

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
November & December 2021 Program Guide



Good gravy, Batman!!!

Kudos to Grace and her heroic team for producing 600 Thanksgiving turkey dinners!

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

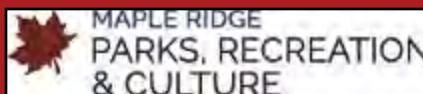
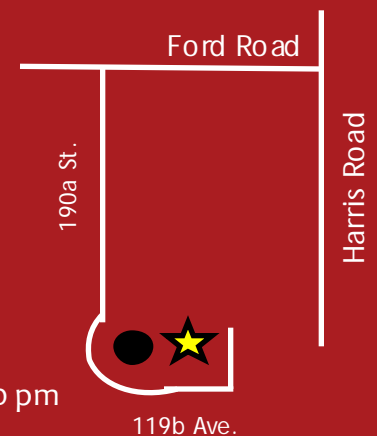


Pitt Meadows Seniors Activity Centre

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



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:

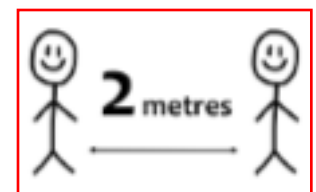
1. Strengthen membership
2. More programs and services at additional locations in Maple Ridge and Pitt Meadows
3. Maintain Organizational Excellence
4. Advocate for affordable housing for adults 55+

STAFF PHONE DIRECTORY:

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A MESSAGE FOR YOU

The photo on the front of the GrapeVine says it all! Grace, our Kitchen Supervisor, is always up to something tasty... this time it's four soup pots of gravy for our past Thanksgiving Dinner in October.

As you may or may not know, the RMSS Kitchens are one of the best kept secrets of our communities. Our kitchen staff prepare hot, healthy and reasonably priced meals to anyone who would like to take us up on this delicious offer.

Healthy eating is a key part of aging well, maintaining independence and sustaining quality of life. Many people rely on the meals that we provide, and we are proud to do so! Our kitchen staff work so hard to provide in-house meals, take-away frozen meals as well as prepare the meals for the Meals on Wheels program. Just this past year they supplied 18,065 meals for the Meals on Wheels program alone! We currently support the nutritional needs of just under 1000 seniors multiple times per week.

For years (almost 20), RMSS has been lucky enough to be granted Gaming Grant money through the BC Government. The bulk of this funding is used towards our food service program and gives us the ability to keep the cost of meals very low. Sadly, the Gaming guidelines have been changed and we are no longer eligible to receive this \$70,000 funding to support low cost meals for seniors starting in 2022.

We have been looking at other opportunities to generate this important funding and have been successful in securing \$15,000 (of the \$70,000) through the generosity of First West Foundation, Envision Financial, and \$3000 from the Lohn Foundation.

Every little bit counts, so if you are looking for an important organization to donate to this coming year..... look no further! We would very much appreciate your support.

Here is last year's Christmas greeting from the kitchen staff. Joy, true to her name, has since joined our amazing crew.



For additional ways you might consider to support the work of RMSS, please go to pg. 23.



Maria Perretta

Executive Director, Ridge Meadows Seniors Society

FEELING BLUE?

Perhaps a Christmas Craft sale can help bring cheer!



ALL THROUGH COVID-19 the Craft Ladies have been busy knitting and crocheting. We have lots of goodies for sale!

-sweaters -toques -scarves -shawls -Christmas novelties
baby outfits kitchen towels -dishcloths... and more!

So mark your calendar for:

Tuesday November 16 10:00am-2:00pm

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

All proceeds go to RMSS to help with their programs

Hope to see you there!



BUS TRIPS???...

**ONLY IF
YOU'RE GOOD!**

We'll start with this one:

Dinner at the Sylvia Hotel followed
by Van Dusen Gardens Lights

Thursday December 9 \$139

(one bus only; 2nd date pending)

MR 3:15pm - 10:30pm

PM 3:30pm - 10:15pm



Registration Opens Nov. 9

See centres or website for details.

www.mssseniors.org



CHRISTMAS CRAFT SALE!

Come and see our knitted and crocheted projects -

So many beautiful things to gift to yourself & others.

Two dates to choose from:

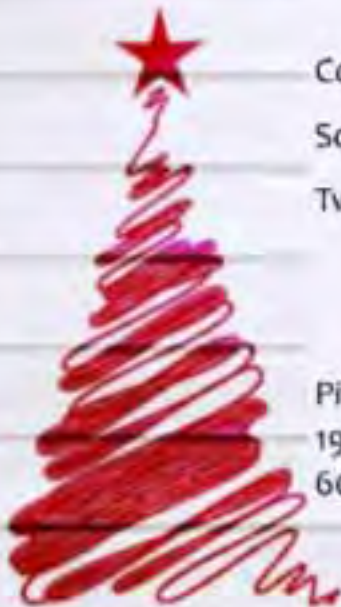
Friday December 10 11:00am - 1:00pm

Monday December 20 10:00am - 12:00pm

Pitt Meadows Seniors Activity Centre

19065 119B Ave, Pitt Meadows

604-457-4771



MERRY MUSICAL MORNING CONCERTS

In lieu of our annual Christmas luncheon




Limited Tickets!



