

# GrapeVine



**RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows**  
**March & April 2022 Program Guide**



**April is Volunteer Appreciation Month!**  
**THANK YOU to Austin & Lynda for 10+ years of Line Dance instruction at RMSS!**

## FACILITY INFO

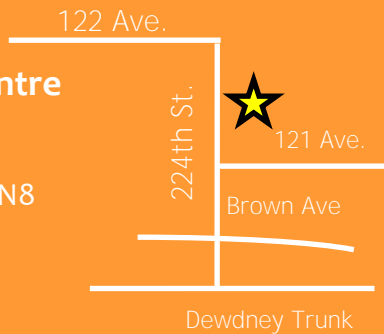
### Maple Ridge

#### 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 Apr 15 & 18*



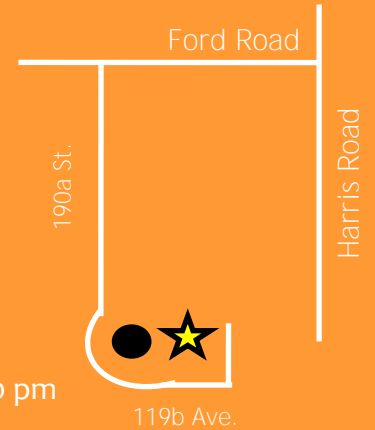
### Pitt Meadows

#### 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 Apr 15 & 18*



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



**VISION:** Connecting adults 55+ with a happy, healthy life  
**MISSION:** Providing services, fostering shared experiences, advancing the well being of adults 55+ in Maple Ridge and Pitt Meadows



**VALUE STATEMENTS: We strive to ...**

- ... be a community leader in relation to issues relevant to adults 55+.
- ... be a welcoming, inclusive, safe centre that celebrates adults 55+.
- ... be a hub of social, fitness, and educational activities for adults 55+.
- ... provide opportunities for volunteerism and community service for our members.
- ... be a caring, compassionate, accessible, and transparent organization that works to improve the lives of our members.
- ... remain relevant and responsive to member needs.

**GOALS:**

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

**STAFF PHONE DIRECTORY:**

- Executive Director, Maria Perretta**  
 604-477-9985; [maria@rmssseniors.org](mailto:maria@rmssseniors.org)
- Administrative Coordinator, Nancy Markham**  
 604-467-4593; [nancy@rmssseniors.org](mailto:nancy@rmssseniors.org)
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- You Connect Coordinator, Vanessa De Freitas**  
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**TABLE OF CONTENTS:**

A Message for You .....	3
Bus Trips .....	4
Membership Information .....	7
Program Overview ..	8-9
Program Information.....	10-27
Outreach Services..	21, 28-29
Driving Service.....	35
Fitness Feature.....	36-37
Around Town.....	38



**Stay HOME IF SICK**



## A MESSAGE FOR YOU

Hello everybody and welcome back. For the how many-ith time. As I am writing this, our exercise programs are up and running again, with restricted numbers, so that is a good thing. By the time you read this, we may have even more restrictions lifted. That is the current rumblings. Yea!!

The major piece of news I wanted to communicate in this edition is our Community Gaming Grant and Kitchen. You would have seen in a previous edition of the GrapeVine that we were not going to get the Community Gaming Grant for our food service that we have enjoyed for almost twenty years. That grant was \$72,000 for this current fiscal year. It is nothing we have done. The Gaming Branch has changed the guidelines for receiving any monies. We no longer qualify. We have looked for other grants, to not much avail, and will continue to look for grants and donations to make up the loss of the Gaming Grant funds.

In addition, I am sure you have all seen the various news reports on the increasing cost of food and we are having to pay the same sorts of increases for our kitchen supplies.

As a result, with the start of our new fiscal year on April 1, we will be taking a price increase on all of our meal service items. The main entrée meal will go from our current \$7.00 to \$8.50. Other items will increase proportionately. The full list is else where in this edition. (pg. 27)

Secondly, you may or may not know that a number of our programs get started with the help of grants from various sources. New Horizons for example. A number of these grants are to get programs started but not to fund their ongoing operations. Or the program must be up and running to then get a grant to support it. We have made the decision on a lot of our programs, that they are valuable to our members and worthy of us finding the dollars to keep them running. And, as per our kitchen, costs of operation for all programs are going up constantly.

As a result of that, and the fact we have not increased our membership fee since 2013, we will be increasing our membership fee to \$35.00. This will become effective as your membership comes up for renewal in our next fiscal year.

I know this is not the type of information you want to hear or that I want to tell you. But to keep Ridge Meadows Seniors Society operating and not in a money losing situation, they are moves that we must make. As always, we will look for grants and donations to augment and/or expand our services. We are also working on a fundraising program or event so watch for that later this year.

Stay safe and be well.

Don Mitchell

Ridge Meadows Seniors Society, President of the Board



## 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.

**Wednesday, April 20**

**EXPLORING 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.

*Level: Easy*

*Registration begins Mar 1*

**Wednesday, May 18**

**QUEEN OF PEACE MONASTERY**

**\$129**

This Dominican Nun's Monastery is located at the base of Cloudburst Mountain in the Squamish Valley. Take a tour with Sister Claire, witness the sisters singing their morning hymns and visit the monastery's chapel and unique gift shop. Lunch by the river in Squamish.

