

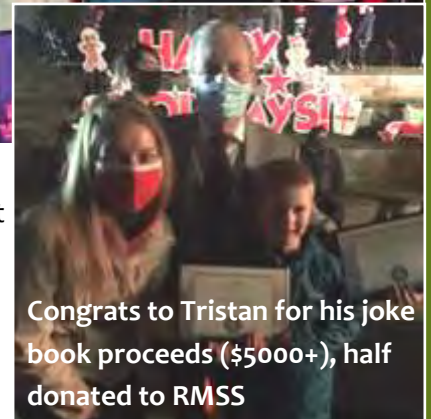
Grapevine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
January & February 2022 (updated Jan 20) Program Guide



Some of the entertainment included our Ukulele group and Hawaiian Dancers.



Congrats to Tristan for his joke book proceeds (\$5000+), half donated to RMSS

Congratulations to John B. - recipient of City of PM 2021 Community Service Award!
“for selfless commitment to PM through volunteerism and community contributions”

FACILITY INFO

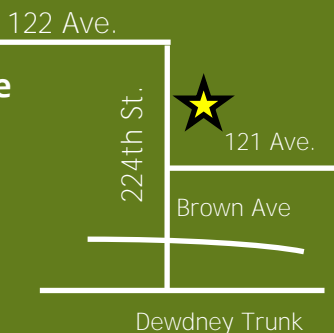
Maple Ridge

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 Jan 3 & Feb 21



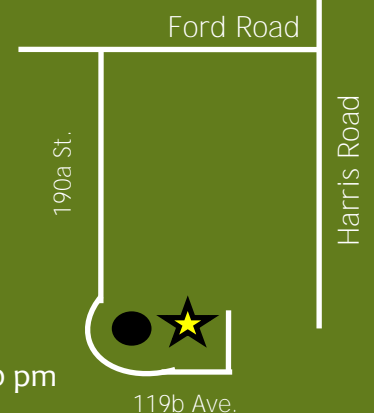
Pitt Meadows

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 Jan 3 & Feb 21



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:

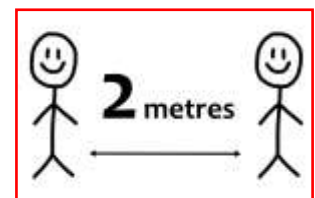
1. Strengthen membership
2. More programs and services at additional locations in Maple Ridge and Pitt Meadows
3. Maintain Organizational Excellence
4. Advocate for affordable housing for adults 55+

STAFF PHONE DIRECTORY:

- Executive Director, Maria Perretta**
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youconnect@rmssseniors.org

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A MESSAGE FOR YOU

**From ALL of us...
to ALL of YOU!!!**

May we choose to be grateful for all we have
May we look upward in faith and forward in hope
And trust that we have gleaned and learned
What is needed to navigate the future.



HAPPY NEW YEAR!



We are also humbled (and proud!) to have again been nominated in the 2021 Ridge Meadows Chamber of Commerce Business of Excellence Awards.

**RMSS for Non-Profit of the Year
& Bev Schmahmann for Community Spirit**



Winners will be announced February 5, 2022. Wish us luck!

At RMSS, we are following the provincial health authority guidelines, to the best of our understanding and ability.



It is on ALL of us, members, volunteers, visitors, staff to adhere.
If you have concerns, please bring them to staff.

BUS TRIPS

Enjoy THE JOURNEY



We are thrilled to be able to resume bus trips– a long time favourite activity of RMSS! Both Enjoy the Journey and RMSS will do whatever we can to enable these trips to go ahead. Your patience is valued and appreciated when life has different plans.

Check centres' bulletin boards for trip details. Please note: registration begins at 9am at either centre.

Enjoy the Journey is currently operating with one 24 seat shuttle. If demand warrants, and a second date is possible, those on the waitlist will be the first notified.

Saturday, February 5

'TRYING' - GALLERY 7 THEATRE

\$139

Start off with a delightful lunch at Bow & Stern Restaurant. Then travel to Gallery 7 Theatre to see 'Trying' - a timely and humorous drama set in the 60's in which a young woman and an old aristocratic, two equally feisty individuals, 'try' to understand each other in the midst of changing times.

Registration begins January 5

Thursday, March 10

EXPORING WESTHAM ISLAND

\$119

Just getting to Westham Island is fun. Travel across a wooden swing bridge dating back to 1908 and find yourself on a tiny island packed full of natural beauty and brimming with bird life. Package includes lunch at Sharkey's Seafood Grill and a wine tasting at Angel Estate Winery.