This is a private event for RMSS members with vaccination QR codes.

Tickets are \$3.00 and will go on sale starting November 9.

Please purchase tickets at the centre of your concert date choice.

MONDAY, DECEMBER 20

10:30-11:30am

PM Seniors Activity Centre
 19065 119B Avenue, Pitt Meadows
 604-457-4771

TUESDAY, DECEMBER 21

10:30-11:30am

MR Seniors Activity Centre
 12150 224 Street, Maple Ridge
 604-467-4993



Of note: If you have some last minute gift shopping to do, both centres' Craft Ladies will have items available for purchase to accommodate you!

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.

◆ 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 preregistered 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 preregistered 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.

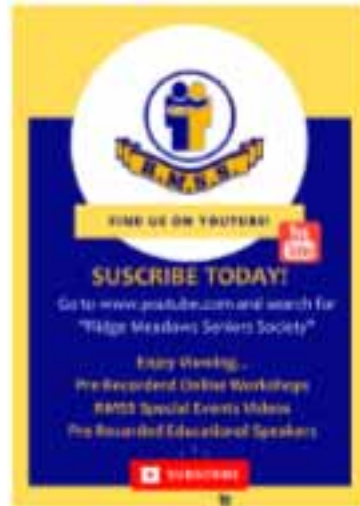
Staying home when feeling unwell is MANDATORY.



NEW FITNESS PROGRAMS

EXCITING NEW CLASSES TO CONSIDER!

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

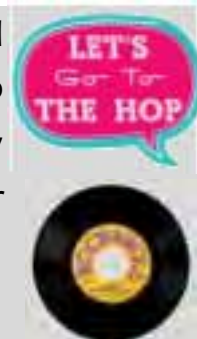


LATIN LINE DANCE

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

We are looking to start a new dance class called **“BeBop Sock Hop”**. It would cater to all fitness levels (chair included) and be 45 minutes of movement to 50's & 60's music taught by a groovin' instructor. It would occur Thursday afternoons. Interested? Be sure to let our Activity Coordinator know:

carmen@rmssseniors.org



There is still time to register for BollyX ! (demo class below)



Miriam (left foreground) and Jean (left background) are regulars at Chair Fit

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
Stay Fit 3 8:30 - 9:15	Walking Club 8:45 - 9:45	Stay Fit 3 8:30 - 9:15	Fit & Fun 8:30 - 9:15	Stay Fit 3 8:30 - 9:15
Snooker 8:45 - 4:00	Snooker 8:45 - 4:00	Snooker 8:45 - 4:00	Snooker 8:45 - 4:00	Snooker 8:45 - 4:00
Table Tennis 8:45 - 11:00	Table Tennis 8:45 - 11:00		**Wellness Clinic 9:00 - noon	Table Tennis 8:45 - 11:00
	Chair Yoga 9:00 - 9:45		Tech Help (by appointment)	Ladies & Beginners Snooker 9:00-noon
COFFEE SHOP OPEN 9:15-11:15am				
Chair Fit 10:00 - 10:45	Crafts 9:30 - 11:30	Chair Fit 10:00 - 10:45	**Silvertones 10:15 - 11:30	Chair Fit 10:00 - 10:45
	*Line Dance - Adv 10:30 - 11:45	Meditation 10:30 - 11:30	*Line Dance - Int 10:30 - 11:45	Caregiver Connection
*Zumba 11:15 - noon		*BollyX 11:15 - noon		Table Tennis - Beg 11:00 - noon
LUNCH SERVED 11:30am - 1:00pm				
Carpet Bowling 1:00 - 3:00	Scrabble 12:45 - 3:30	ACBL (Bridge) 12:30 - 4:00	Duplicate (Bridge) 12:30 - 4:00	Partnership (Bridge) 12:30 - 4:00
Chair Tai Chi 1:30 - 2:30	Crib 1:00 - 4:00	Social Bridge 1:00 - 4:00	Hawaiian Dance 12:30 - 1:30	Scrabble 12:45 - 3:30
Line Dance - Beg 1:45 - 2:45	Whist 1:00 - 3:45	Tax Clinic (by appointment)	Mah Jong 1:30 - 3:30	Carpet Bowling 1:00 - 3:00
**Book Club 2:00 - 3:30	Beading 2:00 - 4:00	Tai Chi 2:00 - 3:30	Games 1:30 - 3:30	
Gentle Hatha Yoga 3:30 - 4:15			Gentle Hatha Yoga 3:30 - 4:15	Absolute Hearing
**Foot Care w/ Vilma (Mon by appt.)				by a ppointment (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
Snooker 9:00 - 4:00		Crafts 9:30 - 11:30		Snooker 9:00 - 4:00
COFFEE SHOP OPEN 9:15-11:15am				
Chair Yoga 10:15 - 11:00	Scrabble 10:00 - noon	Chair Fit 1 10:15 - 11:00	**Trivia 10:00 - 11:00	Tai Chi 10:15 - 11:00
Line Dance - Beg 11:30 - 12:30	*Gentle Hatha Yoga 12:15 - 1:00	Table Tennis 11:30 - 1:45	Chair Yoga 11:30 - 12:15	Tai Chi - Beg 11:30 - 12:15
LUNCH SERVED 11:30am - 12:30pm				
Bridge 1:00 - 3:45	Mah Jong 1:00 - 3:30	Whist 12:30 - 2:00	Carpet Bowling 1:00 - 2:30	Crib 1:00 - 3:30
Tech Help <i>(by appointment)</i>		Ballet 2:00 - 3:00	Tech Help ← <i>(Wed by appt.)</i>	Table Tennis 1:15 - 3:30
Table Tennis 1:15 - 3:30	Iceless Curling 2:00 - 3:30	Meditation 2:45 - 3:45	Ladies Snooker 1:30 - 3:30 ← <i>(Wednesday)</i>	
**Caregiver Connection	**Absolute Hearing Clinic <i>(usually 2nd Tuesday)</i>	Flamenco 3:00 - 4:00		**Foot Care w/ Emma <i>(by appointment)</i>


