

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows May & Jun 2022 Program Guide



**Our Cultural Connection Education Forums were fantastic events!
Thank you to all participants, organizers, and attendees.**

FACILITY INFO

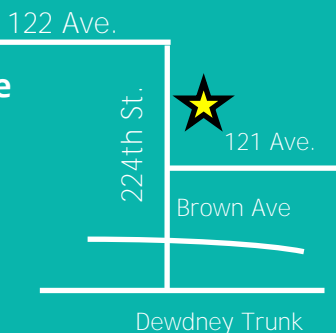
Maple Ridge

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 May 23



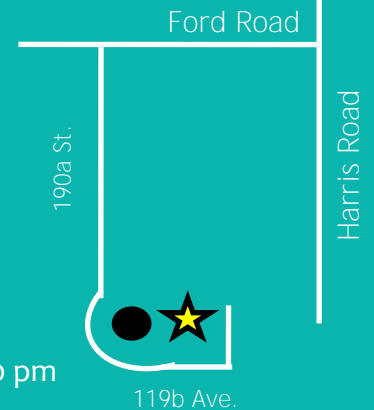
Pitt Meadows

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 May 23



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
- Administrative Coordinator, Nancy Markham**
 604-467-4593; nancy@rmssseniors.org
- Activity Coordinator, Carmen Tischer**
 604-477-0425; carmen@rmssseniors.org
- Outreach Coordinator, Bev Schmahmann**
 604-380-0516; info@rmssseniors.org
- Volunteer Coordinator, Kara Matthew**
 604-380-0517; kara@rmssseniors.org
- Caregiver Connection Coordinator, Raman Narang**
 604-380-0516; raman@rmssseniors.org
- PM Facility Coordinator, Marcia de Vega**
 604-457-4771; pmsc@rmssseniors.org
- You Connect Coordinator, Vanessa De Freitas**
youconnect@rmssseniors.org

TABLE OF CONTENTS:

A Message for You	3
Bus Trips	4
Membership Information	7
Program Overview	8-9
Program Information.....	10-27
Outreach Services..	28-29
Driving Service.....	31
Fitness Feature.....	32
Around Town.....	34



A MESSAGE FOR YOU

Well, it's official! The buzz is back at our centres. It's been such a pleasure to have some sense of normalcy back. We even had the opportunity to finish off our New Horizons for Seniors Cultural Connections Project with our annual Education Day. We went all out and had TWO this year, one at Pitt Meadows and the other in Maple Ridge. Everyone always looks forward to the education day to meet with others, learn something new and get inspired but this year was particularly special because it was the first time we were able to gather as a very large group indoors in two years. A great big thank you to all the staff and volunteers who assisted to make these two days a great success! I hope you enjoy seeing some of the photos on the front cover. (And on our back cover you'll see that Variety Plus is returning with a Spring Show! See pg. 27 for details.)

A few grant opportunities have come up to support seniors in our communities and I'm so pleased to report that all of our applications have been successful.

Good Food Access Fund- This grant allows us to meet the nutritional needs of approximately 100 people per month through our hot meal program (go-go meals) as well as grocery gift cards.

Petro Canada Caremakers- As you know, RMSS has partnered with Cognitive Wellness Program to offer an opportunity for therapeutic recreation for older adults in an effort to increase the amount of self-care time for caregivers.

New Horizons Grant- through the government of Canada. This money will assist in a much needed facelift of the Pitt Meadows Seniors Centre. Wall repairs, new paint and a new commercial freezer will be the benefits of this grant.

Connect to Care Program- through Fraser Health & SPARC BC. The aim of this project is to distribute smartphones to clients who have difficulty accessing health and social services because they do not have a phone.

Caregiver Connection & Support Program- through the United Way. Our project supports people, in a variety of ways who are caregiving for older adults. We have been given the opportunity to extend until March 2023.

If you or someone you know can benefit from any of these programs please inquire with Bev or myself.

Lastly, we had some exciting news come our way in early March. Ridge Meadows Seniors Society was named the Non Profit of the Year at the Ridge Meadows Chamber of Commerce Business Excellence Awards. We are so very thrilled to accept this award. It's been a pretty tough last few years but this award is a testament to the dedication and commitment of our volunteers and staff. Thanks again to everyone who makes our centres a second home to many local seniors.

Overall, I think it's safe to say that we are off to a really great start of 2022! I look forward to see what the rest of the year has in store for us all.