Registration begins February 2

Friday, March 18

LEGENDS SHOW

\$169

Travel to the Bell Performing Arts Centre to see the Legends Show accompanied by the "Rockin' Royals Band". This show will feature the most incredible tributes to Roy Orbison, Connie Francis, Elvis Presley, and Motown. Enjoy dinner prior the show at Big Ridge Brew Pub.

Registration begins February 10

PLEASE NOTE: Trips are for members only (in good standing);
only two trips may be purchased at a time

REGISTRATION BEGINS: (Details at reception)

PAYMENT OPTIONS: cash or cheque only (deposited on day of trip)

REFUND POLICY: No refunds will be issued after the deadline date (Details at reception)

PARKING: Please arrange to be dropped off or carpool to allow for regular daily program parking.

BUILDING ACCESS: RMSS washrooms available during regular hours of operation only.



LEARN MORE ABOUT OUR
MULTICULTURAL COMMUNITY



CULTURAL CONNECTION EDUCATIONAL FORUM 2022

MARCH 12 | MAPLE RIDGE
MARCH 19 | PITT MEADOWS

AN EDUCATIONAL FORUM FOR
SENIORS & SENIORS IN TRAINING

A day of speakers, vendors and activity
centre information that highlights a
positive view of aging for seniors with a
multicultural twist.

Call 604-380-0516 or email info@rmssseniors.org



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 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.



FITNESS PROGRAMS

It's that time of year again! Starting in January, we will be requiring a renewed completion of Fitness Waivers. These are required and are only referenced in case of medical emergency. These will be made available at reception and in your classes - and looks like the images below. (It is two-sided.)



Ridge Meadows Seniors Society

EXERCISE PROGRAM WAIVER/RELEASE

Please note: In order to participate in any RMSS Exercise Program, this waiver/release must be signed. This confidential information is only disclosed to First Responders in the case of an emergency. If no such information you choose to share is your choice. It is asked for your benefit. As this form is updated annually, any previous copies are destroyed.

Name: _____ Birthdate: _____
 Address: _____ Sex: Male () Female ()
 Emergency Contact:
 Name: _____
 Phone: _____
 Membership (Renewal) Date: _____ (MM/DD/YY)
 PHN (Personal Health Number): _____

For the purposes of this waiver/release, the term **Exercise Program** refers to all exercise programs offered through **Ridge Meadows Seniors Society (RMSS)**.

In consideration of the acceptance of my participation in the Exercise Program, I understand and agree, by this release, that I, my family, myself, my dependents, heirs, executors, administrators and assignees, shall hold, defend, indemnify and completely harmless Ridge Meadows Seniors Society (RMSS), the organizers of the Exercise Program, and their respective directors, officers, employees, agents and volunteers (collectively called the "Organizers"), from any and all actions, claims, demands, liabilities, losses, damages, injuries, causes of action (including out of, or in consequence of, any loss, injury, or damage to my person or property, including any expenses of any kind resulting from my participation in or attendance at the Exercise Program, whether arising by reason of the negligence of the Organizers or otherwise.

I confirm that I have agreed to participate in the Exercise Program after having consulted with my physician.

Signature of Participant: _____ Date: (MM/DD/YY) _____


Doctor's Name: _____ Doctor's Phone Number: _____
 Are you currently exercising or physically active? no yes
 Describe your current exercise program and usual activity: _____
 Have you been diagnosed with Osteoporosis? no yes
 Do you have a low trauma fracture? no yes
 Has a bone ever been broken? (eg. hip, wrist, ribs/spine) _____
 Have you had a fall in the last 12 months? no yes
 Has a doctor ever told you not to exercise? no yes

Please circle the conditions you have now, or in the past:
 Heart problem including chest pain w/activity (angina) High Cholesterol
 Stroke Family Heart problems
 High Blood Pressure Vision impairment
 Other chronic illnesses Hearing impairment
 Recent Surgery Smoking
 Bronchitis, asthma or emphysema Diabetes
 Significant joint problems Previous injury that is still affecting you
 Significant back pain that persisted
 Are you currently taking medication that could affect your ability to exercise? no yes
Please add any additional comments. (i.e. allergies?)




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

Check this out ⇒




DANCE CARDIO




Dance Cardio is a super way to enjoy your fitness regime!
 Get your heart pumping, keep your feet moving, and "shake what your momma gave ya!" 😊

Offered as a pre-registered class, typically \$20/4 classes




Taught by Cathy, fitness instructor and ballroom enthusiast, learn basic dance steps to Rhumba, Disco, Swing and more. A high energy cardio class including balance and strength.

*most Mondays at our MR centre



Inspired by India's film industry, join Adela in the heart-pumping energetic moves of Bollywood. Modified for those who need low impact movement. For those who love to dance!

