over.

We are fortunate in Canada to be able to have access to the vaccines that have been saving lives and mitigating extreme symptoms of COVID-19. Some people have chosen not to receive the vaccine and they may have good reason. It could be the person sitting next to you at a card game, in a fitness class or in the dining room and frankly anywhere you go. I ask you to be kind and refrain from making assumptions. Instead, continue to practice what YOU can do to keep YOURSELF safe regardless of confirming others' "vaccine status". On the flip side, if you are someone who has not been vaccinated, please remember that some people may be nervous to be around you. Practice what YOU can do to keep THEM safe. Everyone needs to remember to follow this one line of the RMSS Code of Conduct. *Treat all persons fairly and with respect, courtesy, honesty and integrity.*

As RMSS continues to do its best to keep our centres safe, I ask for each of you to do the same whether you are vaccinated or not. Please do not come to our centres if you are feeling unwell. Please continue to keep yourself, your peers, our staff and volunteers safe by wearing your masks around the centres, keeping your distance and practicing good hand hygiene. Becoming complacent at this point in time is all too tempting - however, keeping everyone's health in mind, we all need to share the responsibility. It allows us to reap the rewards of keeping our centres open for you.

***Disclaimer– This was written prior to recent announcements by BC Government officials.***

*Masks are now mandatory throughout the centres with the exception of exercise and while eating. Face shields are not a substitute for a mask.*

*A vaccine passport is being developed by the BC Government. As of September 13th, you will be asked for proof of vaccination to attend either centre. If you need assistance to download the passport to your smart phone once it is available, please let us know. I understand there will be a phone number to call to request a paper copy. We will update you as we receive more details.*

Maria Perretta

Ridge Meadows Seniors Society, Executive Director





## 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 15-20 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 Directors– **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](mailto:dfmitchell@telus.net) or 604-467-3087



# ANNUAL GENERAL MEETING

**Ridge Meadows Seniors Society**  
**Wednesday, September 22nd, 2021 at 1pm**  
**at Maple Ridge Seniors Activity Centre.**

Please RSVP at Member Services of either centre  
to book your seat or call  
604-467-4993 or 604-457-4771.

AGM REPORT packages will be available for pick up at  
reception on September 14th at either centre.

## MEMBERSHIP INFORMATION

### MEMBERSHIP INFORMATION

- ◆ Membership cost is \$25 and is valid for a full year.
- ◆ You must be 55+.
- ◆ A membership is required to sign up for bus trips once they resume.
- ◆ **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.



RMSS mask policy: Face masks are mandatory in all communal areas and group interactions with the exceptions being in exercise classes or while dining in the lounge.

### CANCELLATION / REFUND POLICY

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. With RMSS pre-registered activities, 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.

**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. We will only email IF a class has been cancelled.

2.) If you feel unwell PRIOR to a pre-registered session of classes beginning, you must contact RMSS member services to cancel your registration. Refunds appear as You Connect credit on account.

3.) Once a class is full, a waitlist will be started. Should a registration be cancelled, those on the waitlist will be contacted.

**Staying home when feeling unwell is MANDATORY.**



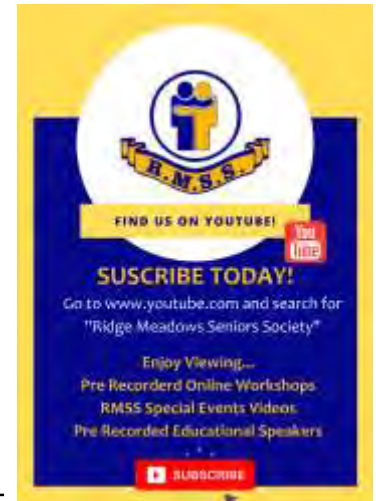
## NEW FITNESS PROGRAMS

### EXCITING NEW CLASSES TO CONSIDER!

Two new dance cardio classes to choose from: (see pg. 12 for details)



Free demo: Wed Sep 8  
11:15am - noon  
MR centre



### LATIN LINE DANCE

Free demo: Thu Sep 23  
9:00 - 9:45am  
PM centre

Watch clips of what you'll learn on the: Ridge Meadows Seniors Society YouTube channel



**Remember**



Join RMSS instructor, Lori, as she offers a free demonstration class on Wed Sep 8 at 11:15am - 12:15pm at our PM centre.

Should enough interest be expressed in this otherwise pre-registered class, look for it to be offered on Thursdays at 10:00am.

A program of BC Women's Health Centre's Osteoporosis Program, Osteofit is a fitness program that proactively and preventatively addresses increasing your ability to do day-to-day activities, adding to your confidence and independence, to raise your quality of life.

## PROGRAMS AT MAPLE RIDGE – week at a glance

Fitness class information and descriptions on next pages.

Some programs listed are pre-registered and others may not occur each week.

Inquire at reception or check our website for more details.

MON	TUE	WED	THU	FRI
<b>Stay Fit 3</b> 8:30 - 9:15	<b>Walking Club</b> 8:45 - 9:45	<b>Stay Fit 3</b> 8:30 - 9:15	<b>Fit &amp; Fun</b> 8:30 - 9:15	<b>Stay Fit 3</b> 8:30 - 9:15
<b>Snooker</b> 8:45 - 4:00	<b>Snooker</b> 8:45 - 4:00	<b>Snooker</b> 8:45 - 4:00	<b>Snooker</b> 8:45 - 4:00	<b>Snooker</b> 8:45 - 4:00
<b>Table Tennis</b> 8:45 - 11:00	<b>Table Tennis</b> 8:45 - 11:00		<b>Wellness Clinic</b> 9:00 - noon	<b>Table Tennis</b> 8:45 - 11:00
	<b>Chair Yoga</b> 9:00 - 9:45		<b>Silvertones</b> 10:30 - 11:30	<b>Ladies Snooker</b> 9:00 - noon
<b>COFFEE SHOP OPEN 9:15-11:15am</b>				
<b>Chair Fit</b> 10:00 - 10:45	<b>Crafts</b> 9:30 - 11:30	<b>Chair Fit</b> 10:00 - 10:45	<b>Tech Help</b> (by appointment)	<b>Chair Fit</b> 10:00 - 10:45
	<b>Line Dance - Adv</b> 10:30 - 11:45	<b>Meditation</b> 10:30 - 11:30	<b>Line Dance - Int</b> 10:30 - 11:45	<b>Caregiver Connection</b>
<b>Zumba</b> 11:15 - noon		<b>BollyX</b> 11:15 - noon		<b>Table Tennis - Beg</b> 11:00 - noon
<b>LUNCH SERVED 11:30am - 1:00pm</b>				
<b>Carpet Bowling</b> 1:00 - 3:00	<b>Scrabble</b> 12:45 - 3:30	<b>ACBL (Bridge)</b> 12:30 - 4:00	<b>Duplicate (Bridge)</b> 12:30 - 4:00	<b>Partnership (Bridge)</b> 12:30 - 4:00
<b>Line Dance - Beg</b> 1:45 - 2:45	<b>Crib</b> 1:00 - 4:00	<b>Social Bridge</b> 1:00 - 4:00	<b>Hawaiian Dance</b> 1:00 - 2:00	<b>Scrabble</b> 12:45 - 3:30
<b>Chair Tai Chi</b> 1:30 - 2:30	<b>Beading</b> 1:30 - 3:30	<b>Tax Clinic</b> By appt.	<b>Mah Jong</b> 1:30 - 3:30	<b>Carpet Bowling</b> 1:00 - 3:00
<b>Book Club</b> 2:00 - 3:30	<b>Whist</b> 1:45 - 3:45	<b>Tai Chi</b> 2:00 - 3:30	<b>Games</b> 1:30 - 3:30	
<b>Gentle Hatha Yoga</b> 3:30 - 4:15	<b>Foot Care w/ Vilma</b>		<b>Gentle Hatha Yoga</b> 3:30 - 4:15	<b>Absolute Hearing</b>
	← (Mondays by appointment)			by appointment (in most Fridays)

## PROGRAMS AT PITT MEADOWS – week at a glance

Fitness class information and descriptions on pages next pages.