Maria Perretta

Executive Director, Ridge Meadows Seniors Society

BUS TRIPS



*Due to the current situation in Ukraine and the resulting increase in gas prices Enjoy The Journey has to institute a fuel surcharge of \$5 per person per day tour (included in list price). According to reports gas will remain high for the foreseeable future but rest assured the fuel surcharge will be removed once prices return to normal. We appreciate your understanding.

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, 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

Friday, June 3 **SENIORS PARTY CRUISE** **\$164***

Take a three hour toe tapping rcruise aboard Golden Eagle's 52' private vessel. Soak up the fresh air on the upper deck cruising the West Vancouver shoreline to the sounds of Johnny Cash, June Carter, Elvis and Bill Withers to name a few!

Level: Easy

Registration begins May 3

Tuesday, July 19 **MALAHAT SKYWALK** **\$164***

Experience the ultimate natural high at Vancouver Island's newest attraction! Malahat Skywalk is an accessible 600m TreeWalk through a beautiful arbutus forest leading to a spectacular sightseeing lookout.

Level: Moderate

Registration begins Jun 14



Maureen enjoying her lunch while on Westham Island tour.

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.



celebrate



SENIORS WEEK 2022

June 5-11, 2022

with Ridge Meadows Seniors Society



This year, Phil Van Loo will perform and we can get up and dance!

Two dates to choose from:



Tue Jun 7
2:00-3:30pm

MR centre
12150 224 St. Maple Ridge
604-467-4993

\$5 per event
TICKETS GO ON
SALE MAY 10

Thu Jun 9
2:00-3:30pm

PM centre
19065 119B Ave. Pitt Meadows
604-457-4771



Lisa Beare, MLA
Maple Ridge - Pitt Meadows

Bob D'Eith, MLA
Maple Ridge - Mission



CONGRATULATIONS

TO THE RIDGE MEADOWS SENIORS SOCIETY ON WINNING THE CHAMBER NON PROFIT OF THE YEAR AWARD!

COFFEE & CONVERSATION

MEET YOUR MLAS AND ENJOY A COFFEE AND TREAT ON US

FRIDAY MAY 27TH 10-11AM
MAPLE RIDGE SENIORS ACTIVITY CENTRE
 12150 224 ST, MAPLE RIDGE

COMPLIMENTARY COFFEE AND TREATS

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



<p>Bob D'Eith, MLA <i>Maple Ridge - Mission</i> 604-476-4530 bob.deith.MLA@leg.bc.ca www.bobdeith.ca</p>	 LEGISLATIVE ASSEMBLY OF BRITISH COLUMBIA	<p>Lisa Beare, MLA <i>Maple Ridge - Pitt Meadows</i> 604-465-9299 lisa.beare.MLA@leg.bc.ca www.lisabeare.ca</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------

MEMBERSHIP INFORMATION

MEMBERSHIP INFORMATION

- ◆ Membership cost is \$35 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 recommended, not mandatory.



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
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	Book Club 10:00 - 11:30	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 10:00 - 11:30	Chair Fit 10:00 - 10:45
	*Line Dance - Adv 10:30 - 11:45	*Ukulele 10:15 - 11:45	*Line Dance - Int 10:30 - 11:45	**Book Club 10:00 - noon
*Zumba 11:15 - noon		*BollyX 11:15 - noon		Table Tennis - Beg 11:00 - noon
LUNCH SERVED 11:30am - 1:00pm				
Carpet Bowling 1:00 - 3:00	Scrabble 12:45 - 3:30	ACBL (Bridge) 12:30 - 4:00	Duplicate (Bridge) 12:30 - 4:00	**Caregiver Connection
Meditation 1:00 - 2:00	Crib 1:00 - 4:00	Social Bridge 1:00 - 4:00	Hawaiian Dance 12:30 - 1:30	Partnership (Bridge) 12:30 - 4:00
Chair Tai Chi 1:30 - 2:30	Beading 1:30 - 3:30	Tax Clinic <i>(by appointment)</i>	Mah Jong 1:00 - 3:30	Scrabble 12:45 - 3:30
Line Dance - Beg 1:30 - 2:45		Mexican Train 1:30 - 4:00	Games 1:30 - 3:30	Carpet Bowling 1:00 - 3:00
**Book Club 2:00 - 3:30		Tai Chi 2:00 - 3:30		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 (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	*Line Dance Remix 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; 12:30-3:00pm				
Chair Yoga 10:15 - 11:00	Scrabble 10:00 - noon	Chair Fit 1 10:15 - 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 - 1:30	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 - 3:00	Carpet Bowling 1:00 - 2:30	Crib 1:00 - 3:30
Tech Help (by appointment)		Ballet 2:00 - 3:00	*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		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	



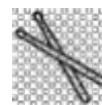
RHYTHM & REACH:

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	



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 May 23



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 May 23



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 May 11 &
Jun 15 \$5.00/class**

Sess #4: May 18, 25, Jun 1, 8 reg. opens May 4

Sess #5: Jun 22, 29, Jul 6, 13 reg. opens Jun 8



Join Adela and the girls at our next BOLLYX drop-in!