*most Wednesdays at our MR centre



More a dance class than dance cardio, but if you want to exercise both body and mind, let Keren energize you with Mambo, Salsa, Cha Cha and more - ALL solo...no partner required.

*most Thursdays at our PM centre

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 <i>(by appointment)</i>	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		*Line Dance - Int 10:30 - 11:45	Caregiver Connection
*Zumba 11:30 - 12:15		*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
Meditation 1:00 - 2:00	Crib 1:00 - 4:00	Social Bridge 1:00 - 4:00	Hawaiian Dance 12:30 - 1:30	Scrabble 12:45 - 3:30
Chair Tai Chi 1:30 - 2:30	Whist 1:00 - 3:45	NEW! Mexican Train 1:30 - 4:00	Mah Jong 1:00 - 3:30	Carpet Bowling 1:00 - 3:00
Line Dance - Beg 1:45 - 2:45	Beading 1:30 - 3:30	Tai Chi 2:00 - 3:30	Games 1:30 - 3:30	
**Book Club 2:00 - 3:30			NEW! Iceless Curling 2:00 - 3:00	Absolute Hearing
Gentle Hatha Yoga 3:30 - 4:15	**Foot Care w/ Vilma <i>(Mon by appt.)</i>		Gentle Hatha Yoga 3:30 - 4:15	<i>by appointment</i> <i>(in most Fridays)</i>

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 (by appointment)		Ballet 2:00 - 3:00	Ladies Snooker 1:30 - 3:30 (Wednesday)	Table Tennis 1:15 - 3:30
Table Tennis 1:15 - 3:30	Iceless Curling 2:00 - 3:30	Meditation 2:45 - 3:45		
**Caregiver Connection	**Absolute Hearing Clinic (usually 2nd Tuesday)	Flamenco 3:00 - 4:00		**Foot Care w/ Emma (by appointment)



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	



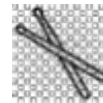
RHYTHM & REACH:

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 Jan 7



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 Feb 21



STAY FIT 3:

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

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	\$20/4 classes	No class Feb 21

***Mon - Sess #1:** Jan 31, Feb 7, 14, 28 reg. opens Jan 25

***Wed - Sess #1:** Feb 2, 9, 16, 23 reg. opens Jan 25

***Fri- Sess #1:** Feb 4, 11, 18, 25 reg. opens Jan 25



PROGRAM INFORMATION - Fitness

DANCE FITNESS CLASSES: (pre-registered)

BOLLYX:

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	

Try Adela's classes -
DROP-IN Jan 26 & Mar 2
\$5.00

Sess #1: Feb 2, 9, 16, 23

reg. opens Jan 26

Sess #2: Mar 9, 16, 23, 30

reg. opens Feb 23

LATIN LINE DANCE:

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

Instructor: Keren

More of a dance class, learn solo steps (no partner required). Mambo, Salsa, Cha Cha, Merengue and more. Dance is a great way to exercise both mind and body!

(this class listing is moving to our Dance Class program info on page 21.)



Weekday	Time	Centre	Room	Cost	Of Note
Thu	9:00-9:45am	PM	Main Hall	\$20/4 classes	

Try Keren's classes -
DROP-IN Jan 27 & Mar 3
\$5.00

Sess #1: Feb 3, 10, 17, 24

reg. opens Jan 25

Sess #2: Mar 10, 17, 24, 31

reg. opens Feb 24

ZUMBA GOLD:

Cost: \$15 / 3 classes (pre-registered)

Instructor: Cathy (Adela to sub)

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	*11:30am-12:15pm	MR	Hall C	\$15/3 classes	Later start time

DROP-IN 11:15am
Feb 28 \$5.00

***Sess #1:** Jan 31, Feb 7, 14

reg. opens Jan 26



PROGRAM INFORMATION - Fitness

CHAIR CLASSES:

CHAIR FIT:

Cost: MR \$20 / 4 classes (temp pre-reg; PM \$2 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	*\$20 / 4 classes	No class Feb 21
Wed	10:15-11:00am	PM	Main Hall	\$2 drop-in	No pre-reg required

***Mon** - **Sess #1:** Jan 31, Feb 7, 14, 28 reg. opens Jan 26

***Wed** - **Sess #1:** Feb 2, 9, 16, 23 reg. opens Jan 26

***Fri** - **Sess #1:** Feb 4, 11, 18, 25 reg. opens Jan 26



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 Feb 21
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

***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 Feb 21



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

Sess #1: Jan 25, Feb 1, 8, 15 reg. opens Dec 7

Sess #2: Mar 1, 8, 15, 22 reg. opens Feb 15

***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
Mon	1:00-2:00pm	MR	Library Room	\$2 drop-in	New day, time, & room; not Feb 21
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	1:30-2:30pm	MR	Social Activity	\$2 drop-in	No class Feb 21
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	No class Jan 28
Fri -Beginner	11:30am-12:15pm	PM	Main Hall	\$2 drop-in	No class Jan 28



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 Feb 21
Thu	1:00-2:30pm	PM	Main Hall	\$1 drop-in	
Fri	1:00-3:00pm	MR	Hall B	\$1 drop-in	

ICELESS CURLING:

CHECK THIS OUT!