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	No class Nov 11



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	



PLEASE NOTE:

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



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 Dec 20 & 27



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 B&C	\$2 drop-in	No class Dec 27



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	

Sess #2: Oct 27, Nov 3, 10, 17 reg. opens Oct 13

Sess #3: Nov 24, Dec 1, 8, 15 reg. opens Nov 17



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	No class Nov 11

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

Sess #3: Dec 9, 16 reg. opens Dec 2 *\$10/2 classes



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, rhumba, 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	

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

Sess #3: Nov 22, 29, Dec 6, 13 reg. opens Nov 15



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 Dec 27
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 Dec 20 & 27
Tue	9:00-9:45am	MR	Hall C	\$2 drop-in	No class Dec 21
Thu	11:30-12:15pm	PM	Main Hall	\$2 drop-in	No class Nov 11



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

***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 Nov 11 & Dec 27



at PMSC

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

Instructor: PM: Lynda

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



Try Lynda's class-
DROP-IN Dec 14 \$5.00

Sess #3: Nov 16, 23, 30, Dec 7	reg. opens Nov 2
Sess #4: Jan 4, 11, 18, 25	reg. opens Dec 7

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

and yoga strap

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	



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	
Wed -Practiced *see note above	2:00-3:30pm	MR	Hall B	\$2 drop-in	
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 Dec 27
Thu	1:00-2:30pm	PM	Main Hall	\$1 drop-in	Not on Nov 11
Fri	1:00-3:00pm	MR	Hall B	\$1 drop-in	Not on Dec 24

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 Dec 27
Mon	1:15-3:30pm	PM	Hall A	\$1 drop-in	Not on Dec 27
Tue	8:45-11:00am	MR	Halls A&B	\$1 drop-in	Not on Dec 21
Wed	11:30am-1:45pm	PM	Main Hall	\$1 drop-in	
Fri	8:45-11:00am	MR	Hall A	\$1 drop-in	Not on Dec 10
Fri	11:00am-noon- Beginners*	MR	Hall A	\$1 drop-in	Not on Dec 10
Fri	1:15-3:30pm	PM	Main Hall	\$1 drop-in	Not on Dec 24

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 drop-in fee (noted below) for individual play time, or an annual membership for unlimited play. Women players are welcome, or if preferred, have a dedicated playtime.

For regular playtime &/or more information:

MR centre: call Clive @ 604-790-6026

PM centre: call John @ 604-720-7020



Weekday	Time	Centre	Room	Cost	Of Note
Mon - Fri	8:45am-4:00pm	MR	Snooker	\$4 drop-in	
Mon & Fri	9:00am-4:00pm	PM	Snooker	\$2 drop-in	
Wed - Ladies	1:30-3:30pm	PM	Snooker	\$2 drop-in	
Fri - Ladies	9:00am-noon	MR	Snooker	\$4 drop-in	
Fri - Beginners	9:00am-noon	MR	Snooker	\$4 drop-in	*New!