*Level: Moderate*

*Registration begins Apr 5*

**Saturday, May 28**

**HOLY MO AND SPEW BOY - Gallery 7 Theatre**

**\$139**

A distinctly Canadian post-modern re-telling of the stories of Moses and King David as performed by three well-intentioned but refreshingly flawed travelling clowns. Package includes lunch at Boy & Stern and 2:00pm showing at Gallery 7 in Abbotsford.

*Level: Easy*

*Registration begins Apr 12*

**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.





## Want an Easter ham dinner?



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

**Pre-order** your take-away meal from either RMSS centre's reception **by Apr 4.**

MR centre: 604-467-4993    PM centre: 604-457-4771  
(place order at the centre from where you will pick up)

**Meals: \$8.50 each**

**Dessert: \$2.00 extra**

**Pick up your meal(s) on Apr 14, 11:30am-1:00pm.**

# Be Proud To Show Your Pearly Whites!

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2. **Personalized and comprehensive care.**
3. **Our Warm, Inviting and Committed Denturist & Staff!**



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denture centre

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**Complimentary Cleaning & Polish with every Consultation!**

More information, visit us at:  
[www.lowermainlanddenture.ca](http://www.lowermainlanddenture.ca)

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

## MEMBERSHIP INFORMATION

### MEMBERSHIP INFORMATION

- ◆ Membership cost is \$25 and is valid for a full year.  
(Note: As of April 1/22, annual membership will increase to \$35.)
- ◆ 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.



Stay HOME  
IF SICK



### 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.**



## PROGRAMS AT MAPLE RIDGE – week at a glance

Fitness class information and descriptions on next pages.

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

Inquire at reception or check our website for more details.

MON	TUE	WED	THU	FRI
<b>Stay Fit 3</b> 8:30 - 9:15	<b>Walking Club</b> 8:45 - 9:45	<b>Stay Fit 3</b> 8:30 - 9:15	<b>Fit &amp; Fun</b> 8:30 - 9:15	<b>Stay Fit 3</b> 8:30 - 9:15
<b>Snooker</b> 8:45 - 4:00	<b>Snooker</b> 8:45 - 4:00	<b>Snooker</b> 8:45 - 4:00	<b>Snooker</b> 8:45 - 4:00	<b>Snooker</b> 8:45 - 4:00
<b>Table Tennis</b> 8:45 - 11:00	<b>Table Tennis</b> 8:45 - 11:00		<b>**Wellness Clinic</b> 9:00 - noon	<b>Table Tennis</b> 8:45 - 11:00
	<b>Chair Yoga</b> 9:00 - 9:45		<b>Tech Help</b> <i>(by appointment)</i>	<b>Ladies &amp; Beginners Snooker</b> 9:00-noon
<b>COFFEE SHOP OPEN 9:15-11:15am</b>				
<b>Chair Fit</b> 10:00 - 10:45	<b>Crafts</b> 9:30 - 11:30	<b>Chair Fit</b> 10:00 - 10:45	<b>**Silvertones</b> 10:15 - 11:30	<b>Chair Fit</b> 10:00 - 10:45
	<b>*Line Dance - Adv</b> 10:30 - 11:45	<b><span style="color: red; font-weight: bold;">NEW!</span> *Ukulele</b> 11:00 - 12:30	<b>**Sing-a-long</b> 10:15 - 11:30	<b>**Caregiver Connection</b>
<b>*Zumba</b> 11:15 - noon		<b>*BollyX</b> 11:15 - noon	<b>*Line Dance - Int</b> 10:30 - 11:45	<b>Table Tennis - Beg</b> 11:00 - noon
<b>LUNCH SERVED 11:30am - 1:00pm</b>				
<b>Carpet Bowling</b> 1:00 - 3:00	<b>Scrabble</b> 12:45 - 3:30	<b>ACBL (Bridge)</b> 12:30 - 4:00	<b>Duplicate (Bridge)</b> 12:30 - 4:00	<b>Partnership (Bridge)</b> 12:30 - 4:00
<b>Meditation</b> 1:00 - 2:00	<b>Crib</b> 1:00 - 4:00	<b>Social Bridge</b> 1:00 - 4:00	<b>Hawaiian Dance</b> 12:30 - 1:30	<b>Scrabble</b> 12:45 - 3:30
<b>Chair Tai Chi</b> 1:30 - 2:30	<b>Whist</b> 1:00 - 3:45	<b>Mexican Train</b> 1:30 - 4:00	<b>Mah Jong</b> 1:00 - 3:30	<b>Carpet Bowling</b> 1:00 - 3:00
<b>Line Dance - Beg</b> 1:30 - 2:45	<b>Beading</b> 1:30 - 3:30	<b>Tai Chi</b> 2:00 - 3:30	<b>Games</b> 1:30 - 3:30	
<b>**Book Club</b> 2:00 - 3:30			<b>Iceless Curling</b> 2:00 - 3:00	<b>Absolute Hearing</b>
<b>Gentle Hatha Yoga</b> 3:30 - 4:15	<b>**Foot Care w/ Vilma</b> <i>(Mon by appt.)</i>		<b>Gentle Hatha Yoga</b> 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 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
<b>COFFEE SHOP OPEN 9:15-11:15am</b>				
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
<b>LUNCH SERVED 11:30am - 12:30pm</b>				
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	<b>NEW!</b> *Ukulele 1:00 - 2:30 (Wednesday)	Table Tennis 1:15 - 3:30
Table Tennis 1:15 - 3:30	Iceless Curling 2:00 - 3:30	Meditation 2:45 - 3:45	Ladies Snooker 1:30 - 3:30 (Wednesday)	
**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	