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



An adaptive way to curl suited to standing, assisted, even sitting. No previous experience required. **Starting Jan 13 at MR centre. Give it a try!**

Weekday	Time	Centre	Room	Cost	Of Note
Tue	2:00-3:30pm	PM	Main Hall	\$1 drop-in	
Thu	2:00-3:00pm	MR	Hall C	\$1 drop-in	Starting Jan 13



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 Feb 21
Mon	1:15-3:30pm	PM	Hall A	\$1 drop-in	Not on Feb 21
Tue	8:45-11:00am	MR	Halls A&B	\$1 drop-in	
Wed	11:30am-1:45pm	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	
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 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	Not on Feb 21
Mon & Fri	9:00am-4:00pm	PM	Snooker	\$2 drop-in	Not on Feb 21
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	<i>Not on Feb 21</i>
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	
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. 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	



Face masks are mandatory in all communal areas and group interactions with the exceptions being in exercise classes or while dining in the lounge. This provincial mandate includes while you are participating in your activity.



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	1:00-3:30pm	MR	Social Activity	\$1 drop-in	

MEXICAN TRAIN:

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



Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:30-4:00pm	MR	Lounge	\$1 drop-in	

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	

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	Jan 13, Feb 10

WHIST:

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00-3:45pm	MR	Social Activity	\$1 drop-in	
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	1:30-3:30pm	MR	Lounge	\$1 drop-in	

BOOK CLUB:

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

A new club has formed! Meets twice monthly. Email carmen@rmssseniors.org if interested. Two groups to choose from: "Beyond Words" (ferocious readers) & "Scenic Route" (more dissection).

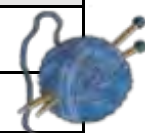
Weekday	Time	Centre	Room	Cost	Of Note
Mon	2:00-3:30pm	MR	Lounge	\$1 drop-in	Meeting Jan 10, 24, Feb 7, 28

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. Meet 1st & 3rd Thursdays. Upcoming dates below.

Weekday	Time	Centre	Room	Cost	Of Note
Thu	10:15-11:30am	MR	Halls A&B	\$1 drop-in	Jan 6, 20, Feb 3, 17

VARIETY PLUS IS BACK!!! (see ad on page 39)

UKULELE IS PLANNING TO RETURN IN **APRIL** (watch for details)



PROGRAM INFORMATION - Dance

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.



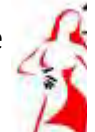
Flamenco: Spanish music, castanets, choreographed moves – what more could you want to experience the sounds of Spain. Beginners welcome.



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



Latin Line Dance: This class allows for solo steps (no partner required). Learn some Mambo, Salsa, Cha Cha and Merengue steps. Dance is a great way to exercise both mind and body!



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).



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	
Latin Line Dance	Thu	9:00-9:45am	PM	Main Hall	\$20/4 classes	Pre-registered: see dates below
DROP-IN \$5.00 Jan 27 & Mar 3		Sess #1: Feb 3, 10, 17, 24		reg. opens Jan 25	\$20/4 classes	
		Sess #2: Mar 10, 17, 24, 31		reg. opens Feb 24	\$20/4classes	
Line Dance -beg.	Mon	11:30am-12:30pm	PM	Main Hall	\$1 drop-in	Not on Feb 21
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$1 drop-in	Not on Feb 21
-adv.	Tue	10:30-11:45am	MR	Hall C	\$8/8 classes	Pre-registered; min. 5 years' experience
-int.	Thu	10:30-11:45am	MR	Hall C	\$8/8 classes	Pre-registered; min. 2 years' experience

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 Feb 21
Thu	9:00am-noon	MR	Library	\$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:

The tax clinic takes a brief hiatus in Jan/Feb to prepare for the very busy tax season. (It can be rather “taxing” on us!)

Look in our Mar/Apr GrapeVine issue for details to book your free tax help appointment.

**TAKE TIME
to CHILL**



PROGRAM INFORMATION - Wellness

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	Jan 13 & 27, Feb 10 & 24



SENIORS WELLNESS CLINIC

Helping you take care of YOU!