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.

Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:45pm	PM	Hall B	\$1 drop-in	Not on Dec 27
Wed - ACBL	12:30-4:00pm	MR	Hall A	\$1 drop-in	
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	Not on Nov 11
Fri - Partnership	12:30-4:00pm	MR	Hall C	\$1 drop-in	Not on Dec 24



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	Not on Dec 24

GAMES AFTERNOON:

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

Thursday afternoons at MR centre a variety of games are available for play. If you would like to see a games afternoon offered at PM centre email carmen@rmssseniors.org.

Weekday	Time	Centre	Room	Cost	Of Note
Thu	1:30-3:30pm	MR	Lounge	\$1 drop-in	Not on Nov 11



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	Social Activity	\$1 drop-in	Not on Nov 11

SCRABBLE:

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	10:00am-noon	PM	Common Area	\$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	Not on Dec 24

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	Next on Nov 4



Join this enthusiastic group as they play Mah Jong!
(L-R Nelly, Sandra, Les, Elaine)

WHIST:

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

Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00-3:45pm	MR	Social Activity	\$1 drop-in	Earlier start time
Wed	12:30-2:00pm	PM	Lounge	\$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	Later start time

BOOK CLUB: *new!*

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

A new club has formed! Meets twice monthly. Email carmen@rmssseniors.org if interested. (The group is at capacity with ten members - which fluctuates depending on the book study.)

Weekday	Time	Centre	Room	Cost	Of Note
Mon	2:00-3:30pm	MR	Library	\$1 drop-in	Will meet Nov 1 & 15, Dec 6

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 SING-A-LONG:

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

After 30+ years of choral and social adventures, the Silvertones are now a sing-a-long group. Lead by Cliff, enjoy some golden oldies. Masks worn while singing. Upcoming dates listed below.

Weekday	Time	Centre	Room	Cost	Of Note
Thu	10:15-11:30am	MR	Halls A&B	\$1 drop-in	Nov 4 & 18, Dec 2

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. Some previous experience an asset.



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



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	Wed	2:00-3:00pm	PM	Hall B	\$1 drop-in	previous experience an asset
Flamenco	Wed	3:00-4:00pm	PM	Hall B	\$1 drop-in	
Hawaiian	Thu	1:00-2:00pm	MR	Hall C	\$1 drop-in	Not on Nov 11
Line Dance -beg.	Mon	11:30am-12:30pm	PM	Main Hall	\$1 drop-in	Not on Dec 27
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$1 drop-in	Earlier start time; Not on Dec 27
-adv.	Tue	10:30-11:45am	MR	Hall C	\$10/10 classes	Pre-registered; current session ongoing
-int.	Thu	10:30-11:45am	MR	Hall C	\$10/10 classes	Pre-registered; current session ongoing

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	Next on Nov 25 & Dec 9

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	Not on Dec 27
Thu	9:00am-noon	MR	Library	\$2 by appt	Not on Nov 11
Wed	1:00-3:15pm	PM	Wellness Rm	\$2 by appt	

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.

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.





YOUR YEAR-END GIVING MAKES A DIFFERENCE

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 EMPRIES 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




Donating is as Easy as Recycling!

Step 1: Put your empties in one of our plastic bags. Bags and labels available for pick up at drop-off points or by mail.

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

Step 3: Express will sort your empties and credit the Maple Ridge Seniors Society account!

OR...

Place Your Own Label!

If you already have your own bags please print your own labels at the table.

At the Express Drop-off: Maple Ridge Seniors Society (phone number: 604-467-4993) or at your own bag table.





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 207TH & LOUGHEED



KANAKA CREEK LIQUOR STORE
AT THE CORNER OF 240TH & KANAKA



Pre-order your **TAKE-AWAY** meal from either RMSS centre's reception by Dec 1.

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



To give our kitchen elves a fighting chance, please note things will be a little different this go-round.



Pick up your meal(s) on Dec 10, 11:30am-1:00pm.

THINGS YOU DON'T WANT TO MISS!



ARMCHAIR TRAVELLER



“India & Its Architecture”
presented by Larry H.

Thu Nov 25, 1:30-2:30pm
PM centre

Call to register 604-457-4771



At our PM centre:

Thu 10:00-11:00am

Nov 4

Drop-in fee \$2.00



Presenter: John



WE REMEMBER

PLEASE NOTE:

RMSS CENTRES WILL BE CLOSED on:

Thu Nov 11
Remembrance Day

and

Mon Dec 27 (as Christmas falls on the weekend)

On Dec 24, centres will close at 2:00pm.

Thank you to John for taking us on a “Walking Tour of Venice” in October. He dressed the part as a gondolier!