Some programs listed are pre-registered and others may not occur each week.

Inquire at reception or check our website for more details.

MON	TUE	WED	THU	FRI
Stay Fit 2 9:00 - 9:45	Walking Club 8:45 - 9:45	Stay Fit 1 9:00 - 9:45	Latin Line Dance 9:00 - 9:45	Rhythm & Reach 9:00 - 9:45
<b>COFFEE SHOP OPEN 9:15-11:15am</b>				
Chair Yoga 10:15 - 11:00	Scrabble 10:00 - noon	Crafts 9:30 - 11:30	Caregiver Connection	Tai Chi 10:15 - 11:00
Line Dance - Beg 11:30 - 12:30	Gentle Hatha Yoga 12:15 - 1:00	Chair Fit 1 10:15 - 11:00	Chair Yoga 11:30 - 12:15	Tai Chi – Beg 11:30 - 12:15
<b>LUNCH SERVED 11:30am - 12:30pm</b>				
Bridge 1:00 - 3:45	Mah Jong 1:00 - 3:30	Table Tennis 11:30 - 2:00	Carpet Bowling 1:00 - 2:30	Crib 1:00 - 3:30
Tech Help (by appointment)	Ballet 1:30 - 2:30	Whist 12:30 - 2:00	Tech Help (by appointment)	Table Tennis 1:15 - 3:30
Table Tennis 1:15 - 3:30	Iceless Curling 2:00 - 3:30	Ladies Snooker 1:30 - 3:30		Foot Care w/ Emma (by appointment)
Absolute Hearing Clinic (usually 2nd Tuesday)	Flamenco 2:45 - 3:45	Meditation 2:45 - 3:45		



**MRSC**

= Maple Ridge Seniors Activity Centre

**PMSC**

= Pitt Meadows Seniors Activity Centre



## PROGRAM INFORMATION - Fitness

### AEROBIC CLASSES:

#### FIT & FUN:

**Cost:** \$2 / class (drop-in)

**Instructor:** Julia

Our most challenging cardio workout that includes 30 minutes of easy to follow low impact choreography, balance, posture, strength training and relaxation.

**\*Bring:** any equipment required is provided

Weekday	Time	Centre	Room	Cost	Of Note
Thu	8:30-9:15am	MR	Halls C	\$2 drop-in	



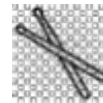
#### RHYTHM & REACH:

**Cost:** \$2 / class (drop-in)

**Instructor:** Keren

Rhythm & Reach offers choreographed low impact moves, drumsticks (provided), and great tunes followed by an extended time of stretching. A fun class!

**\*Bring:** *nothing additional required*



Weekday	Time	Centre	Room	Cost	Of Note
Fri	9:00-9:45am	PM	Main Hall	\$2 drop-in	No class Sep 3



#### PLEASE NOTE:

- **On Sep 20, Maple Ridge centre HALL programs will be cancelled or moved** to an alternate room as the space is being used as a polling station for the federal election; please check the “of note” section
- All members need to complete a fitness waiver prior to taking a class; pick one up at reception.
- If new, introduce yourself to the instructor ahead of class - ask any questions, review any concerns
- For any non-chair classes, equipment and personal belongings must be stored in bins or along the walls; instructors will allow for time to retrieve your equipment when needed. This is to prevent unnecessary tripping hazards.



- Please wear appropriate fitness footwear
- Label water bottles and personal equipment; nothing is to be left on site.



## PROGRAM INFORMATION - Fitness

### AEROBIC CLASSES:

#### STAY FIT 1:

**Cost:** \$2 / class (drop-in)

**Instructors:** Lori

This class starts with a low intensity, active warm up, followed by balance and agility exercises working on functional ability, followed by a stretch and relaxation component. Can be done seated or standing.

**\*Bring:** free weights (also provided), resistance band (available for purchase at member services)

Weekday	Time	Centre	Room	Cost	Of Note
Wed	9:00-9:45am	PM	Main Hall	\$2 drop-in	



#### STAY FIT 2:

**Cost:** \$2 / class (drop-in)

**Instructor:** Adela

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 band (available for purchase at member services) and free weights (option for with and without weights is provided; weights are also provided)

Weekday	Time	Centre	Room	Cost	Of Note
Mon	9:00-9:45am	PM	Main Hall	\$2 drop-in	No class Sep 6 & Oct 11



#### STAY FIT 3:

**Cost:** \$2 / class (drop-in)

**Instructors:** Cathy / Debbie

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.

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

Weekday	Time	Centre	Room	Cost	Of Note
M - W - F	8:30-9:15am	MR	Hall C	\$2 drop-in	No class Sep 6, 20 & Oct 11



## PROGRAM INFORMATION - Fitness

### DANCE FITNESS CLASSES: (pre-registered)

#### **BOLLYX: new!**

**Cost: \$20 / 4 classes** (pre-registered)

**Instructor:** Adela

Inspired by the heart-pumping energetic rhythms of Bollywood, India's film industry, **BollyX** is a fitness class for those who love to dance. Modified for those who need low impact movements, a dynamic and effective cardio workout is nonetheless achieved.

Weekday	Time	Centre	Room	Cost	Of Note
Wed	11:15am-noon	MR	Hall C	\$20/4 classes	Free Demo Sep 8 & Oct 20

Free Demo: Sep 8    **Sess #1:** Sep 15, 29, Oct 6, 13    reg. opens Sep 2

Free Demo: Oct 20    **Sess #2:** Oct 27, Nov 3, 10, 17    reg. opens Oct 13



#### **LATIN LINE DANCE: new!**

**Cost: \$20 / 4 classes** (pre-registered)

**Instructor:** Keren

Taught as a fitness class, **Latin Line Dance** allows for solo steps (no partner required). Learn some Mambo, Salsa, Cha Cha and Merengue steps all while getting your cardio workout. Dance is a great way to exercise both mind and body!

Weekday	Time	Centre	Room	Cost	Of Note
Thu	9:00-9:45am	PM	Main Hall	\$20/4 classes	Free Demo Sep 23 & Oct 28

Free Demo: Sep 23    **Sess #1:** Sep 30, Oct 7, 14, 21    reg. opens Sep 2

Free Demo: Oct 28    **Sess #2:** Nov 4, 18, 25, Dec 2    reg. opens Oct 21



#### **ZUMBA GOLD:**

**Cost: \$20 / 4 classes** (pre-registered)

**Instructor:** Cathy

Always popular, **Zumba Gold** 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.