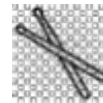
#### RHYTHM & REACH:

**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 Apr 15

#### 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 Apr 18



#### 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 Apr 15 or Apr 18



## 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	



Give it a try!  
**DROP-IN Apr 6**  
**\$5.00**

**Sess #2:** Mar 9, 16, 23, 30      reg. opens Feb 23

**Sess #3:** Apr 13, 20, 27, May 4      reg. opens Mar 30

#### 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 has moved to our Dance Class program info on page 20**



#### ZUMBA GOLD:

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

**Instructor:** Cathy

Always popular, **Zumba Gold** is a modified high energy cardio dance class which includes balance and strength with an underlying dance flavour. Dance styles include cha-cha, rumba, flamenco, salsa, mambo, swing, Bollywood, disco, tango and much more.

Weekday	Time	Centre	Room	Cost	Of Note
Mon	11:15am-noon	MR	Hall C	\$20/4 classes	



Give it a try!  
**DROP-IN Feb 28 & Apr 4**  
**\$5.00**

**Sess #2:** Mar 7, 14, 21, 28      reg. opens Feb 28

**Sess #3:** Apr 11, 25, May 2, 9      reg. opens Mar 28

## 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 Apr 15 & 18
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:** Virginia; **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 Apr 18
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. Welcome, Virginia & Sandi!



at MRSC

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

**Instructors: MR:** Virginia / Sandi

**\*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 Apr 18



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 #2:** Mar 8, 15, 22, 29 reg. opens Feb 15

**Sess #3:** Apr 12, 19, 26, May 3 reg. opens Mar 29

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

### 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 Apr 18
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 Apr 18
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 Apr 15
Fri -Beginner	11:30am-12:15pm	PM	Main Hall	\$2 drop-in	No class Apr 15



## 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 Apr 18
Thu	1:00-2:30pm	PM	Main Hall	\$1 drop-in	
Fri	1:00-3:00pm	MR	Hall B	\$1 drop-in	Not on Apr 15

### 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	



### 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 Apr 18
Mon	1:15-3:30pm	PM	Hall A	\$1 drop-in	Not on Apr 18
Tue	8:45-11:00am	MR	Halls A&B	\$1 drop-in	
Wed	11:30am-1:30pm	PM	Main Hall	\$1 drop-in	
Fri	8:45-11:00am	MR	Hall A	\$1 drop-in	Not on Apr 15
Fri	11:00am-noon - Beginners*	MR	Hall A	\$1 drop-in	Not on Apr 15
Fri	1:15-3:30pm	PM	Main Hall	\$1 drop-in	Not on Apr 15

## 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 Apr 15 & 18
Mon & Fri	9:00am-4:00pm	PM	Snooker	\$2 drop-in	Not on Apr 15 & 18
Wed - Ladies	1:30-3:30pm	PM	Snooker	\$2 drop-in	
Fri - Ladies	9:00am-noon	MR	Snooker	\$4 drop-in	Not on Apr 15
Fri - Beginners	9:00am-noon	MR	Snooker	\$4 drop-in	Not on Apr 15

### 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. Most require you to bring a partner. If looking for a partner OR interested in learning to play email [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org).

Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:45pm	PM	Hall B	\$1 drop-in	<i>Not on Apr 18</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	<i>No partner required</i>
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	<i>Not on Apr 15</i>

### 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](mailto: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	Not on Apr 15

### 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	Mar 10 & Apr 7

### 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 - 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. Keren is an excellent, entertaining instructor!



**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	<b>Pre-registered: see dates below</b>
<b>DROP-IN \$5.00</b> <b>Mar 3 &amp; Apr 7</b>		Sess #2: Mar 10, 17, 24, 31		reg. opens Mar 3	\$20/4classes	
		Sess #3: Apr 14, 21, 28, May 5		reg. opens Mar 31	\$20/4classes	
Line Dance -beg.	Mon	11:30am-12:30pm	PM	Main Hall	\$1 drop-in	Not on Apr 18
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$1 drop-in	Not on Apr 18
-adv.	Tue	10:30-11:45am	MR	Hall C	\$8/8 classes	<b>Pre-registered; min. 5 years' experience</b>
-int.	Thu	10:30-11:45am	MR	Hall C	\$8/8 classes	<b>Pre-registered; min. 2 years' experience</b>

# CULTURAL CONNECTION EDUCATIONAL FORUM 2022

Laughing Matters - Using  
Humour to Keep Your Brain  
Young & Healthy!

## Join RMSS & Key Note Speaker Terry Small for this Humourous Presentation,

Brain research has a great deal to say about the role of humour in life and learning. Laughter is a great gift that we can give our brain. It's also a gift we give to others.

Life is better with laughter!

Join us for this day of fun!



New  
Horizons  
for Seniors  
Program

*This program has been funded by the Federal  
Government New Horizons for Seniors Program*

**Cost \$10**

On Sale Beginning  
Monday, February 28th

You Do Not Need To Be A  
Member To Attend!