If you have a trip you would like to share contact carmen@rmssseniors.org.



OUTREACH SERVICES



Seniors Helping Santa - Christmas Campaign



Seniors Helping Santa volunteers and outreach work with the community and partner with London Drugs at Christmas time to gather donations from our community to pack care bags for our seniors in need. London Drugs will have a Christmas tree at their entrance with tags that have a wish list for our seniors. We look at providing personal care items and essentials, as well as a gift. Seniors Helping Santa packed 250 bags for our Maple Ridge and Pitt Meadows in 2020! Please consider supporting this great cause so that we can do that again.

For more information please call:
Bev 604-380-0516



Foodbank at MR centre - Mondays by appointment AND at PM centre! - Tuesdays 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

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@rmssseniors.org



To think about: when enjoying your coffee or lunch at our centres, please note if others might be waiting for a seat. Perhaps you could continue visiting with others outside of the much “in demand” lunch space.

A little
consideration,
a little thought for others,
makes all the difference.
-Eeyore

Are you newly retired?

Are you looking for a way to stay active, engaged, involved that fits with your schedule?

Perhaps you are still working but would like to find a way to give back to your community?

There are MANY ways to help at RMSS. Come on by, check us out, read this program guide, review our website, speak with members and staff. Meet with Kara, Volunteer Coordinator, to discuss where your skill set could best be used.

VOLUNTEER - and be amazed at how much back you receive in the process!

Contact Kara:

kara@rmssseniors.org

RIDGE MEADOWS SENIORS SOCIETY

VOLUNTEERS NEEDED!

INTERESTED IN JOINING US AT THE
RIDGE MEADOWS SENIORS SOCIETY?
FILL OUT AN APPLICATION ONLINE!

www.rmssseniors.org/volunteer



LOCATIONS:

Maple Ridge Activity Centre
12150 224 Street
Maple Ridge, BC
604-467-4993

Pitt Meadows Activity Centre
19065 119 B Avenue
Pitt Meadows, BC
604-457-4771



AVAILABLE POSITIONS:

Small time
commitment:
2.5 hour shifts
Morning & afternoon
shifts available

Receptionist / Welcome Desk Attendant
(computer literate, willing to learn)

Cafe Attendant
(serve coffee, tea & snacks)

Driver
(Clean driving record, own vehicle)

OUTREACH SERVICES - Info Session

EDUCATIONAL SPEAKER

Presented by: Caregiver Connection & Support Program



DATE: Friday, November 19, 2021

TIME: 1:00 PM—2:00 PM

LOCATION: Maple Ridge Seniors Activity Centre
12150 224th Street
FREE! Pre-register at: 604-467-4993 or
raman@rmssseniors.org

Everyone Welcome!

Nicole MacDonald
Nicole MacDonald Notary

Come join Nicole MacDonald Notary to learn more about Personal Planning tools that are available to you and your loved ones.



Contact information: 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."

Maple Ridge Seniors Activity Centre **Pitt Meadows Seniors Activity Centre**
12150 224th Street, Maple Ridge 19065 119B Ave, Pitt Meadows

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

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 (****NEW**** Every other Monday starting September 27th). 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 Schwaefmann, Outreach Coordinator
info@rmssseniors.org



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

Maple Ridge Seniors Activity Centre 12150 224 th Street, Maple Ridge	Pitt Meadows Seniors Activity Centre 19065 119B Ave, Pitt Meadows
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Supporting families while promoting independence at home



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Talk to the Qualicare team about flexible options for AM/PM and 24/7 care, short or long term, help with errands and appointments, specialized care plans for dementia, ALS, Parkinson's, MS, palliative care, and more.

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Home Care

Call now for a supportive care conversation 778-730-0225

www.qualicare.com

Lying about my age is easier now that I have trouble remembering what it is.





Health & Wellness

Golden Seniors Wellness Clinic



So what is the Wellness Clinic?

Who will I meet?

What will I do?

Why would I go?

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.

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 foot 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:
(1st & 4th Thursdays of the month)

Oct 28 Nov 25 Dec 9

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 **1st & 4th Thursday from 9am-12pm** at the Maple Ridge Seniors Activity Centre - 12150 224th Street, 604-467-4993

Drop in and say hello!

P.A. "Doc" Livingston SRES®

Seniors Real Estate Specialist

Maple Ridge Resident for over 14 years!

Thinking about selling your home and downsizing or moving into extended living, assisted living or supportive care? .

Are you simply looking for ways to make living in your present home manageable for the present? I have the resources to help make that possible.



Questions?

Talk to "Doc"

(604)787-7028



Your REALTOR®
for Life!