Always a lot of fun!

Note that most of our pre-registered classes offer a no commitment \$5 drop-in. Look for the starburst!



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 May 16 &
Jun 27 \$5.00/class**

Sess #4: May 30, Jun 6, 13, 20 reg. opens May 9

Sess #5: Jul 4, 11, 18, 25 reg. opens Jun 20



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 May 23
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 May 23
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 May 23



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



Give it a try!
DROP-IN May 3 & 31
\$5.00/class

Sess #4: May 10, 17, 24, 31 reg. opens May 3

Sess #5: Jun 21, 28, Jul 5, 12 reg. opens May 31

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	No class May 23
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 May 23
Wed -Practiced *see note above	2:00-3:30pm	MR	Hall B	\$2 drop-in	
Fri -Practiced	10:15-11:00am	PM	Main Hall	\$2 drop-in	
Fri -Beginner	11:30am-12:15pm	PM	Main Hall	\$2 drop-in	



PROGRAM INFORMATION - Sports

CARPET BOWLING:

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



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

Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:00pm	MR	Halls A&B	\$1 drop-in	Not on May 23
Thu	1:00-2:30pm	PM	Main Hall	\$1 drop-in	
Fri	1:00-3:00pm	MR	Halls A&B	\$1 drop-in	

ICELESS CURLING:

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



An adaptive way to curl suited to standing, assisted, even sitting. No previous experience required. (MR Iceless Curling on hold - contact activity coordinator if interested in resuming.)

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



TABLE TENNIS:

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



Enjoy this stimulating exercise of both your mind and body.

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

Weekday	Time	Centre	Room	Cost	Of Note
Mon	8:45-11:00am	MR	Halls A&B	\$1 drop-in	Not on May 23
Mon	1:15-3:30pm	PM	Hall A	\$1 drop-in	Not on May 23
Tue	8:45-11:00am	MR	Halls A&B	\$1 drop-in	Good practice time
Wed	11:30am-1:30pm	PM	Hall A	\$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 May 23
Mon & Fri	9:00am-4:00pm	PM	Snooker	\$2 drop-in	Not on May 23
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	

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 Thursdays 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.

Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:45pm	PM	Hall B	\$1 drop-in	Not on May 23
Wed - ACBL	12:30-4:00pm	MR	Hall A	\$1 drop-in	
Wed - Social	1:00-4:00pm	MR	Craft Rm	\$1 drop-in	No partner required
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	

BRIDGE LESSONS?

Are you interested in learning how to play Bridge? It's never too late to learn. If enough are interested, we will create a 10 week "Introduction to Bridge" that will aim to have you able to join in a social game. Lessons would be during the weekday at Maple Ridge Seniors Activity Centre.

Contact Carmen at carmen@rmssseniors.org or call 604-477-0425.

CRIB:



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

Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00-4:00pm	MR	Hall C	\$1 drop-in	On May 24, relocated to Halls A/B
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	

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	Not on May 25 or Jun 29

SCRABBLE:



Tuesdays at MR centre, ESL friendly Scrabble! (see pg. 33)

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	ESL friendly
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	On summer break

WHIST:

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



(MR Whist on hold - contact activity coordinator if interested in resuming.)

Weekday	Time	Centre	Room	Cost	Of Note
Wed	12:30-3:00pm	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.

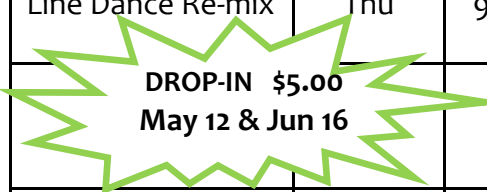


Line Dance: Choose from a country music drop-in line beginners' dance, pre-registered intermediate (min. two years' experience) or advanced classes (min. five years' experience).



Line Dance Re-mix: From Motown to Disco, Latin to Modern Country, Keren will break the steps down. Keren is an excellent, entertaining instructor! No partner required.