Weekday	Time	Centre	Room	Cost	Of Note
Mon	11:15am-noon	MR	Hall C	\$20/4 classes	No class Sep 6, 20 & Oct 11

**Sess #1:** Sep 13, 27, Oct 4, 18    reg. opens Sep 2

**Sess #2:** Oct 25, Nov 1, 8, 15    reg. opens Oct 18



## PROGRAM INFORMATION - Fitness

### CHAIR CLASSES:

#### CHAIR FIT:

**Cost:** \$2 / class (drop-in)

**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, PM class also uses free weights (provided)

Weekday	Time	Centre	Room	Cost	Of Note
M - W - F	10:00-10:45am	MR	Hall C	\$2 drop-in	No class Sep 6, 20 & Oct 11
Wed	10:15-11:00am	PM	Main Hall	\$2 drop-in	



#### CHAIR TAI CHI: *see Mind and Body Fitness (pg.15)*

#### CHAIR YOGA:

**Cost:** \$2 / class (drop-in)

**Instructors:** MR: Jane; PM: Adela

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

\* **Bring:** *nothing additional required*



Weekday	Time	Centre	Room	Cost	Of Note
Mon	10:15-11:00am	PM	Main Hall	\$2 drop-in	No class Sep 6 & Oct 11
Tue	9:00-9:45am	MR	Hall C	\$2 drop-in	
Thu	11:30-12:15pm	PM	Main Hall	\$2 drop-in	



# PROGRAM INFORMATION - Fitness

## YOGA CLASSES:

### GENTLE HATHA YOGA:

With something for everyone, this Hatha Yoga class has lots of options and modifications. Learn how to practice yoga on a mat using props such as a chair, block, strap, and bolster.



at MRSC

**Cost: \$2 / class** (drop-in)

**Instructors: MR:** Jane / Jackie

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

Weekday	Time	Centre	Room	Cost	Of Note
M & Th	3:30-4:15pm	MR	Hall C	\$2 drop-in	No class Sep 6 & Oct 11

Note: Sep 20 class will occur in Social Activity Room



at PMSC

**Cost: \$20 / 4 classes** (pre-registered)

**Instructor: PM:** Lynda

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

Weekday	Time	Centre	Room	Cost	Of Note
Tue	12:15-1:00pm	PM	Main Hall	\$20/4 classes	Pre-registered

**Sess #1:** Sep 7, 14, 21, 28 reg. opens Aug 31

**Sess #2:** Oct 12, 19, 26, Nov 2 reg. opens Sep 28



### CHAIR YOGA: see Chair Fitness (pg. 13)



## PROGRAM INFORMATION - Mind & Body Fitness

### MIND & BODY FITNESS CLASSES:

#### MEDITATION & HEALING TOUCH:

**Cost:** \$2 / class (drop-in)

**Instructor:** Bev

Enjoy a guided meditation and receive healing touch on your shoulders and back.

Meditation: focusing on mindfulness and awareness to achieve a mentally clear and emotionally calm and stable state.

Healing Touch: the gift of touch to allow energy to flow into the physical body, thus affecting physical, mental and emotional health.

Weekday	Time	Centre	Room	Cost	Of Note
Wed	10:30-11:30am	MR	Social Activity	\$2 drop-in	
Wed	2:45-3:45pm	PM	Arts & Crafts	\$2 drop-in	No session Sep 22



#### TAI CHI/QIGONG:

**Cost:** \$2 / class (drop-in)

**Instructors:** MR: Berna, Dina, Wayne PM: Kay

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 \*Wed. class includes some non-contact karate exercises
- TAI CHI – Beginner: self-explanatory

Weekday	Time	Centre	Room	Cost	Of Note
Mon -Chair	1:30-3:30pm	MR	Social Activity	\$2 drop-in	No class Sep 6 & Oct 11
Wed -Practiced *see note above	2:00-3:30pm	MR	Hall B	\$2 drop-in	No class Sep 22
Fri -Practiced	10:15-11:00am	PM	Main Hall	\$2 drop-in	
Fri -Beginner	11:30am-12:15pm	PM	Main Hall	\$2 drop-in	



## PROGRAM INFORMATION - Sports

### CARPET BOWLING:

**Cost: \$1 / session (drop-in)**



A variant of lawn bowling, learn the skill of curving a weighted bowl. Open to newcomers.

Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:00pm	MR	Halls A&B	\$1 drop-in	Not on Sep 6, 20 & Oct 11
Thu	1:00-2:30pm	PM	Main Hall	\$1 drop-in	
Fri	1:00-3:00pm	MR	Halls A&B	\$1 drop-in	Starting Sep 10

### ICELESS CURLING:

**Cost: \$1 / session (drop-in)**



An adaptive way to curl suited to standing, assisted, even sitting. No previous experience required. (If you would like to see iceless curling offered at MR centre, let us know.)

Weekday	Time	Centre	Room	Cost	Of Note
Tue	2:00-3:30pm	PM	Main Hall	\$1 drop-in	



### TABLE TENNIS:

**Cost: \$1 / session (drop-in)**



Enjoy this stimulating exercise of both your mind and body.

**\*Bring:** table tennis paddle; \*paddle and balls provided for beginners

Weekday	Time	Centre	Room	Cost	Of Note
Mon	8:45-11:00am	MR	Halls A&B	\$1 drop-in	Not on Sep 6, 20 & Oct 11
Mon	1:15-3:30pm	PM	Hall A	\$1 drop-in	
Tue	8:45-11:00am	MR	Halls A&B	\$1 drop-in	
Wed	11:30am-2:00pm	PM	Main Hall	\$1 drop-in	
Fri	8:45-11:00am	MR	Hall A	\$1 drop-in	
Fri	11:00am-noon - Beginners*	MR	Hall A	\$1 drop-in	New time; Starts Sep 10
Fri	1:15-3:30pm	PM	Main Hall	\$1 drop-in	

## PROGRAM INFORMATION

### SNOOKER:

Snooker is a cue sport with roots going back to English billiards. RMSS membership is required to participate. You can pay a \$2 fee for individual play time, or an annual membership for unlimited play. Women players are welcome, or if preferred, have a dedicated playtime.

For more information:

**MR centre:** call Rob @ 778-245-3745

**PM centre:** call John @ 604-720-7020



Weekday	Time	Centre	Room	Cost	Of Note
Wed - Ladies	1:30-3:30pm	PM	Snooker	\$2 drop-in	
Fri - Ladies	9:00am-noon	MR	Snooker	\$2 drop-in	

### WALKING CLUBS:

Walking has many benefits from improving circulation and lightening one's mood to being a joint friendly form of exercise and improving one's sleep. Join us, rain or shine! No cost involved. Coffee shops are open upon your return where you can visit with others.

Weekday	Time	Centre	Room	Cost	Of Note
Tue	8:45-9:45am	PM	meet outside	free	
Tue	8:45-9:45am	MR	meet outside	free	

For those with mobility challenges, a walker friendly, fair-weather group meet Tuesdays at 10:00am outside the Panorama Tower (south side of the MR centre).



## PROGRAM INFORMATION - Cards & Games

### BRIDGE:

**Cost: \$1 / session (drop-in)**

A variety of Bridge clubs meet at RMSS. Partner required. If looking for a partner OR interested in learning to play email [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org).

Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:45pm	PM	Hall B	\$1 drop-in	Not on Sep 6 & Oct 11
Wed - ACBL	12:30-4:00pm	MR	Hall A	\$1 drop-in	Sep 22 will meet in Social Activity Room
Wed - Social	1:00-4:00pm	MR	Craft Rm	\$1 drop-in	
Thu - Duplicate	12:30-4:00pm	MR	Halls A&B	\$1 drop-in	
Fri - Partnership	12:30-4:00pm	MR	Hall C	\$1 drop-in	



### CRIB:

**Cost: \$1 / session (drop-in)**

Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00-4:00pm	MR	Hall C	\$1 drop-in	
Fri	1:00-3:30pm	PM	Arts & Crafts	\$1 drop-in	

### GAMES AFTERNOON:

**Cost: \$1 / session (drop-in)**

Thursday afternoons at MR centre a variety of games are available for play. Farkle is an easy to learn dice game involving some mental math and lots of laughter. Many other game options as well. If you would like to see a games afternoon offered at PM centre email [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org).