A Seniors Wellness Clinic is offered twice monthly
on the 2nd & 4th Thursday

- blood pressure monitoring
- foot care clinic by registered foot care nurses
- resources and info available
- drop-in \$1; foot care \$4 (by appointment)
- vaccination passport & masks required



2nd & 4th Thursday

09:00

–

12:00

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

THINGS YOU DON'T WANT TO MISS!



monthly event

ARMCHAIR TRAVELLER

Join our members as they share their travels - only your vaccine passport is required!

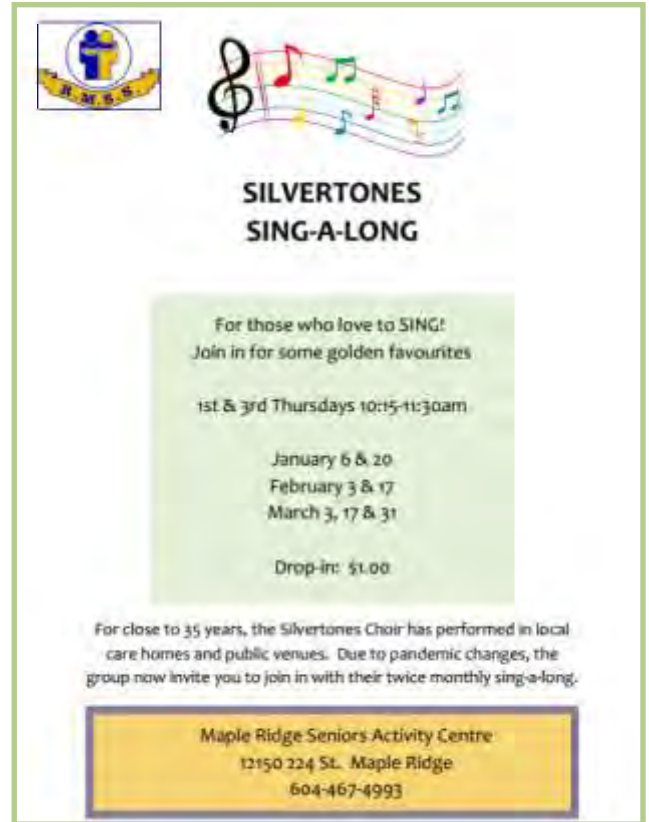
Thursdays 1:30-2:30pm
Feb 17, Mar 17, Apr 21
 Pre-register month of presentation.
 Cost \$1.00

Feb 17: Exploring Australia by cruise ship and the Indian Pacific train

Mar 17: Kenyan Safari

Apr 21: Jolly 'ol England

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



SILVERTONES SING-A-LONG

For those who love to SING!
 Join in for some golden favourites

1st & 3rd Thursdays 10:15-11:30am

January 6 & 20
 February 3 & 17
 March 3, 17 & 31

Drop-in: \$1.00

For close to 35 years, the Silvertones Choir has performed in local care homes and public venues. Due to pandemic changes, the group now invite you to join in with their twice monthly sing-a-long.

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



ICELESS CURLING

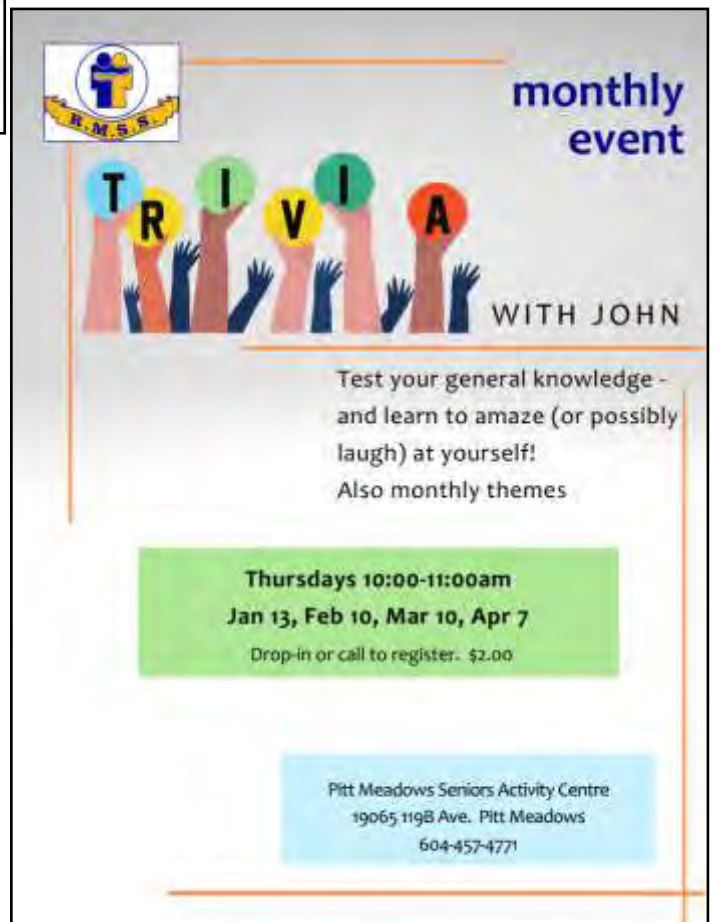
KEEP MOVIN

Iceless curling is a great way to safely (and warmly) enjoy the game of curling! Using target mats and stones on bearings, a fun curling experience is accessible to all.