P.A. "Doc" Livingston SRES®
Member of Home Hunters BC
doc@homehuntersbc.com
www.homehuntersbc.com

"Doc recently sold our family dwelling that is on a large piece of land. We had already spoken with a different realtor prior to meeting Doc but decided to "interview" one more. A friend recommended Doc and we are so glad she did! Doc was so patient and helpful going over and above with the help he gave us over the months to look us in deal with close to fifty years of belongings. Despite other similar properties having been on the market for a year or longer we received and accepted an offer within a week! We couldn't be happier and now consider Doc a family friend!"

This ad is not meant to imply advertising benefit of senior agency.

RMSS- Maple Ridge, 12150 224th Street Maple Ridge BC V2X 3N8 Tel. (604)467-4993 Web: www.rmsseniors.org

RMSS- Pitt Meadows, 19065 119B Ave Pitt Meadows BC V3Y 0E6 Tel. (604)457-4771

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>**Duffy 604-466-9617</p> <div style="display: flex; align-items: center;"> <div style="font-size: 0.8em;"> <p>Looking for more volunteer drivers to fill our Monday timeslot</p> </div> </div> <hr style="width: 80%; margin: 10px auto;"/> <p style="text-align: center;">- <i>afternoons</i> -</p> <p>**Louise 604-512-4351</p>	<p>**Duffy 604-466-9617</p> <p>**Louise 604-512-4351</p> <p>**Peter 604-230-5732</p> <p>**Sheila 604-463-8929</p>	<p>Claudia 604-467-8385</p> <p>**Louise 604-512-4351</p> <p>**Peter 604-230-5732</p>	<p>Anne 604-763-5623</p> <p>**Duffy 604-466-9617</p> <p>**Louise 604-512-4351</p> <p>**Peter 604-230-5732</p>	<p>Claudia 604-467-8385</p> <p>**Duffy 604-466-9617</p> <p>**Louise 604-512-4351</p> <p>**Peter 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

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Extend your active life in the home and garden

Customer Service: 888.465.0913 Easyriser Mobility Ltd. A Canadian Company

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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
604.460.7006

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BC Seniors Living Association

2019 Favourite Retirement Residence

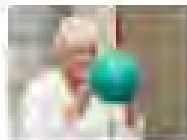
Alzheimer Society

BRITISH COLUMBIA

Upcoming events and dementia support

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: Call the First Link® Dementia Helpline at 1-800-936-6033.

Online education



Online education offers small group information workshops, facilitated to provide opportunities for live discussion.

Focus on behaviour: Sundowning (late-day confusion)

Tuesday, November 2, 2 – 3:30 p.m.

Recognizing your journey as a caregiver

Two Tuesdays, November 16 and 23, 10 – 11 a.m.

Activities to do at home

Tuesday, November 30, 10 – 11:30 a.m.

Long distance caregiving

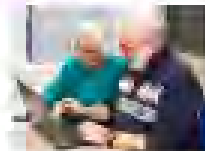
Tuesday, December 7, 2 – 3:30 p.m.

Focus on behaviour: Responsive behaviours

Tuesday, December 14, 7 – 8:30 p.m.

Registration: For a full list of education and to register, visit alzbc.org/edu-workshops

Webinars



Learn about dementia from anywhere by participating in our live webinars. Receive tips, learn strategies and share experiences with other participants.

Taking the 'fog' out of brain fog using a multidimensional approach with Dr. Heather Palmer
Wednesday, November 10, 2 – 3 p.m.

Preparing for the holidays

Wednesday, November 17, 2 – 3 p.m.

Registration: For a full list of webinars and to register, visit alzbc.org/webinars

Virtual support groups

We currently offer virtual support groups for caregivers and groups for people living with early symptoms of dementia.

Regional and provincial groups are available across the province, including specialized groups for:

- Chinese families
- Adult children
- Caregivers of a person living with young onset dementia
- Caregivers of a person living with BvFTD dementia
- Caregivers of a person living in long-term care
- Caregivers of a person living with Lewy body dementia
- LGBTQ+ caregivers
- People living with early symptoms of dementia



Registration: Call the First Link® Dementia Helpline at 1-800-936-6033.



For questions on memory loss or living with dementia, call the **First Link® Dementia Helpline** (Monday to Friday):

English 1-800-936-6033 (9 a.m. to 8 p.m.)
Cantonese or Mandarin 1-833-674-5007 (9 a.m. to 4 p.m.)
Punjabi 1-833-674-5003 (9 a.m. to 4 p.m.)

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

FITNESS FEATURE

Self- Compassion

For some of us the idea of practicing self compassion might sound selfish.

Many of us were raised hearing common phrases like:

It is better to give than receive.

Put on a stiff upper lip.

Swallow your pride.