Weekday	Time	Centre	Room	Cost	Of Note
Thu	1:30-3:30pm	MR	Lounge	\$1 drop-in	Starts Sep 9



## PROGRAM INFORMATION - Cards & Games

### MAH JONG:

Cost: \$1 / session (drop-in)



Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00-3:30pm	PM	Common Area	\$1 drop-in	
Thu	1:30-3:30pm	MR	Craft Rm	\$1 drop-in	

### SCRABBLE:

Cost: \$1 / session (drop-in)



Weekday	Time	Centre	Room	Cost	Of Note
Tue	10:00am-noon	PM	Lounge	\$1 drop-in	
Tue	12:45-3:30pm	MR	Craft Rm	\$1 drop-in	
Fri	12:45-3:30pm	MR	Craft Rm	\$1 drop-in	

### TRIVIA:

Cost: \$2 / session (drop-in)



Drop-in solo or form a team - and enjoy a great hour of Trivia. Different themes each month. Always fun!

Weekday	Time	Centre	Room	Cost	Of Note
Thu	10:00-11:00am	PM	Lounge	\$2 drop-in	Sep 23 & Oct 14



### WHIST:

Cost: \$1 / session (drop-in)

Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:45-3:45pm	MR	Social Activity	\$1 drop-in	
Wed	12:30-2:00pm	PM	Arts & Craft	\$1 drop-in	

## PROGRAM INFORMATION - The Arts

### BEADING:

**Cost: \$1 / session** (drop-in)  
Additional costs for supplies

Anthea has taught beading to many! Enjoy learning a new craft and great company. Nimble fingers required. Curious? Pop by to see what others are working on.

Weekday	Time	Centre	Room	Cost	Of Note
Tue	2:00-4:00pm	MR	Lounge	\$1 drop-in	

### BOOK CLUB: *new!*

**Cost: \$1 / session** (drop-in)

A new club is forming! Meet on Mon Sep 20 to discuss the direction this book club can take: contemporary, classical literature, poetry, Shakespearean plays...will meet twice a month thereafter.

Weekday	Time	Centre	Room	Cost	Of Note
Mon	2:00-3:30pm	MR	Library	\$1 drop-in	Will meet Sep 27, Oct 4 & 18...

### CRAFTS:

**Cost: \$1 / session** (drop-in)

Drop in to our weekly craft groups where a shared passion for knitting, visiting, sharing ideas, and working on projects for sale at either centre occurs. You are also welcome to bring your 'from home' hobby craft. New to knitting? Someone will be happy to get you started on a project.

Weekday	Time	Centre	Room	Cost	Of Note
Tue	9:30-11:30am	MR	Craft Rm	\$1 drop-in	
Wed	9:30-11:30am	PM	Arts & Craft	\$1 drop-in	



### SILVERTONES WEEKLY SING-A-LONG:

**Cost: \$1 / session** (drop-in)

After 30+ years of choral and social adventures, the Silvertones are now a weekly sing-a-long group. Currently looking for a new director and accompanist. If interested, call Carmen 604-477-0425.

Weekday	Time	Centre	Room	Cost	Of Note
Thu	10:30-11:30am	MR	Hall A	\$1 drop-in	Starting Sep 30

In time both our Variety Plus and the Ukulele groups will also resume. We have certainly missed these programs!



## PROGRAM INFORMATION - Dance & Wellness

### DANCE:

**Cost: as listed below** (drop-in & pre-registered)

Dance is one of the best activities to engage both your mind and body simultaneously – a great way to stay cognitively and physically fit! Choose from a variety of dance classes or dance fitness (see pg. 12).

**Ballet:** Want to work on engaging your core muscles to help increase your balance? Combine that goal with learning some basic ballet moves. Beginners welcome.



**Flamenco:** Spanish music, castanets, choreographed moves – what more could you want to experience the sounds of Spain.



**Hawaiian:** Gentle flowing movements in which hands and arms communicate the stories of the islands and nature.



**Line Dance:** Choose from a country music drop-in line beginners' dance, pre-registered intermediate (min. two years' experience) or advanced classes (min. five years' experience), or even our new fitness Latin Line Class (see pg. 12)



Program	Weekday	Time	Centre	Room	Cost	Of Note
Ballet	Tue	1:30-2:30pm	PM	Hall B	\$1 drop-in	Not on Sep 28 & Oct 26
Flamenco	Tue	2:45-3:45pm	PM	Hall B	\$1 drop-in	Not on Sep 28 & Oct 26
Hawaiian	Thu	1:00-2:00pm	MR	Social Activity	\$1 drop-in	
Line Dance -beg.	Mon	11:30am-12:30pm	PM	Main Hall	\$1 drop-in	Starting on Sep 13; Not on Oct 11
-adv.	Tue	10:30-11:45am	MR	Hall C	\$10/10 classes	<b>Pre-registered;</b> opens Sep 1; no class Sep 7
-beg.	Mon	1:45-2:45pm	MR	Hall C	\$1 drop-in	Starting on Sep 13; Not on Sep 20 & Oct 11
-int.	Thu	10:30-11:45am	MR	Hall C	\$10/10 classes	<b>Pre-registered;</b> opens Sep 1; no class Sep 9

### WELLNESS CLINIC:

**Cost: \$1 / session** (drop-in)

A bi-monthly clinic during which your blood pressure can be measured, a general check up, pharmacy consultation, and even foot care (by appointment) is offered by semi-retired professionals. This information is given to you to pass along to your own physician as part of regular monitoring.



Weekday	Time	Centre	Room	Cost	Of Note
Thu	9:00am-noon	MR	Social Activity	\$1 drop-in	On Sep 9 & 13, Oct 14 & 28

# PROGRAM INFORMATION - Tech Help & Tax Clinic

**TECH HELP:**

**Cost:** \$2.00 / by appointment

**Volunteers:** MR: Peter; PM: John

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

- setting up an email account
- Learning how to load and use apps
- setting up a Facebook account
- staying cyber smart
- setting up a video call (i.e. Zoom, Skype, etc.)
- troubleshooting YOUR specific issue



Book your 30-45 minute appointment ahead of your visit. To book your appointment call:

MR centre: 604-467-4993

PM centre: 604-457-4771

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

Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:15pm	PM	Wellness Rm	\$2 by appt	As of Sep 27
Thu	9:00am-noon	MR	Library	\$2 by appt	Starting late Sep
Thu	1:00-3:15pm	PM	Wellness Rm	\$2 by appt	As of Sep 23

Did you know many of our programs and activities are volunteer led? If you have an idea for an activity, and might feel able to help facilitate it, email [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org).

Currently, at our MR centre, we are experiencing a high demand for tech help requests. If you have some tech savvy and are comfortable using both android and apple products, email Carmen.



**TAX CLINIC:**

**Cost:** free / by appointment

**Volunteers:** Lyn & Joys & team

If you are 55+ and qualify, free tax help is available year round. Book your appointment at MR centre for our once a month clinic. Come tax season, free weekly clinics are offered at both centres.

For more information about what it takes to qualify or to book an appointment call:

MR centre: 604-467-4993.





The return of Hawaiian Dance included a surprise visit from Barb (left) who started the class over 10 years ago. We thank Bev (below, far left) who for many years took the helm and has now passed the torch to Lolita (second from the right). All three shared the lead for one number.



Coffee time! A great way to connect after the Tuesday morning walking groups.



Staying fit at PM centre! (above) Your membership is honoured at both centres - mix & match programs to suit your schedule.



Crib (above) - no partner required to attend. See pg.18 for details.



Apparently we DID get the memo to wear matching outfits! (left; staff members Maria and Vanessa )

Some of our "crafty" MR group. (below)



Better together - Bev, Don, and Nancy



# Want a Thanksgiving turkey dinner?



**...but don't want all the work and fuss?**

Pre-order your take-away meal from  
either RMSS centre's reception by Sep 29.  
MR centre: 604-467-4993      PM centre: 604-457-4771  
(place order at the centre from where you will pick up)

**Meals: \$7.00 each**  
**Dessert: \$1.50 extra**

*Give Thanks*



**Pick up your meal(s) on Oct 8, 11:30am-1:00pm.**

# THINGS YOU DON'T WANT TO MISS!



**Golden Seniors Wellness Clinic**

**First:**  
Say hello to our greeter as you enter. She will register your visit any Thursday morning, and collect your \$1 drop in fee.