A favourite at PM centre!
 Now offered at both RMSS centres.
 New to daytime programming at MR - starting January 13.

Thursdays (as of Jan 13)
 1:00-3:00pm
 Maple Ridge Seniors Activity Centre
 12150 224 St. Maple Ridge
 604-467-4993

Tuesdays
 2:00-3:30pm
 Pitt Meadows Seniors Activity Centre
 19065 119B Ave. Pitt Meadows
 604-457-4771



monthly event

TRIVIA WITH JOHN

Test your general knowledge - and learn to amaze (or possibly laugh) at yourself!
 Also monthly themes

Thursdays 10:00-11:00am
Jan 13, Feb 10, Mar 10, Apr 7
 Drop-in or call to register. \$2.00

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

THINGS YOU DON'T WANT TO MISS!

Falls Prevention Presentation

This group presentation will provide you with some tips and tricks on how to reduce your risk of having a fall!

When: Tuesday February 8th, 2022
3:00 pm- 4:00 pm

Where: Maple Ridge Seniors Activity Centre
12150 224th Street, Maple Ridge, BC

Bring your questions!



Call 604-374-2273 or email fallprevention@fraserhealth.ca to Register




info session

PEDESTRIAN SAFETY & SENIOR DRIVER RE-EXAM INFO

ICBC presents this essential info session for older adult drivers. Learn about the government's Enhanced Road Assessment program that evaluates one's ability to safely operate a motor vehicle. Also, a component about pedestrian safety. A relevant session for all.

Offered at both RMSS centres. FREE - pre-registration required. Register at the centre of your date choice.

Tuesday, February 22 10:30am-12:00 noon Maple Ridge Seniors Activity Centre 12150 224 St. Maple Ridge 604-467-4993	new dates!	Thursday, March 24 10:30am-12:00 noon Pitt Meadows Seniors Activity Centre 19065 119B Ave. Pitt Meadows 604-457-4771
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SNOW DAY?



This winter, when in doubt, listen to the morning news / radio. If you hear that schools in Maple Ridge & Pitt Meadows are closed, you'll know RMSS centres are as well.




The MR Craft Ladies invite you to shop!
ANY Tuesday morning, drop by the Craft Room.

Our display case can only hold so many samples - additional items and inventory are available during our weekly meeting time.

Tuesdays 9:00-11:00am



PLEASE NOTE:
RMSS CENTRES WILL BE CLOSED on:
Monday, February 21
Family Day



OUTREACH SERVICES

Seniors Helping Santa - Christmas Campaign



At time of publication, we are at 225 bags and counting toward our 250 bag goal!
Thank you to our two communities for supporting our Seniors Helping Santa program !



One of many van loads collected from London Drugs where donations were collected. Your generosity is heart-warming!

It takes a lot of volunteer elves to help sort, pack and deliver SHS bags. Thank you to Joan, Linda , Rebecca, Norma Jean, and Judy, Jackie, Jeanette (pictured left).

What a dedicated team!



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



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 - Info Session

CAREGIVER CONNECTION & SUPPORT PROGRAM



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

February 2nd , 2022 1:00—2:00 Maple Ridge *****NEW DATE*****

February 7th , 2022 1:00—2:00 Pitt Meadows *****NEW DATE*****



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 224th 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 Monday).
 - Also available through Zoom!
- One to 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."

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



Supporting families while promoting independence at home



Caregivers • Homemakers • Companions • Nurses

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.

Together, we've got this

 **Qualicare**[®]
Home Care

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

www.qualicare.com

RMSS is a registered not-for-profit charity.

All monetary gifts over \$20 are receipted for tax purposes.

(Receipts are mailed in the new year. Gifts for 2021 must be received by Dec 31.)

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.

GIVING what we can



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.



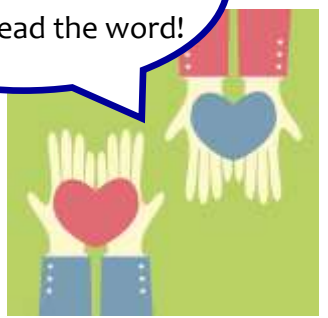

Put the **FUN** back in **"FUN" DRAISING**!!!!