Program	Weekday	Time	Centre	Room	Cost	Of Note
Ballet	Wed	2:00-3:00pm	PM	Hall A	\$1 drop-in	previous experience an asset
Flamenco	Wed	3:00-4:00pm	PM	Hall A	\$1 drop-in	
Hawaiian	Thu	1:00-2:00pm	MR	Hall C	\$1 drop-in	
Line Dance Re-mix	Thu	9:00-9:45am	PM	Main Hall	\$20/4 classes	Pre-registered: see dates below
		Sess #4: May 19, 26, Jun 2, 9		reg. opens May 5	\$20/4classes	
		Sess #5: Jun 23, 30, Jul 7, 14		reg. opens Jun 9	\$20/4classes	
Line Dance -beg.	Mon	11:30am-12:30pm	PM	Main Hall	\$1 drop-in	Not on May 23
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$1 drop-in	Not on May 23
-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

Be Proud To Show Your Pearly Whites!

Why choose us?

- 1. Honesty, Affordability, and Easy Access to Information.**
- 2. Personalized and comprehensive care.**
- 3. Our Warm, Inviting and Committed Denturist & Staff!**



LOWER MAINLAND
denture centre

Our Services include:

- Complete & Partial Dentures
- Soft Liner and Flexible Partials
- Professional Denture Cleaning
- Dentures over Implants
- Same day Repairs and Relines
- Precision and Digital Dentures

 604 457-3763

Complimentary Cleaning & Polish with every Consultation!

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

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

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.

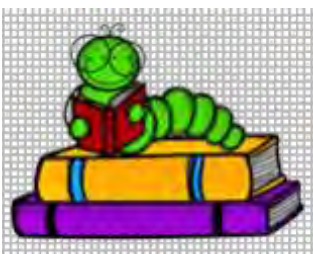
Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:30-3:30pm	MR	Lounge	\$1 drop-in	

BOOK CLUB:

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

THREE groups in place: “Beyond Words” (voracious readers - meet weekly), “Scenic Route” (more dissection - meet twice monthly), and now “The Mavericks” (books with movie adaptations - meet twice monthly). “The Mavericks” is currently accepting new members.

Weekday	Time	Centre	Room	Cost	Of Note
Mon	2:00-3:30pm	MR	Lounge	\$1 drop-in	Currently at capacity
Wed	10:00-11:30am	MR	Library Room	\$1 drop-in	Currently at capacity
Fri	10:00am-noon	MR	Craft Rm	\$1 drop-in	May 6, 20, Jun 3, 17



RETURN OF THE RMSS MAPLE RIDGE LIBRARY ROOM:

The MR 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.

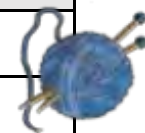
Thank you for your donations! Our shelves are currently full, but RM Hospice Thrift store will happily accept gently used books and puzzles.

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	



PROGRAM INFORMATION - Music

SILVERTONES CHOIR:

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

The Silvertones are back with renewed purpose to again become a performance choir (35 year history). Accepting new members. Singing golden oldies.

Weekday	Time	Centre	Room	Cost	Of Note
Thu	10:00-11:30am	MR	Halls A&B	\$1 drop-in	Now weekly

SING-A-LONG with Cliff:

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

This activity is on hold. Contact activity coordinator if interested in resuming.

UKULELE:

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

This favourite class has returned! Current session is underway. Look for upcoming September class dates, including a separate Beginners class which will be offered from both centres.

Weekday	Time	Centre	Room	Cost	Of Note
Wed	10:15-11:45am	MR	Social Activity	\$13/13 classes	Pre-registered; current session full
Wed	1:00-2:30pm	PM	Hall B	\$13/13 classes	Pre-registered; current session full

KARAOKE:

RMSS wants to resume Karaoke! WE NEED VOLUNTEERS willing to take Food Safe and Serving it Right.



Other volunteer positions available. Contact kara@rmssseniors.org if interested.

Once in place, Karaoke aims to return on Friday afternoons from 1:30-3:30pm.

HERE'S AN IDEA...have you any friends or family members that might have the required Food Safe or Serving it Right certification from when they worked (or still work) in the restaurant industry? Might they be willing to volunteer 3 to 6 hours a month to help with Karaoke? If so, please contact kara@rmssseniors.org.



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 May 23; N/A Jun & Jul
Thu	9:00am-noon	MR	Library	\$2 by appt	Limited availability

TAX CLINIC:

Cost: free, by appointment

If you are 55+ and qualify, free tax help is available year round. Book your appointment at MR centre for our once a month clinic (usually first Wednesday afternoon of the month). For more information on what it takes to qualify or to book an appointment call MR centre 604-467-4993.