Tickets Include:

- Entry to Forum
- Lunch & Snacks
- Community Resources
- Various Guest Speakers
- Door Prizes
- Dancing
- 1 Full Meal Ticket for Use  
at a Later Date

An Educational Forum  
For Seniors & Seniors  
In Training



TWO DATES TO CHOOSE FROM:

MAPLE RIDGE MARCH 12 10:30AM - 3:30PM

PITT MEADOWS MARCH 19 10:30AM - 3:30PM

For more information contact Bev at 604-380-0516

## 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)

Meets twice monthly. Email [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org) if interested. THREE groups in place: “Beyond Words” (voracious readers), “Scenic Route” (more dissection), and now “The Mavericks” (welcome to Greg, our newest facilitator). “The Mavericks” is currently accepting new members.

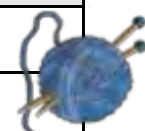
Weekday	Time	Centre	Room	Cost	Of Note
Mon	2:00-3:30pm	MR	Lounge	\$1 drop-in	Meeting Mar 7, 21, Apr 4, 25

### 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.

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 CHOIR:

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

The Silvertones are back with renewed purpose to again become a performance choir (35 year history). Masks worn while singing. Upcoming dates below. (alternate Thursdays to the Sing-a-long)

*Note: Looking for choir director and pianist. Interested? Contact: [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org)*

Weekday	Time	Centre	Room	Cost	Of Note
Thu	10:15-11:30am	MR	Halls A&B	\$1 drop-in	Mar 3, 17, 31 Apr 7, 21, May 5, 19



## PROGRAM INFORMATION - Music

### SING-A-LONG with Cliff:

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

Enjoy some golden oldies. Masks worn while singing. Meet 2<sup>nd</sup> & 4<sup>th</sup> Thursdays. Upcoming dates below. (alternate Thursdays to the Silvertones Choir)

Weekday	Time	Centre	Room	Cost	Of Note
Thu	10:15-11:30am	MR	Halls A&B	\$1 drop-in	Mar 10, 24, Apr 14, 28 May 12, 26

### UKULELE:

**Cost: \$13 / 13 weeks** (pre-reg)

Ready to return to Ukulele? Starting April 6, you can. Choose the location for your pre-registered session and retrain those fingers. Some ukuleles may be available to borrow from the instructors.

Weekday	Time	Centre	Room	Cost	Of Note
Wed	11:00am-12:30pm	MR	Social Activity	\$1 drop-in	Registration opens Mar 16
Wed	1:00-2:30pm	PM	Hall A	\$1 drop-in	Registration opens Mar 16

### KARAOKE:



With the current lifting of provincial restrictions, RMSS can start to plan for a return to Karaoke!

To start, we are looking for volunteers who are interested in supporting this activity.

Training, certification in Food Safe and Serving it Right will be provided. Other positions also available.

Contact Kara if you are interested:  
kara@rmssseniors.org

## SPEC PRODUCTIONS tacular THEATRE GROUP

# Out of the Hat

## SPRING MUSICAL REVUE

### PITT MEADOWS SENIORS ACTIVITY CENTRE

19065 119B Avenue, Pitt Meadows, BC

**Saturday, April 23, 2022**

Showtimes · 4 - 5:30pm & 6:30 - 8pm

### MAPLE RIDGE SENIORS ACTIVITY CENTRE

12150 224 Street, Maple Ridge, BC

**Friday, April 29, 2022**

Showtime · 7 - 8:30pm

**Saturday, April 30, 2022**

Showtimes · 2:30 - 4pm & 6 - 7:30pm

Tickets \$20 · available through The ACT Arts Centre

f @spectacularproductions

# PROGRAM INFORMATION

## TECH HELP:

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

**Volunteers:** MR: Peter/Holly; 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 Apr 18
Thu	9:00am-noon	MR	Library	\$2 by appt	

## TAX CLINIC:

**Cost:** free, by appointment

See poster on next page.

## 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	Mar 10, 24, Apr 14, 28



## PROGRAM INFORMATION

# It's Almost Tax Season!



### WHAT YOU NEED TO KNOW:

#### TO QUALIFY:

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

Come and get your 2021 tax return completed for free by one of our volunteers.

**RMSS membership not required to receive this complimentary service.**

\*Volunteers unable to assist with income tax returns for deceased individuals or bankruptcy\*

### Appointment required

**Mar 2 - May 4**

(book at the centre of your appointment location choice)

#### Maple Ridge centre

**Wednesdays**  
**10:00 - 3:00pm**

12150 224 Street  
Maple Ridge  
**604-467-4993**



#### Pitt Meadows centre

**Thursdays**  
**10:00-2:00pm**

19065 119B Avenue  
Pitt Meadows  
**604-457-4771**



# THINGS YOU DON'T WANT TO MISS!



## SILVERTONES CHOIR

For those who love to PERFORM!  
The choir is back!

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

March 3, 17 & 31  
April 7 & 21  
May 5 & 19

Drop-in: \$1.00

## SING-A-LONG with Cliff

For those who rather just SING!  
Sing-a-long with Cliff has moved:

2nd & 4th Thursdays  
10:15-11:30am

March 10 & 24  
April 14 & 28  
May 12 & 26

Drop-in: \$1.00

For close to 35 years, the Silvertones Choir performed in local care homes and public venues. They are back with renewed purpose to again become a performance choir. You are welcome to join!



Interested in accompanying the choir on piano or keyboard?  
Contact Carmen at 604-477-0425

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



## 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



## monthly event



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



## SENIORS WELLNESS CLINIC

Helping you take care of YOU!

55+



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!