**Then:**  
Visit one of our volunteers trained in taking blood pressure, have your weight taken, and have us document your vitals for you to take with you to your next GP appointment.

**So what is the Wellness Clinic?**  
Who will I meet?  
What will I do?  
Why would I go?

**Next:**  
Let Karen, retired RN and director of the Wellness Clinic, know what you might want help with: general check up? pharmacist consult? Book a fast care appointment? Ask some questions re: any health concerns? Karen is a wealth of information and resources.

**PLEASE NOTE WE ARE NOW OPEN ON THURSDAYS:**  
(2nd & 4th Thursdays of the month)  
- Sep 9 & 23 - Oct 14 & 28 - Nov 15

The Wellness Clinic has been offering their services for over 15 years!  
Retired health professionals helping seniors. What's not to love!  
The Golden Seniors Wellness Clinic is open every 2nd & 4th Thursday from 9am-12pm at the Maple Ridge Seniors Activity Centre, 12150 224th Street, 604-467-4993  
Drop in and say hello!

**With John!**

**At our PM centre:**  
**Thu 10:00-11:00am**  
**Sep 23 & Oct 14**  
**Drop-in fee \$2.00**




**ARMCHAIR TRAVELLER**  
**a Walking Tour of Venice**  
**Tue Oct 19, 1:30-2:30pm**  
**at PM centre**

Presenter: John



**Call to register 604-457-4771**

Can't come? Register to watch virtually.

**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!**

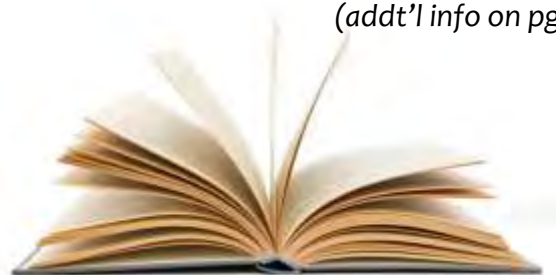


P.A. "Doc" Livingston PREC\*  
Team HomeHuntersBC  
(604) 787 7028  
doc@teamhomehuntersbc.com  
\*Personal Real Estate Corporation





**A Book Club is forming at MR centre starting Mon Sep 20 2:00-3:30. Meetings will be twice monthly thereafter. Check it out!**  
*(addt'l info on pg 20)*



**PLEASE NOTE:**

**RMSS CENTRES WILL BE CLOSED on:**

**Monday Sep 6**  
**Labour Day**  
**and**  
**Monday Oct 11**  
**Thanksgiving**



# OUTREACH SERVICES

## Seniors Helping Santa - Christmas in July campaign



Our Seniors Helping Santa volunteers have again been busy packing 100 bags for seniors in the community who need support. The basic household items and personal care essentials were from the overflow of Christmas donations by members of the communities of Maple Ridge and Pitt Meadows. For a second year, this generosity has inspired a mid-year campaign, allowing seniors in need added support during summer months.



Many hands make light work - and sharing some laughter is always a good thing! In these photos you see Joan, Judy, Jeanette, and Jackie.



### Foodbank at MR centre - Mondays by appointment AND at PM centre! - Tuesdays, starting Sep 7, by appointment

The RMSS foodbank allows our seniors a great place to come out to do shopping for essentials.



Our community produce suppliers have stepped up to donate fresh fruit and vegetables on a weekly basis. Thank you to Hopcott Farms and Langley Farm Market for your support!



Foodbank donations from our community include, vegetables, meat, chicken, dairy items, eggs, dry goods, baking and deli assortment.



*"Thank you RMSS for providing a confidential, welcoming, friendly place to pick up our much needed food."*

*- foodbank recipient*



If you are aware of a senior's food security issue, please contact Bev: 604-380-0516.

## OUTREACH SERVICES

### Sensory Lap Rug for Dementia Care

The sensory lap rug provides a soothing and stimulating activity for people living with dementia and Alzheimer's.

RMSS volunteer Patti Crowdis has turned the sensory lap rugs, also known as fidget quilts, into her passion. Making one lap rug takes several hours and a lot of creative composition to make the rug interesting. These rugs will be given to our seniors in the community free of charge and will certainly change lives. **THANK YOU**, Patti, for making a difference!



Our Maple Ridge Craft ladies will be joining Patti in the production of the sensory lap rugs. To donate fabric and any other interesting objects for the rugs please call:

Bev Schmahmann, Outreach Coordinator 604-380-0516 or email: [info@rmssseniors.org](mailto:info@rmssseniors.org).

Our Outreach Services department regularly supports seniors through helping source housing, organizing home care, facilitating caregivers support groups, assisting with filling out of forms, etc. If you or a senior you know needs this service, contact Bev (info above).



**SUNDAY, SEPTEMBER 12, 2021**

Thousands of people affected by ovarian cancer are walking this September with hope in their hearts. Join us by taking a route of your own choosing and raising funds to help save women's lives.



Learn more at [ovariancancerwalkofhope.ca](http://ovariancancerwalkofhope.ca)

## OUTREACH SERVICES - Info Session

# CAREGIVER CONNECTION & SUPPORT PROGRAM



Family Caregivers  
of British Columbia

### Important Emergency Documentation Session

- Are you prepared if there is a health issue or natural disaster?

Learn how to:

- Build a comprehensive “just in case binder”
- What information to include & start getting your information together
  - Makes emergencies less stressful
  - Protect yourself and your family

Dates and Location

September 29, 2021 1:00—2:30 pm Maple Ridge

September 30, 2021 10:00 am—11:30 am Pitt Meadows



To register contact : 604-380-0516

Raman Narang, Caregiver Connection Coordinator  
raman@rmssseniors.org



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

Maple Ridge Seniors Activity Centre  
12150 224<sup>th</sup> Street, Maple Ridge

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

Our Caregiver Connection and Support Program is funded by the Government of B.C. and managed by the United Way, in partnership with FCBC

# OUTREACH SERVICES - Support Groups



## CAREGIVER CONNECTION & SUPPORT PROGRAM



The Caregivers Support Group offers:

- resources
  - knowledge
  - social support
- and can help reduce:
- depression
  - anxiety
  - stress

associated with care giving.

For more information call Raman at: 604-380-0516 or email: raman@rmssseniors.org

**Are you caring for an adult 55+ who is living at home?**

**Are you feeling overwhelmed?**

- Connect with other Caregivers
- Share concerns, find balance, and receive emotional support
- Learn new skills to reduce caregiver stress

**Call 604-380-0516 to Register**

- A free weekly drop in support group program in Maple Ridge Seniors Centre (every other Friday) and Pitt Meadows Seniors Centre (every other Thursday). Also available through Zoom!
- One on one support and telephone support
- Monthly educational speakers for caregivers to learn new tools and resources



To Register: Contact : 604-380-0516

Raman Narang, Caregiver Connection Coordinator  
raman@rmssseniors.org

Bev Schmahmann, Outreach Coordinator  
info@rmssseniors.org

*"Connecting adults 55+ with a happy, healthy life."*



<b>Maple Ridge Seniors Activity Centre</b> 12150 224 <sup>th</sup> Street, Maple Ridge	<b>Pitt Meadows Seniors Activity Centre</b> 19065 119B Ave, Pitt Meadows
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Our Caregiver Connection and Support Program is funded by the Government of B.C. and managed by the United Way, in partnership with FCBC.