The idea of putting self care before the care of others may not be a natural way of thinking for you. I was raised by parents that gave more to others than they took. I heard all the selfless sayings and watched them live that ideal. My Mom was a strong independent woman with whom I have the utmost love and respect. I tried to emulate her giving nature by always giving my energy to others. I often felt anxious, tired, and overwhelmed. I did not realize why this was happening to me until I took my first Yoga Teacher training course. During one of the teachings my Yoga teacher said, “You are the only person that you will be with from the moment you are born until the moment you pass. If you don’t love and care for yourself unconditionally, who will?” This really struck a chord with me. I had never looked at my life in that way. It helped me to look at self -care through a different lens.

I enjoy listening to Ted Talks. One day I came across a Ted Talk by Kirsten Neff. She is a self compassion researcher, author, and teacher. Her research has shown that those who practice self-compassion are more empathetic to others. They have more capacity to extend compassion and kindness outwards into the community. This was another life changing piece of information for me. I learned that I could practice self-compassion and kindness to myself and have more to give to others. I could follow the great example of giving to others without feeling depleted and anxious. The following analogy sums this up. You can think of the heart as a vessel. If you fill up your vessel to the brim with self – compassion and love it can flow freely outward. When you give with no regard to yourself, you give from an empty vessel and get burnt out. You only have a limited resource of energy. When your vessel is full and flowing, you have an unlimited source to share with whomever, whenever you want.

What does a practice of self – compassion look like? This will vary from person to person. Currently we hear a lot about self care. Self care practices are activities like taking time for relaxing baths, walking in nature, meditation etc. These are important components to living a healthy balanced life.

Self-Compassion takes it deeper.



Self-Compassion is:

- being mindful to your own needs.
- saying no when you don't want to or do not have the energy to help.
- acknowledging when things are hard.
- taking the time to say the words to yourself that you need to hear.
- resting if that is what you need.
- taking the time to laugh and dance when that is what you need.
- being ok with not being ok for now. Everything comes and goes, and this moment will not last forever. Being not ok will not stay here forever.
- fully experiencing the moments when everything looks and feels bright and sunny.

Learning a new way of being takes time. Practicing self –compassion is no exception. I call it a practice because it is. Learning to become self aware enough to notice when you will benefit from offering yourself a kind gesture or word is a process. There are several books and videos on the topic. Kirstin Neff's website <https://self-compassion.org/> is a wonderful resource. I recommend doing the Self -Compassion Break meditation. This as well as several other meditations and exercises can be found on her website.

I have the pleasure of leading a self-compassion group. Learning in a group setting continues to benefit me and the participants. Talk to others about these ideas. Plant the seed of self-compassion. This is a practice that has the capacity to open your heart and the hearts of those around you. Be kind to yourself. Show yourself the love and kindness that you show to others. You will not only feel better for it, but you will also be affecting a change for those you love.

Jane Gallagher

Sunflower Yoga & Healing Arts
Yoga Therapist
Reiki Master
Self-Compassion practitioner



Jane enjoys spending time with her two adult children and their partners. Her two young grandchildren keep her busy and fill her heart with love. Spending time in nature is her next love. During the summer you might find her in her garden encouraging her veggies and flowers to flourish. She enjoys hiking and kayaking with her husband and dog Ziggy. Travelling to near and distant locations is a passion. As a lifelong learner she is a fascinated to experience the different cultures and perspectives of the fellow humans that inhabit our beautiful planet.



THANK YOU! **Lower Mainland denture centre** for the Halloween treats donated to RMSS centres along with your free information packets. We appreciate your ongoing support for our seniors.



LOWER MAINLAND denture centre

Our Services include

- Complete & Partial Dentures
- Denture over Implants
- Relines and Repairs
- Soft Liner
- Mobile Services: *We come to you!*

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604 457 3763
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C2 - 12460 191 St,
Pitt Meadows, BC V3Y 2J2



If I waited until I had all my ducks in a row, I'd never get across the street. Sometimes you just have to gather up what you've got and make a run for it.

— Judge Lynn Toler
@JudgeLynnToler | @LynnToler

Remember!
TURN BACK your clock one hour on Nov 7

Thank You!

Thank you to the people of Pitt Meadows-Maple Ridge for putting your faith in me and returning me to Ottawa to be your voice. It is an honour to continue to serve our community. My office is open to assist you - Contact me anytime!