## 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	<b>new dates!</b>	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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## info session


### EMERGENCY PREPAREDNESS What Every Senior Should Know!

Want to learn more about how to prepare yourself, your family, and your pets for an emergency? Barbara Morgan, Manager of the Emergency Programs for the City of Pitt Meadows, will show you why and how to be prepared, steps to prepare for, respond to, and recover from floods, earthquakes, heat waves, and other disasters.

**Friday, April 8 10:00 - 11:30am**  
**FREE** - pre-registration required.  
Call 604-457-4771


Attendees receive a free resource workbook

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



## RMSS PRICE CHANGES

RMSS Year Membership	\$35.00
Full Meal (Hot & Frozen)	\$8.50
Soup (Hot & Frozen)	\$4.00
Sandwich	\$4.50
Salad	\$6.00
Dessert	\$2.00



**New Prices in Effect: April 1, 2022**

**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:**  
**Friday, April 15 & Monday, April 18**  
**EASTER WEEKEND**

# 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](mailto: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.

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

## THE WESBROOKE SENIORS LIVING COMMUNITY

*Imagine...*

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

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

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

*Assisted Living...*

*The Care & Comfort You Deserve*

**Our Manor experience has...**

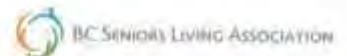
- A registered 30 suite assisted living residence
- Certified nurse on staff
- 24 hr. staffing for security & comfort
- Services available for your individual needs
- Studios & 1 bedroom suite

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



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

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



**2019 Favourite Retirement Residence**

# OUTREACH SERVICES - Support Groups & Info

## EDUCATIONAL SPEAKER

Presented by: Caregiver Connection & Support Group



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



**Time:** 1:00—2:30 pm  
**Date:** April 14, 2022  
**Location:** Maple Ridge Seniors Centre: Library

**Everyone Welcome!**

**Topic:** Care for the Caregiver

Join us on April 14th to listen to a speaker from Seniors Health & Wellness Institute (COSCO) will be speaking on Care for the Caregiver. Come join us as we examine causes of caregiver burnout and suggest how to prevent it. Sources of assistance and supports that are available are reviewed.



**To Register: Contact:** 604-380-0517  
**Raman Narang, Caregiver Connections Coordinator**  
 raman@rmssseniors.org



**Maple Ridge Seniors Activity Centre**  
 12150 224th Street, Maple Ridge

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

Our caregiver educational support program is funded by the Government of B.C. and managed by the United Way in partnership with FCBC.





## Ridge Meadows Seniors Society Caregiver Connection & Support

Are you caring for an adult 55+? Are you feeling overwhelmed?

Connect with other caregivers today. Share your concerns, find balance and receive emotional support. Learn new skills to help reduce caregiver stress.

### FREE DROP-IN SUPPORT GROUP

Weekly at Maple Ridge Activity Centre  
 Weekly at Pitt Meadows Activity Centre  
 Also Available On Zoom

Drop-In Includes:

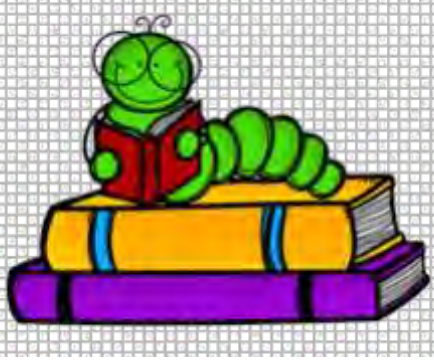
- One to One Support & Telephone Support
- Circle of Care Support
- Monthly Educational Sessions for Caregivers to Learn New Tools & Resources

To Register or For More Info Contact:  
 Raman Narang, Caregiver Connection Coordinator  
 raman@rmssseniors.org  
 604-380-0516




Funded by the Government of B.C. and managed by United Way BC, in partnership with FCBC.

**For more information call Raman at: 604-380-0516 or email: [raman@rmssseniors.org](mailto:raman@rmssseniors.org)**



## RETURN OF THE RMSS MAPLE RIDGE LIBRARY ROOM:

The Library will be open during centre hours when no activities are using the room. The return bin will be placed outside the door so you can drop-off returns if the room is in use.

Thank you for your donations! Our shelves are now full, but RM Hospice Thrift will happily accept gently used books and puzzles.

The Grab 'n Go Library has been a huge success. Our Library Volunteers kept the COVID blues at bay by keeping us engaged with books, puzzles and activity sheets for 2 years! Thank you Amy, our original book-fairy, for setting us up; Mary Ann for maintaining it and managing donations; Carla for organizing our collection.

# ENCORE CAREERS

## Employment Program

IDENTIFY SKILLS | RETIREMENT PLANNING | ENCORE CAREER BRIDGE

### PROGRAM ELIGIBILITY

- Canadian citizen, permanent resident, or protected person (under the Immigration and Refugee Protection Act, S.C. 2001, c.27) legally entitled to work in Canada;
- Living in British Columbia;
- Not actively participating in another provincially or federally funded labour market program;
- Currently Unemployed, or Precariously Employed;
- Age 55+

### PROGRAM HIGHLIGHTS

- 5 weeks in-class training
- Individual customized support
- Home Based Jobs
- Gig Jobs
- Access to industry-specific training and certifications
- Link to further education
- Digital Literacy Skills
- Job Search Strategies in today's technological environment

### CONTACT US

T. (604) 777-6147

E. [ttg@douglascollege.ca](mailto:ttg@douglascollege.ca)

[www.douglascollege.ca/encore-careers](http://www.douglascollege.ca/encore-careers)

## VOLUNTEER SERVICES

# Volunteer Appreciation



Each year RMSS participates in  
**Volunteer Canada's National Volunteer Week.**  
 This year's theme is "Empathy in Action".