**\*\*Come and join us for a fun-filled evening of Hawaiian music, entertainment, cruise and land travel, food, drink and door prizes\*\***

*Thursday, October 14<sup>th</sup>, 2021*

*Doors open at 6:30 - Presentations begins at 7:00*

*Haney Presbyterian Church*

*11858 216<sup>th</sup> St - Maple Ridge*

*RSVP - (seating is limited to 100) - 604-380-0820*



***Presentations by: Tom Steer from Holland America  
from Air Canada Vacations  
Lynn Robinson from Expedia Cruises Maple Ridge  
The Pitt Meadows and Maple Ridge Ukulele Groups  
Hawaiian dancers***



## Cruise to Hawaii

### Expedia Cruises in Maple Ridge/Pitt Meadows

Air, Land & Sea Vacations

#110 - 22550 Dewdney Trunk Rd.

Maple Ridge, B.C. Canada V2X 3J9

604-380-0820 (Ext 203) Toll-Free 1-888-787-7443

[www.ridgemeadowstravel.com](http://www.ridgemeadowstravel.com)

BC Reg# 53577



Join us on an 18-night **Spring** cruise to Hawaii

Aboard **Holland America's Koningsdam**

April 10<sup>th</sup>, 2022 – April 28<sup>th</sup>, 2022

Vancouver to Vancouver

**Itinerary:** Vancouver, 5 sea days,

Hilo, Kailua-Kona, Maui, Port Allen (Kauai),

2 nights in Honolulu, 5 sea days,

Victoria, Vancouver

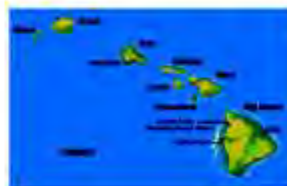
Fares starting from:

Interior(J) - \$3214

Ocean View (C) - \$3594

Verandah (VD) - \$4127

Vista Suite (B) - \$5592



Join us on a 16-night **Fall** cruise to Hawaii

Aboard **Holland America's Koningsdam**

October 8<sup>th</sup>, 2022 - October 24<sup>th</sup>, 2022

Vancouver to Vancouver

**Itinerary:** Vancouver, 5 sea days,

Maui, Hilo, 2 nights in Honolulu,

Port Allen (Kauai), 5 sea days,

Vancouver

Fares starting from:

Interior (J) - \$2498

Ocean View (C) - \$3123

Verandah (VD) - \$3623

Verandah (V) - \$3885

# Lisa Beare, MLA

*Maple Ridge - Pitt Meadows*

# Bob D'Eith, MLA

*Maple Ridge - Mission*



## OUR COMMUNITY OFFICES CAN HELP WITH:

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

## SHELTER AID FOR ELDERLY RENTERS (SAFER)

Administered by BC Housing, Shelter Aid for Elderly Renters provides eligible seniors (60+) with monthly assistance to help with their monthly rent payments.

You can find more information about eligibility and how to get an application at [www.bchousing.org/safer](http://www.bchousing.org/safer) or you can request a paper copy of the application form by calling 604-433-2218 or 1-800-257-7756.

## RENT FREEZE IN EFFECT

The rent increase freeze was extended to Dec 31, 2021. Annual rent increase notices with an effective date after Mar 30, 2020 and before Jan 1, 2022 are canceled. Do not pay the increased amount. Questions? Give us a call!

## Bob D'Eith, MLA

*Maple Ridge - Mission*

604-476-4530

[bob.deith.MLA@leg.bc.ca](mailto:bob.deith.MLA@leg.bc.ca)

[www.bobdeith.ca](http://www.bobdeith.ca)



LEGISLATIVE ASSEMBLY  
of BRITISH COLUMBIA

## Lisa Beare, MLA

*Maple Ridge - Pitt Meadows*

604-465-9299

[lisa.beare.MLA@leg.bc.ca](mailto:lisa.beare.MLA@leg.bc.ca)

[www.lisabeare.ca](http://www.lisabeare.ca)

## RMSS 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
<p><b>**Duffy</b> 604-466-9617</p> <div style="background-color: yellow; padding: 5px; margin-top: 10px;">  Looking for more volunteer drivers to fill our Monday timeslot         </div> <hr style="width: 50%; margin: 10px auto;"/> <p style="text-align: center;">- <i>afternoons</i> -</p> <p><b>**Louise</b> 604-512-4351</p>	<p><b>**Duffy</b> 604-466-9617</p> <p><b>**Louise</b> 604-512-4351</p> <p><b>**Peter</b> 604-230-5732</p> <p><b>**Sheila</b> 604-463-8929</p>	<p>Claudia 604-467-8385</p> <p><b>**Louise</b> 604-512-4351</p> <p><b>**Peter</b> 604-230-5732</p>	<p>Anne 604-763-5623</p> <p><b>**Duffy</b> 604-466-9617</p> <p><b>**Louise</b> 604-512-4351</p> <p><b>**Peter</b> 604-230-5732</p>	<p>Claudia 604-467-8385</p> <p><b>**Duffy</b> 604-466-9617</p> <p><b>**Louise</b> 604-512-4351</p> <p><b>**Peter</b> 604-230-5732</p>

**Relief driver:**  
**\*\*Gillian Hodge 604-476-2109**  
 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 Kara at 604-380-0517



Some of our RMSS drivers: (left to right)

Back row: Peter, Duffy Claudia

Kneeling: Sheila, Anne



Helping you with life's up and downs!

**\$34.95**  
A LOVING GIFT

# EZ-RISER

## MOBILITY TOOL

Extend your active life in the home and garden

Customer Service: 604.465.0913 Easyriser Mobility Ltd. A Canadian Company

Member of the Better Business Bureau

To place order visit our website:  
**[easyrisertools.com](http://easyrisertools.com)**

# THE WESBROOKE

## SENIORS LIVING COMMUNITY

*Imagine...*  
*The Freedom & Security You Deserve*  
*Independent Living...*

ALL INCLUSIVE RENTAL ACCOMMODATIONS:  
JUNIOR STUDIO, STUDIO, 1&2 BEDROOM SUITES

- Nutritious meals by certified chef
- Home of Pitt Meadows Senior Rec. Centre
- Spacious suites with full kitchens & appliances

*Assisted Living...*  
*The Care & Comfort You Deserve*  
*Our Manor experience has...*

- A registered 30 suite assisted living residence
- Certified nurse on staff
- 24 hr. staffing for security & comfort
- Services available for your individual needs
- Studios & 1 bedroom suite

**CALL TODAY OR REGISTER ONLINE FOR YOUR PRIVATE SHOWING**

**THE WESBROOKE**  
**12000 190A Street,**  
**Pitt Meadows BC**  
Open 9 am - 4 pm Daily  
**[www.thewesbrooke.com](http://www.thewesbrooke.com)**  
**604.460.7006**

Developed by ALLEGRO PROPERTIES INC. Managed & Operated by CASA GROUP

BC SENIORS LIVING ASSOCIATION

LEARNING CENTRE ASSOCIATION

A LIST

**2019 Favourite Retirement Residence**

# Alzheimer Society BRITISH COLUMBIA

## Upcoming events and dementia support

### Webinars

Have your dementia questions and concerns answered by our specialist staff at our free dementia education webinars, available weekly. Receive tips, learn strategies and share experiences with other participants.

**Registration:** To register for upcoming webinars, visit [alzbc.org/webinars](http://alzbc.org/webinars)

### Virtual support groups



If you are affected by dementia, you are not alone. There are others to share the journey with you. We currently offer virtual support groups for caregivers and groups for people living with early symptoms of dementia.

**Registration:** For more information and to register, call the First Link® Dementia Helpline at 1-800-936-6033.

### Minds in Motion®

An online fitness and social program for people living with early-stage dementia and their care partner.