MARC DALTON MP
PITT MEADOWS-MAPLE RIDGE

604.466.2761 | marc.dalton@parl.gc.ca | marcdaltonmp.com



Shoppers Drug Mart will be here to administer seasonal flu shots* on the following dates:

MAPLE RIDGE SENIORS ACTIVITY CENTRE

Tuesday, November 2 10:00am - 4:00pm

PITT MEADOWS SENIORS ACTIVITY CENTRE

Tuesday, November 2 9:00am - 1:00pm

**Flu shots subject to availability*



PHONE AHEAD to book appointment

QR code required



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

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

Lisa Beare, MLA
Maple Ridge - Pitt Meadows

Bob D'Eith, MLA
Maple Ridge - Mission



Where you will need proof of vaccination

- Restaurants, pubs, bars & lounges (indoor & outdoor dining)
- Organized indoor events with 50+ people
- Discretionary organized indoor group recreational activities
- Indoor concerts, theatre, dance, symphony events
- Fitness centres, gyms, adult sports (indoor)
- Indoor group exercise activities
- Night clubs, casinos, movie theatres
- Indoor, ticketed sporting events

BC VACCINE CARD

By order of the Provincial Health Officer, proof of vaccination is required to access some events, services and businesses. The requirement is in place until January 31, 2022 and could be extended.

To get your BC Vaccine card visit www.gov.bc.ca/vaccinocard or call 1-833-838-2323. You will need to provide your date of birth, Personal Health Number, and the date you got dose 1 or dose 2.

Our offices are also available to help access and print cards.

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



Bob D'Eith, MLA
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www.lisabeare.ca

LEGISLATIVE ASSEMBLY
 © PATRICK GILHEBRA

AROUND TOWN



Have you been diagnosed with Parkinson's Disease?
RECRUITING PARTICIPANTS FOR AN ONLINE EXERCISE PROGRAM

- We are conducting an 8 week online home-based exercise program via Zoom to determine the feasibility of an online exercise program for individuals with Parkinson's Disease .

Contact
Katrina.Frankenberger@student.ufv.ca
for more information!



You are invited to participate in a research study on the relationship between: Stress, Lifestyle, & Cognitive Function



Email danielle.damico@ryerson.ca

Participation involves:

- A short eligibility screener
- Online questionnaires about demographics, health, lifestyle, and stress
- Online cognitive tests
- ~1-1.5 hours of time commitment

Must be:

- 60+ years old
- Have access to a reliable Internet connection

Eligible participants will be compensated

This study is part of a dissertation that is required for partial completion of a graduate degree.
This study has been approved by the Ryerson University Research Ethics Board (REB 2021-1-00)



Volunteer Dog Walkers




Katie from ICBC reminds us that nearly half of all crashes with pedestrians happen between the months of October and January.

BE SEEN! Wear something reflective

LOOK FOR PEDESTRIANS!



For more information on ElderDog Canada, contact:
Phone: 1.855.336.4226
Email: ElderDogVancouverLDR@gmail.com
Website: www.elderdog.ca
Face book: www.facebook.com/elderdogvancouver
ElderDog Canada is a registered non-profit charity.

St. John the Divine, Maple Ridge

Holly Tea

2021



NOVEMBER | 20 | From 11 am to 3 pm

*Sunday worship is in the sanctuary at 10 am.
Current safety procedures, including mandatory masks, are in effect.*

21250 River Road, Maple Ridge - BC
(604) 483-3733
www.stjohnmr.com
[@StJohnTheDivineChurch](https://www.instagram.com/StJohnTheDivineChurch)





Tea time at PM centre



Game ON! Thursdays at MR centre

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

Advertisers in this issue:

- MLA D'Eith & MLA Beare
- Lower Mainland Denture Centre
- Qualicare Family Home Care
- MP Dalton
- Doc Livingstone
- The Wesbrooke
- EZ Riser
- *this spot could be you!*



An endorsement from one of our regular advertisers:

I love advertising in the GrapeVine. Readers are local and active members of the senior community. The GrapeVine is a trusted resource to their readers and it is a privilege to be given the opportunity to reach its audience. Thank you RMSS and GrapeVine for always providing trusted and reputable content in your magazine!
 - Michelle Bailey, Qualicare Family Home Care



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

I want to nominate...

Sandra P. has volunteered in many capacities over the past few years. From coffee shop to reception, welcome desk to helping in the kitchen, Sandra greets you with a smile. Over the past year, Sandra added phone wellness checks and training others (into their various roles). Her commitment to weekly calling a regular list of our members over the pandemic brought much hope and needed connection to others.



THANK YOU

RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2021/2022

President.....Don Mitchell

Vice-President.....Fran Preston

Secretary..... Bobbi Duncan

Treasurer.....Richard Newman

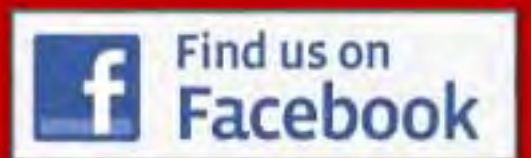
Director.....Cindy Juker

Director..... Carla Reed

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Director.....Joan Thane

Director.....(vacant)



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