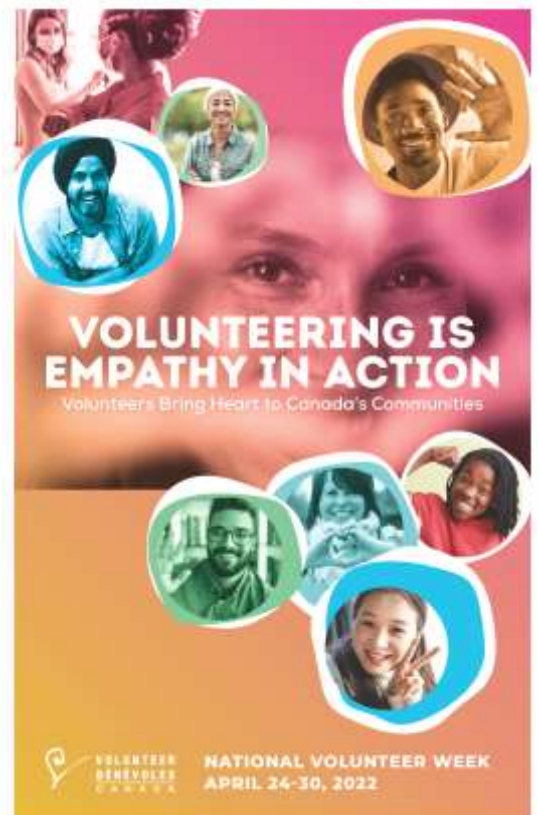
Empathy is the capacity to understand, think and feel from another person's perspective. Empathy empowers compassionate action that supports without becoming overwhelmed or overbearing. Empathy fosters acceptance, connection and a strong sense of community.

You'd be hard-pressed to find truer examples of Empathy in Action than our own dedicated and caring RMSS Volunteers! No matter the role, each volunteer calls upon their deep sense of empathy to lend a hand and an ear...to offer knowledge and support...to give their time and heart.

Please help us celebrate our volunteers! Offer them some extra kindness and understanding.

We welcome your stories about volunteers who have made a difference or brightened your day.

Send your Empathy in Action "shout-outs" to our Volunteer Coordinator in time for National Volunteer Week, April 24-30: [kara@rmssseniors.org](mailto:kara@rmssseniors.org)



Note to self: write Kara about the time the volunteer driver went out of their way for me...or the time the Food Bank Volunteer took care to...

**Lisa Beare, MLA**

*Maple Ridge - Pitt Meadows*

**Bob D'Eith, MLA**

*Maple Ridge - Mission*



**SENIORS HOUSING COMING TO MAPLE RIDGE**

The provincial government, through BC Housing, is working on a range of new housing options in Maple Ridge. Residents of the modular housing currently located at 22548 Royal Crescent will be moved to new purpose-built supportive homes on a permanent site. Once the Royal Crescent site is vacated, BC Housing will explore new affordable rental housing development options at the site for seniors in the community. In the coming months, BC Housing will submit a rezoning application to the City of Maple Ridge for the seniors housing and will host community engagement sessions.

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

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



LEGISLATIVE ASSEMBLY  
OF BRITISH COLUMBIA


**Lisa Beare, MLA**

*Maple Ridge - Pitt Meadows*


604-465-9299

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

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



# Beez foot care




Vilma Baldoz-Abalos

## Footcare Services

Certified Footcare Nurse / Registered Nurse

**\$35 for approx. 15-20 minute appointment**

Upcoming dates (Mondays): Mar 14 & 28  
Apr 11 & 25  
May 9 & 16



**Call or text Vilma to book:  
778-998-2013**

at Maple Ridge Seniors Activity Centre  
12150 224 St., Maple Ridge

## NEW: ADULT COGNITIVE WELLNESS PROGRAM





Space Available with COVID-19 Safety Protocols

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

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

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

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

**Program Days & Locations:**  
Mondays at the Pitt Meadows Seniors Centre  
Thursdays at the Maple Ridge Seniors Activity Centre

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

# 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**



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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

# 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**<sup>®</sup>  
Home Care

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

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

## 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 book at least one week 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
<b>**Duffy</b> 604-466-9617  Looking for more volunteer drivers	<b>**Duffy</b> 604-466-9617  <b>**Louise</b> 604-512-4351  <b>**Sheila</b> 604-463-8929	Claudia 604-467-8385  <b>**Louise</b> 604-512-4351  <b>**Peter</b> 604-230-5732	Anne 604-763-5623  <b>**Duffy</b> 604-466-9617  <b>**Louise</b> 604-512-4351  <b>**Peter</b> 604-230-5732	Claudia 604-467-8385  <b>**Duffy</b> 604-466-9617  <b>**Louise</b> 604-512-4351  <b>**Peter</b> 604-230-5732
- <b>afternoons</b> -  <b>**Louise</b> 604-512-4351				

#### 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

## FITNESS FEATURE

### Feeling the COVID & Winter Blues?

#### Introduce exercise into your daily lifestyle

Are you feeling like you've been locked up and isolated for a while now? This could be due to COVID-19 restrictions, not feeling safe to go out into public, the winter weather or just not feeling energetic at all. You are not alone. It's been hard to get out of the house and get groceries and everyday things that we took for granted before COVID-19, let alone to get our exercise time in, especially under these circumstances lately. The current Public Health Order does include that everyone must be double vaccinated and must provide proof in order to participate in a fitness class or program. Masks must be worn in our buildings but may be removed if you choose once you are in the "marked space" of a fitness class. Social Distance is being followed.