The next time you are making a purchase at either:
 Maple Ridge Liquor Store (corner of 107th & Louisa/Hwy) or
 Kanaka Creek Liquor Store (corner of 44th & 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 neighbour! "Put it on the RMSS account!"




Do you believe in the RMSS vision? Share the love & spread the word!



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®
Personal Real Estate Corporation
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 it took us to 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 cause or induce breach of existing agency

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="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>**Louise 604-512-4351</p>	<p>**Duffy 604-466-9617</p> <p>**Louise 604-512-4351</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

Lisa Beare, MLA

Maple Ridge - Pitt Meadows

Bob D'Eith, MLA

Maple Ridge - Mission



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/vaccinecard 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.

COVID-19 VACCINE BOOSTER SHOTS

Everyone 18+ will be invited to get a booster dose of COVID-19 vaccine. Invitations will be sent out by risk, age group, and date of your 2nd dose. To get your booking invitation, you must be registered with the Get Vaccinated provincial registration system and your immunization record must be up-to-date. Questions? Call 1-833-838-2323.

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

Maple Ridge - Mission

604-476-4530

bob.deith.MLA@leg.bc.ca

www.bobdeith.ca



LEGISLATIVE ASSEMBLY
of BRITISH COLUMBIA

Lisa Beare, MLA

Maple Ridge - Pitt Meadows

604-465-9299

lisa.beare.MLA@leg.bc.ca

www.lisabeare.ca

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



Our Hawaiian Dancers enjoy dressing the part for photos! This welcoming group is happy to teach you the hula. (see pg. 21 for details) ALOHA!



Alzheimer Society
BRITISH COLUMBIA

Upcoming in-person dementia education



Understanding dementia | Learn how dementia affects the individual's brain and behaviour, as well as the disease's impact on family.
 Thursday, January 27 from 10 a.m. to noon

Understanding communication | Explore how communication is affected by dementia and learn effective communication strategies.
 Monday, March 14 from 10 a.m. to noon

Location: Landing Sports Centre,
 45530 Spadina Avenue, Chilliwack, B.C.

Registration: Free to attend. Call our First Link® Dementia Helpline at 1-800-936-6033. Proof of full vaccination is required. To learn more about safety protocols, visit: alzbc.org/COVID-safety

SMILE WITH CONFIDENCE IN 2022

Are you seeking an experienced Denturist?

With advanced technologies and high quality materials, there is no reason to feel limited or embarrassed by your teeth. A Denturist can help you achieve your best possible smile by improving function, confidence and above all, your health.



LOWER MAINLAND denture centre

Our Services include

Complete & Partial Dentures

Denture over Implants

Relines and Repairs

Soft Liner

Mobile Services: We come to you!



604 457-3763

*Complimentary Cleaning & Polish with every Consultation!
No Purchase necessary.*

More information, visit us at:
www.lowermainlanddenture.ca

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

FITNESS FEATURE

The Importance of Balance

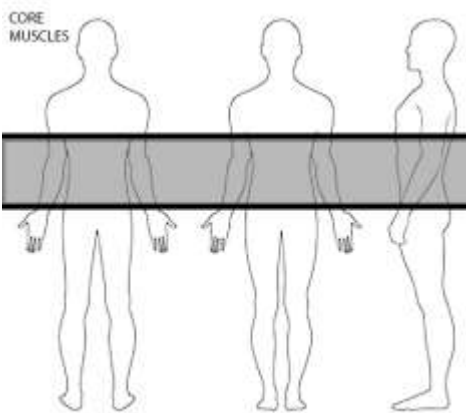


Balance is essential for maintaining a healthy and safe lifestyle. The ability to balance is a skill that we use all the time, sometimes without even thinking about it. We use our balance in tasks as simple as standing or walking. It is crucial for movement and reduces the risk of falls that can lead into injuries. Balance improves overall quality of life in Seniors¹.

What can we do to maintain a good balance? A strong core is the key, as it is where our centre of gravity resides. It is the link between our upper and lower body, and it is involved in nearly all the activities that we perform throughout the day. A weak core can lead to some postural imbalances that can lead to poor balance. And what is the core? It includes more than only the abdominal muscles. The core contains basically all the muscles of our trunk, front and back (*image 1*). A strong core is important, but it is not enough. The most effective way to keep a good balance is to work on strength, functional movement, and stretch and flexibility as well.



Strength exercises will not only help enhance our balance, but will also help to keep our muscles strong, and improve bone mass and density. It is not about lifting 100 pounds but to perform simple exercises like squatting using light weights if possible to improve our balance and strength.