- **Tuesday** 10 to 11:30 a.m. or 1 to 2:30 p.m.
- **Wednesday** 10 to 11:30 a.m.
- **Thursday** 10 to 11:30 a.m. or 1 to 2:30 p.m.
- **Friday** 1 to 2:30 p.m.

**Registration:** For more information and to register, call the First Link® Dementia Helpline at 1-800-936-6033.

## Enhancing the Lives of Seniors!

### Affordable & Flexible Personalized Home Care

- Companionship
- Personal Care
- Complex Care
- Overnight & 24 hr. Care
- Disability Care
- Respite Care
- Post Hospital Care
- Home Support services



Compassionate, experienced fully bonded & insured Caregivers

### Our Clients are Just Like Family!

Call for a FREE home consultation today!

**778.858.2748**  
[www.justlikefamily.ca](http://www.justlikefamily.ca)

JUST LIKE FAMILY  
**HOME CARE**  
Locally owned & operated

## Supporting families, promoting independence at home



Caregivers • Homemakers • Companions • Nurses  
• Errands & Appointments

### Relax, we've got this.

Talk to a Care Expert about our flexible options for AM/PM care, short and long term help, 24/7 care, and specialized care for dementia, ALS, Parkinson's, MS, palliative care, and more.

**Qualicare**  
Home Care

Let's chat - call 778-730-0225

[www.qualicare.com](http://www.qualicare.com)

Starting Sep 20 at PM centre and Sep 23 at MR centre

## **NEW: ADULT COGNITIVE WELLNESS PROGRAM**



**Space Available with COVID-19 Safety Protocols**

A new **Day Program** option that focuses on organized cognitive stimulating activities in a group setting to reduce isolation for older adults with mild to moderate cognitive impairment.

At the same time, this program assists caregivers with respite & **offers caregiver support.**

*This is a partnership program between the RMSS and the ACWC.*

**To register or for questions please call:  
604-418-1476 or email:  
info@AdultCognitiveWellnessCentre.ca**

### **Program Days & Locations:**

Mondays at the Pitt Meadows Seniors Centre  
Thursdays at the Maple Ridge Seniors Activity Centre

**[www.AdultCognitiveWellnessCentre.ca](http://www.AdultCognitiveWellnessCentre.ca)**

## FITNESS FEATURE

Last year, when the CONNECTIONS GrapeVine 2.0 newsletter made its debut, we asked our various RMSS fitness instructors to submit articles on ways to stay active and healthy. These submissions were so helpful, it seemed only natural to continue them as a regular GrapeVine feature.

The following was submitted last spring - and certainly continues to be relevant today.

### Mindfulness Walking Meditation

Everyone seems to be busying themselves these days with a daily walk – how wonderful! Some folks walk briskly, power walk and then there are those who stroll, saunter or just dally along as though they have all the time in the world, with nowhere to be. Hmm... perhaps this is true right now! So, this seemed like the perfect time to offer some ideas around how you can make your walk a little more than just a walk.



Try a Mindfulness Walking Meditation: The next time you're out for a walk, choose somewhere that brings you joy. Perhaps a park or a trail, maybe the beach.... As you begin your walk, pause for a moment, then begin to slow right down. In fact, go so slow that as you place each foot on the ground, do it as though you are kissing the earth with your foot. With each step place your heel first, move to the centre of your foot, the ball of your foot and then on to your toes. As you do this, raise your back foot equally as slow, heel first and slowly roll toward your toes before lifting your foot. Notice the feeling of your feet connecting with the earth, notice your legs, hips, up your back, your arms, your neck, your head. Then, notice what you feel internally; are you anxious or preoccupied with rambling thoughts... thinking, thinking? If so, see if you can allow those thoughts and feelings to pass. Continue to be aware of them as they arise, and then allow them to pass.

Now, begin to engage all your senses. Feel each step as your foot connects with the ground, one step at a time. See the sky, the trees, branches, leaves, the plants, people, animals or the ground beneath you. Listen closely and hear all the sounds; the birds chirping, children playing. Perhaps there are distant sounds, closer sounds, maybe the sound of your feet brushing against long grass or splashing through a puddle. Hear your

breath. Breathe in fully through your nose and smell the air, the trees, flowers, fresh cut grass and feel the sun, feel the dew or mist in the air, or maybe a gentle breeze against your face. Feel gratitude for this moment; for all that is.

As you continue focusing your attention on your senses and surroundings, you become completely present. Your awareness is in the here and now. No longer are you lost in thought, worry or anticipation. When we are present, we're not ruminating over the past, nor anxious about the future. This gives our nervous system a chance to slow down, to relax, releasing those much needed, feel-good endorphins. Remember, the longer you are in the present moment, the more endorphins will be released – so take your time and enjoy!

Keep moving, breathing and believing - where attention goes, energy flows!

Lynda Davies – [www.lyndadaviesyoga.com](http://www.lyndadaviesyoga.com)



*Thank you*

For over five years, Lynda has been teaching both Chair Yoga and Gentle Hatha Yoga at our PM centre. She helped develop great yoga programming and is valued by many. After much reflection, Lynda has followed her own advice and has decided to work within healthier boundaries - this means reducing her PM classes. Those that take Gentle Hatha Yoga will still enjoy Lynda's teaching. We wish Lynda well and are grateful Lynda remains part of the RMSS fitness instructor team.

Also, we are pleased to share that Adela, who teaches our Stay Fit 2 at PM - and will be starting a BollyX dance cardio program at MR in September - is also a certified seniors yoga instructor. Over the summer, Adela has been teaching the PM Chair Yoga classes. We welcome Adela as she adds her own flair to RMSS classes. Below is a short bio on Adela.

*Welcome*

Adela has been teaching Group Fitness Classes for more than 20 years, for different populations, backgrounds, and fitness levels, including Yoga for Seniors. She enjoys sharing her love and passion for wellbeing, health, and fitness. The best reward is to see participants feeling better, healthier, and happier. She focusses on making people feel safe. She was raised and born in Mexico, and moved to Canada 12 years ago. In her free time, she enjoys hiking and biking with her family.





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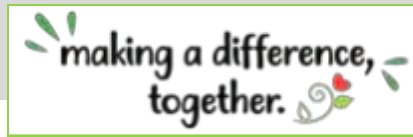


C2 - 12460 191 St,  
Pitt Meadows, BC V3Y 2J2



## GOOD NEWS STORY

This summer, parts of our province have seen unprecedented forest fire activity. The initial tragedy started with the Lytton fire. One of our RMSS fitness instructors, Debbie, felt compelled to act. Perhaps you supported her collection and delivery efforts. Either way, it's a story worth sharing.



First I want to thank everyone who helped me with all the wonderful response and help with all donations of clothing, gift cards, cash, dog and cat food, children's toys and baby items. The truck and trailer were full! We had water, toilet paper, bedding, towels and so much more.

Those of you who know me, this really brought me to tears. I was born in Lytton and grew up in Boston Bar so I just needed to help. I was overwhelmed by all the outpouring of generosity and kindness. I will forever be thankful.



We made our journey to Boston Bar and it was so wonderful to see the smiles when we arrived.

I check with my friend everyday to see what else is needed and he will keep me informed with any information that will help anyone that is needing something.

This will be a long haul and a very emotional one but they will rebuild and I'm glad that I could help with just a little bit of comfort and kindness. My heart goes out to everyone.



Once again thank you to everyone who helped me make this possible and a special thank you to my husband for all his support and of course all the packing and driving.

- Debbie B.



# Approaching Retirement?

Health, family, purpose and finances all go hand-in-hand in planning for and living well in retirement. That's why our door is always open, ready to create your personalized financial strategy and partner with you through life.