Now that we are moving towards early spring, we should be thinking about getting started with our exercise again or continuing with our ongoing programs. We can start to move them outside



as weather allows over the next few months. Walking when possible is great, with fresh air after the winter being shut in. So many possibilities moving into spring with our exercise goals.

What are some benefits of exercise? We know it is good for our health. Did you know that it can help increase the quality of your daily living? You may have heard that by now, but it is very true. It can help increase strength, mobility, reduce the risk of falls, is good for our brains, help with digestion, the list goes on.... One of my favorites is the social connection. I love leading fitness classes! I've been doing this job for 42 years now! It's great when people interact before, during and after a class. It's so much fun! Everyone is enjoying themselves and laughing while we're exercising. The time goes by quickly. Overtime, friendships build and grow. Participants look forward to coming to "their" class. Some meet for coffee or tea after or go to other programs at the centre. A great way to meet friends.

Do you know what is available in your community that may be of interest to you to start with? If you are someone that has exercised for a while, then you probably do know what is "out there" and available to you, but if not, it can be a bit overwhelming and maybe even a little intimidating at first. This may hold you back from making the first step to a new exercise regime. The Ridge Meadows Seniors Society (RMSS) offers many fitness programs, some on a drop-in and pre-registered basis. There are a variety of program types and class levels at both Maple Ridge and Pitt Meadows centres. Do you know what else may be offered at your local recreation/leisure centre? There may be programs that are specialized for your age group held at these locations as well as the RMSS. You can check into those programs by calling the centres directly.

If you are new to exercise and do not know where to start, there is a program called Choose to Move & ActivAge offered at Pitt Meadows Family Recreation Centre and Maple Ridge Leisure Centre which is a free program for those inactive 65 yrs+ who qualify. Please contact these centres directly for information/ registration.

The items you will need to bring with you to an exercise program are a water bottle and a towel if you would like. You may want to bring your own equipment such as a mat, hand weights, band. Some of these items may be supplied and must be cleaned after use. Wear loose clothing and a hoodie or cardigan you can take off and put back on during the class as you warm up and cool down.

Once you have found the exercise class or program that you would like to try, just do it! Give yourself permission to take it slowly, at your own pace - enjoy yourself. Remember it should be fun. If you're feeling that it's too hard a level, work slower at your own level. Next time you may want to stick with this class, it may get easier after a few weeks or try a different class. Find what class is right for you. Always be proud of yourself...you started! You did it! That, in itself, is such an achievement! And if you need a little more encouragement, imagine you hear my voice in your head saying to you "Way To Go! You Got This!"



By Lori Briggs  
 BCRPA Supervisor of Fitness Leaders  
 Group Fitness, Weight Training, Older Adult, Osteofit, Aquatic Fitness, Yoga Fitness,  
 Owner/Operator of Lifeline Fitness

### Cruise to Hawaii

Join us on a 16-night **Fall** cruise to Hawaii  
 Aboard **Holland America's Koningsdam**  
 October 8 - 24, 2022 Vancouver to Vancouver  
Itinerary: Vancouver, 5 sea days, Maui, Hilo,  
 2 nights in Honolulu, Port Allen (Kauai),  
 5 sea days, Vancouver  
 Fares starting from: Interior (J) - \$2498  
 Ocean View (C) - \$3123  
 Vista Suite (B) - \$3885

### Tour of England/ Scotland/Ireland

Join us on a 23-day **Summer** bus tour of the UK  
 Aboard one of **Trafalgar's** beautiful coaches  
 June 15 - July 7, 2023 London to London  
Itinerary: call for further information  
 604-380-0820 or 778-870-6470  
Includes: 22 nights accommodation, 30 meals,  
 transportation, UNESCO sight, included excursions  
 Fares starting from: \$6895CAD

### Expedia Cruises in Maple Ridge/Pitt Meadows

Air, Land & Sea Vacations

#110 - 22550 Dewdney Trunk Rd.  
 Maple Ridge, B.C. Canada V2X 3J9  
 604-380-0820  
 BC Reg# 53577



# AROUND TOWN

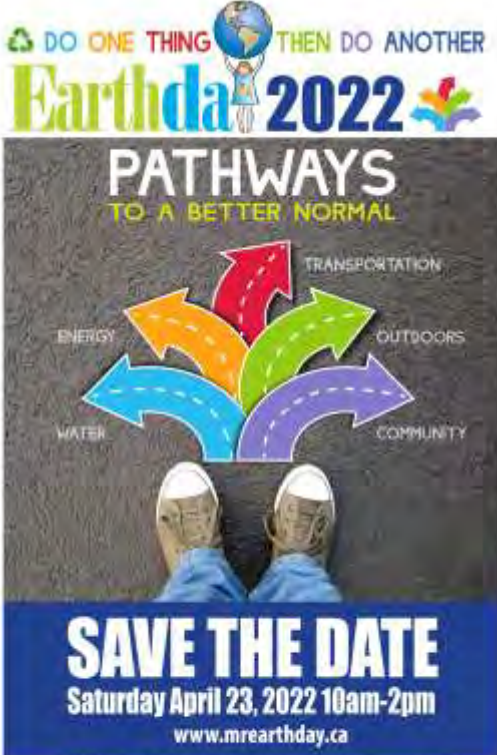


**Maple Ridge Garden Club**

Monthly meetings every 3rd Wednesday at Fraserview Hall. Doors Open at 6:30pm

Masks and vaccine cards required.