Moving the body helps to improve balance and proprioception², as well as keeping a strong heart and increase bone mass. It can be as simple as going out for a short walk with friends.

Stretch and flexibility are important components for balance and stability. They also help us to move our joints freely and perform daily life tasks easily. The best part is that flexibility can be regained at any age. Stretching can also help decreasing tension and stress and relax the body. Stretching feels good!

Some of the best exercise programs for balance include Chair Yoga, Gentle Yoga and Tai Chi, as well as some exercises that include movements in different directions, specially those that mimic activities of daily living like pushing, pulling, raising, lowering and rotating. When we are starting to work on our balance, it is a good idea to begin with static and slow movements, and have a chair or a wall available for extra support. The most important is to choose an exercise program that is fun for us and we enjoy.



Adela Patoni
RMSS Fitness Instructor
Stay Fit 2, Chair Yoga, BollyX

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.

1. The Effect of Balance and Coordination Exercises on Quality of Life in Older Adults: A Mini-Review. *Frontier in Aging Neuroscience*, 15 November 2019. <https://www.frontiersin.org/articles/10.3389/fnagi.2019.00318/fulls>

2. Proprioception: The sense of knowing where the body is in relation to its various segments and the external environment.



Taking a moment to celebrate Joyce H., the first resident to Panorama, who has recently moved.

See the back cover for a tribute of thanks for Joyce's years of service to RMSS.

AROUND TOWN

RECYCLE YOUR HOLIDAY PACKAGING

NO: Kitchen items, Egg gift wrap, Toys, Padded envelopes

Logos: RIDGE MEADOWS RECYCLING SOCIETY, MAPLE RIDGE, RECYCLE BC

Self-Management British Columbia

VIRTUAL SELF-MANAGEMENT WORKSHOPS

Chronic Conditions
Fridays
Jan 7 to Feb 11, 2022
9:30am to 12:00pm

Chronic Pain
Fridays
Jan 7 to Feb 11, 2022
1:00 pm to 3:30 pm

Diabetes
Tuesdays
Jan 11 to Feb 15, 2022
6:00pm to 8:30pm

Cancer: Thriving & Surviving
Wednesdays
Jan 12 to Feb 16, 2022
6:00pm to 8:30pm

**Please note that a webcam is required to participate in the Virtual Workshops*

KNOWLEDGE + SKILLS + CONFIDENCE

FREE Six-Session Virtual Workshops for Adults with Any Ongoing Health Conditions

- ✓ Learn techniques to better manage your health
- ✓ Set goals and problem solve
- ✓ Communicate more effectively with your family, friends, and health care team
- ✓ Deal with stress and difficult emotions
- ✓ Take action and live a healthier life

Family Members and Friends Welcome

REGISTRATION REQUIRED

FOR MORE INFO, GO TO REGISTER, CONTACT:
June Clearsky
Fraser North and Indigenous Liaison Coordinator
Call: 604-940-6950 or Email: clearsky@uvic.ca
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Logos: University of Victoria, Institute on Aging & Lifelong Health, BRITISH COLUMBIA



Another successful Turkey Take-Away dinner has come and gone. And Santa's helpers are still smiling!

#GetHomeSafeBC
#DriveSafeBC

ICBC drive smart

HAVE YOU HEARD?

TELUS launches call control feature to block spam calls on your home or wireless phone. It is free and easy to set up.

Call control requires unknown callers to listen to a brief message and manually respond with a one-digit code. For example, a first time dialer trying to connect to a customer with the call control feature will be greeted with a brief message stating “this number has call control – to get through, please press 9.” The number is randomly generated. Once the digit is pressed, the call will connect.

(info taken from Telus website)

Variety Plus

Come join us for some great fun!







Join Our Cast or Crew

Variety Plus will be welcoming new members to help with the production of our next show.

Have fun with Music, Dance and Comedy!
Wednesdays, starting Jan 26, 2022 @ 1PM in Hall C.

65Y+?

CHOOSE TO MOVE!



INFO SESSION | Mon, Jan 24 | 2:45 PM - 3:45 PM | Maple Ridge Leisure Centre

Are you 65+ and looking for motivation to become physically active? We have an info-session for Choose to Move happening **January 24 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/1486 or 604-467-7422
LEARN ABOUT CHOOSE TO MOVE | choosetomove.ca






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*
- *this spot could be you!*
- *Doc Livingstone*

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...

Joyce H. has been one of RMSS' longest standing volunteers. She brought her class and elegance in helping organize events, served in the coffee shop and as a lunch cashier, worked on committees, helped initiate Seniors Helping Santa, and more!

Although Joyce had "retired" from her volunteering roles, she has now moved so we will miss seeing her each day.

We wish you all the very best, Joyce!



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