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**Edward Jones**

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In June, RMSS took part in the “Great Canadian Giving Challenge”. For every dollar donated online through that campaign, RMSS received a ballot to possibly win \$20,000. Although RMSS did not receive that amount, we thank each person who contributed. From the sales of the MR Craft group, a substantial donation was also received. THANK YOU!



RMSS is a registered not-for-profit charity. All monetary gifts over \$20 are receipted for tax purposes.

For additional giving opportunities please consider:



If you prefer to make an online or in person donation, please check our website or ask our office coordinators, Nancy at MR and Marcia at PM centres.



THIS IS WALTER & DORIS.

WALTER AND DORIS ENJOY DRINKS ON THEIR PATIO.

WALTER AND DORIS PICK UP THEIR BOOZE FROM MAPLE RIDGE & KANAKA CREEK LIQUOR STORES.



WALTER AND DORIS DROP THEIR EMPTIES AT RETURN-IT EXPRESS.

WALTER AND DORIS KNOW HOW TO HAVE A GOOD TIME WHILE SUPPORTING THEIR LOCAL RMSS SENIORS CENTRES.

BE LIKE WALTER AND DORIS.

*Find out how you can support RMSS with a portion of your liquor purchase proceeds and your entire bottle refunds going directly to support the society!*

Call 604-467-4993 or go to [www.rmssseniors.org/donations](http://www.rmssseniors.org/donations)

### Donating is as Easy as Recycling!

**Step 1:**  
Put your containers in sealed clear plastic bags. Bags and labels available for pick up at reception of both activity centre locations.



**Step 2:**  
Put a label on each of your bags and drop them off. No sorting required!

**Step 3:**  
Encorp will sort your containers and credit the Ridge Meadows Seniors Society account.

**OR...**  
**Print Your Own Labels!**  
If you already have your own bags you can print your own labels at the kiosk.

At the Express depot, use Ridge Meadows Seniors Society phone number 604-467-4993 to log in and print your own bag labels.



## Put the FUN back in “FUN DRAISING”!!!

The next time you are making a purchase at either:

**Maple Ridge Liquor Store** (corner of 207th & Lougheed Hwy), or  
**Kanaka Creek Liquor Store** (corner of 240th & Kanaka Way),

ask the cashier to attach your sale to the RMSS account.

**5% of the gross sale will be given back to RMSS!**

More information at RMSS reception.

Tell your friends! Tell your neighbours! “Put it on the RMSS account.”






**MAPLE RIDGE LIQUOR STORE**  
AT THE CORNER OF 207<sup>TH</sup> & LOUGHEED



**KANAKA CREEK LIQUOR STORE**  
AT THE CORNER OF 240<sup>TH</sup> & KANAKA

# AROUND TOWN



Are you 65Y+ and looking for motivation to become physically active? We have an info session for Choose to Move happening October 4 at 2:45 PM at the Maple Ridge Leisure Centre!

Join Choose to Move to help introduce the habit of physical activity into your daily life in ways that make sense for you. Choose to Move is free and flexible, and provides you with motivation and support to become more active.

In Choose to Move, you receive both individual and group support. You will work with a trained activity coach to develop and stick to a physical activity plan made just for you. You choose activities that you know you will enjoy and are able to do!

You will also join a group of other Choose to Movers to share successes and challenges. With the help of your activity coach and support group, you will find the motivation and accountability you need to achieve your goals.

REGISTER FOR INFO SESSION | [mapleridge.ca/1484](http://mapleridge.ca/1484) or 604-467-7422

LEARN ABOUT CHOOSE TO MOVE | [choosetomove.ca](http://choosetomove.ca)



Do you know someone that serves the community without expectation of recognition or reward? Nominate them for a BC Medal of Good Citizenship. Nominations are open until September 19th 2021.

Submit a nomination by visiting the website.

(Google search: *submit a nomination to Order of BC*)



**\*MUST PRE-REGISTER AT [WWW.RMRECYCLING.ORG](http://WWW.RMRECYCLING.ORG)\***

### Acceptable products to bring include:

- |                         |                    |                       |
|-------------------------|--------------------|-----------------------|
| oven & toilet cleaners  | bleach             | darkroom chemicals    |
| swimming pool chemicals | brake fluid        | rubber/plastic cement |
| nail polish remover     | herbicides         | roofing tar           |
| perm/hair dye solutions | liquid tar wax     | charcoal briquettes   |
| furniture polish        | mothballs          | adhesives             |
|                         | rust removers      | resins                |
|                         | wood preservatives | caulking              |

NOTE: all materials should be in a leak-proof container or bag.

**NO explosives (fireworks, ammunition, road or marine flares), radioactive material, biohazards, or needles**



#### The Fine Print...

1. Maple Ridge residents ONLY
2. MUST pre-register online at [www.rmrecycling.org](http://www.rmrecycling.org)
3. Event is from 10am-2pm



Perhaps you are not quite ready, willing or able to return to in person programming. Online offerings from seniors centres around Metro Vancouver are sharing their virtual links.

Select from Chair Yoga to discussion groups, ESL to art classes, tech help to bingo!

Go to: [www.southgranvilleseniors.ca/virtual-programs](http://www.southgranvilleseniors.ca/virtual-programs)

You may occasionally see RMSS virtual offerings as well.



**Choose to Move - Information Session**

65Y - 99Y

Location: Pitt Meadows Family Rec Centre

Sessions: 1

Fee: \$0.00

Tu 11:00am-12:45pm #10350 Sep 21

**ActiveAGE - 1**

65Y - 99Y

This free 3-month structured, educational and progressive activity program is for non-active older adults 65yrs+ who want to enjoy a healthy lifestyle. Through activity, you will improve and maintain your overall function and health, feel more energetic and meet new people. ActiveAge is a physical activity option for Choose to Move program participants. Level 1 is a fun and social program to get you moving in a relaxed and inviting class environment with like-minded people at the beginning to moderate activity levels. Each class will focus on improving activities of daily living and strengthening muscles for day to day use.

Location: Pitt Meadows Family Rec Centre

Sessions: 12

F 1:30pm-2:30pm #1034 9 Oct 1-Dec 17

**Choose to Move!**

65Y - 99Y

In Choose to Move, you will receive individual and group support. You will work with an activity coach to develop and stick to a physical activity plan made just for you. You choose activities that you know you will enjoy and are able to do. With the help of your activity coach and support group, you will find motivation and accountability you need to achieve your goals. Pre-requisite: Attend the Information Session for assessment and health forms to be completed prior to acceptance into the program. This is a free program with small group and 1-1 meetings in person and via online/zoom.

Location: Pitt Meadows Family Rec Centre

Sessions: 9

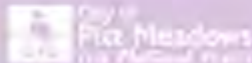
Tu 11:00am-12:30pm #10348 Oct 5-Dec 14



**Choose  
to Move**

BC RECREATION AND PARKS ASSOCIATION

**ActiveAge™**



**Have you supported a local business or service represented by one of our ads? PLEASE BE SURE to let them know you saw their ad in our GrapeVine!**

**Interested in Advertising in the GrapeVine, or would you like to offer our program guide at your place of business? Contact: [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org)**

**Advertisers in this issue:**

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**OUR VISION**  
Connecting adults 55+ with a happy, healthy life

**VOLUNTEER APPRECIATION!**

We want to recognize RMSS' amazing volunteers.  
Please send your nominations to: [kara@rmssseniors.org](mailto:kara@rmssseniors.org)

***I want to nominate...***

*Jim I. for his many, many years as line dance instructor in Pitt Meadows. Jim taught when the line dancers met in a community hall on Harris Road, pre the city's current community centre locale, pre our seniors centre's current location! Jim has decided to step back from this role and will allow himself the joy of solely dancing.*

*The dedication and enthusiasm Jim brought over this period has provided much joy and fun. THANK YOU for the wonderful memories, Jim!*



**RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2020/2021**

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