For more info:  
[www.mrgardenclub.wix.com/mapleridgegardenclub](http://www.mrgardenclub.wix.com/mapleridgegardenclub)



DO ONE THING THEN DO ANOTHER  
**Earth Day 2022**

**PATHWAYS TO A BETTER NORMAL**

ENERGY, WATER, TRANSPORTATION, OUTDOORS, COMMUNITY


**SAVE THE DATE**  
 Saturday April 23, 2022 10am-2pm  
[www.mrearthday.ca](http://www.mrearthday.ca)



**FREE** services for seniors and their dogs

- dog walking
- transportation to and from vet and groomer
- foster care
- services available in Maple Ridge/Pitt Meadows

Contact: 1 - 855 - 336 - 4226  
 email: [elderdogvancouverldr@gmail.com](mailto:elderdogvancouverldr@gmail.com)  
[elderdogvancouvercom@gmail.com](mailto:elderdogvancouvercom@gmail.com)





**In-person dementia education**



**Understanding communication** | Learn how dementia can affect communication. We'll also explore common tips and strategies for communication and connecting. *For caregivers.*

Date: Monday, March 14, 10 a.m. – noon  
 Location: Landing Sports Centre  
 Clover Room  
 45530 Spadina Avenue  
 Chilliwack, B.C.

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

**Creative Dimension**  
*Adult 55+ Visual Arts Program*

Maple Ridge Leisure Centre  
 Wed. 10am - 11:30am  
 Feb. 23 - Mar. 30

To register visit [www.mapleridge.ca/1484/Program-Registration](http://www.mapleridge.ca/1484/Program-Registration)  
 or call 604 467-7422

Collage, Abstracts, Clay,  
 Fibre, Photography

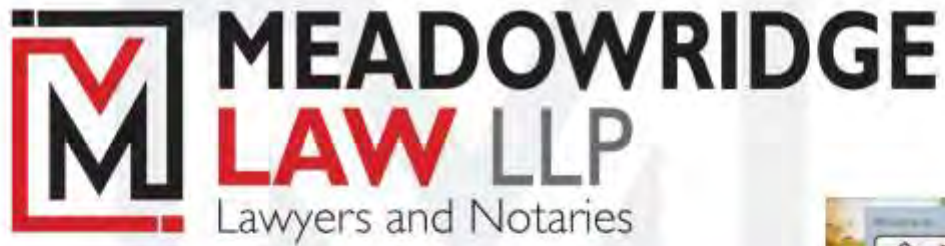
Free Program - All materials supplied.  
 Artwork may be exhibited during Seniors Week JUNE 6 to 12, 2022



For more information, email Heather at [seniorsnetworkmpk@gmail.com](mailto:seniorsnetworkmpk@gmail.com)  
 or call: (604) 786-7404. [www.seniors-network.ca](http://www.seniors-network.ca)



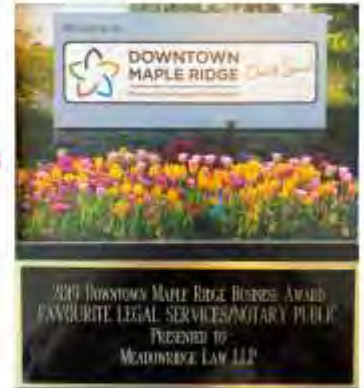




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**We handle Home Purchases, Sales, Mortgages, Refinances & Reverse Mortgages**

**We also practice Family Law.**



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

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

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**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

 <h3>Programming</h3> <p>RMSS offers a wide range of activities including Arts, Education, Fitness, Sports, Meditation classes and more. Find an activity today!</p> <p><a href="#">SEE SCHEDULES</a></p>	 <h3>Services</h3> <p>RMSS offers services such as HairCare, Hearing Services, Wellness Clinics, Meal Services, Tax Clinics and Transportation services.</p> <p><a href="#">LEARN MORE</a></p>	 <h3>Support</h3> <p>RMSS offers several outreach services to seniors as well as their caregivers. RMSS also offers food security for seniors in need.</p> <p><a href="#">LEARN MORE</a></p>
 <h3>Lunch Menus</h3> <p>Take away meals are served from both activity centres Monday - Friday. No membership is necessary to purchase meals.</p> <p><a href="#">WEEKLY MENUS</a></p>	 <h3>Become a Member</h3> <p>Memberships cost \$25 for one year and is valid at both our activity centres locations. Lifetime memberships are available to 90+.</p> <p><a href="#">MEMBERSHIP INFO</a></p>	 <h3>Volunteer</h3> <p>RMSS Activity Centres are run primarily by volunteers. If you're interested in becoming a volunteer please read more!</p> <p><a href="#">LEARN MORE</a></p>

Have you checked out RMSS' newly updated and user friendly website?  
Go to [www.rmssseniors.org](http://www.rmssseniors.org) and explore!

## RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2021/2022

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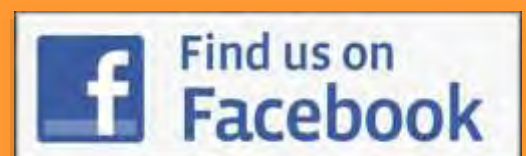
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