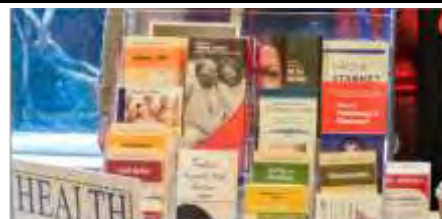
WELLNESS CLINIC:

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	May 12, 26, Jun 9, 23



Retirement Living Open House

Saturday, May 14 at 12:00pm – 4:00pm

**Sunwood Retirement Community is
where your story continues to unfold.**

Experience what retirement living is really like with curated experiences that add the wow into your day and get to know the residents and staff who help make everyday extraordinary.

Call to RSVP today.

**Sunwood Retirement
Community**
12241 224 ST Maple Ridge
604-463-5527



Life, Continued...

revera
Retirement Living

THINGS YOU DON'T WANT TO MISS!



info session




ORAL HEALTH

In this info session we will talk about oral health for the aging community. We will go over how aging affects your oral health, the issues associated with tooth loss and all options for teeth replacement. Danielle will give you tips on how to maintain a healthy mouth and answer any questions that you might have.

Danielle Ramos R.D., is a registered dentist who has been practicing dentistry for 10 years. She works both in private practice and in care facilities and hospitals. Danielle is also a clinical instructor for the dentist program and a board member at the dentist association of BC.

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

<p>Thursday, May 19 10:00-11:00am Pitt Meadows Seniors Activity Centre 19065 119B Ave, Pitt Meadows 604-457-4771</p>	<p>Thursday, June 2 10:30-11:30am Maple Ridge Seniors Activity Centre 12150 224 St, Maple Ridge 604-467-4993</p>
--------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------



Butterfly Beauties

Uncover the mysterious nature of butterflies, from their complex life cycles to how they help our gardens grow. Learn all about the Painted Lady butterfly, and make your own observations as your caterpillars become butterflies!

Free!
Pre-registration required.
Call 604-457-4771

**Pitt Meadows Seniors Activity Centre
Thursday, June 2nd
1:00pm-2:00pm**





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

PLEASE NOTE:

RMSS CENTRES WILL BE CLOSED on:

Monday, May 23

VICTORIA DAY



Victoria Day

THINGS YOU DON'T WANT TO MISS!

IT'S OUR MOTHER'S DAY SALE!

**TUESDAY, MAY 3
10:00AM - 2:00PM**

CASH SALES ONLY

Find a gift for the mom in your life from the MR Craft Ladies selection of hand knit baby clothes, blankets, dishcloths, slippers, and more.
OPEN TO ALL

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

11th Annual Rotary Duck Races
Help Support RMSS, Buy a Ticket Today!

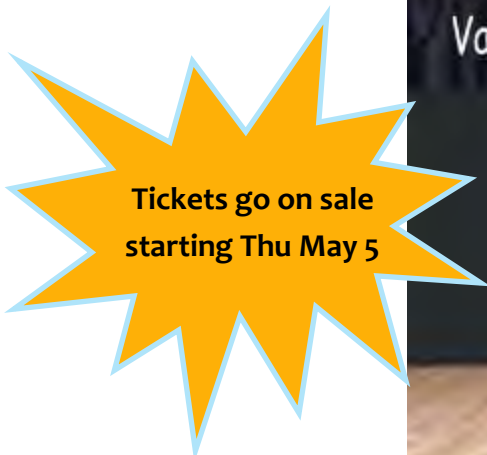
- 1 Visit Rotary Website**
www.rotaryduckrace.ca
- 2 Click on "Order Tickets"**
Fill in all "required" information
- 3 Support Ridge Meadows Seniors Society**
Remember to choose "Ridge Meadows Seniors Society" from the drop down menu under "support"

FINAL DRAW: AUGUST 7TH @ 6PM

1ST PLACE: \$15,000
2ND PLACE: \$4,000

PRIZES

In Centre ticket sales will also be available - watch for more details!



After two plus years, Variety Plus is BACK!!! And they are ready to perform for you. Enjoy song and dance, share in the laughs, and appreciate the talent of our own RMSS members.

Variety Plus and the Ridge Meadows Seniors Society present

Variety

Unmasked

Maple Ridge Seniors Centre, 12150 - 224th Street, Maple Ridge

\$8.00 Tickets go on sale at both Maple Ridge and Pitt Meadows Seniors Centres in early May.

May 27th at 7:00pm
May 28th at 2:00pm

Please note: this will be a Thr show with no intermission and no refreshments

For more information:
Phone: (604)467-4993
Facebook.com/VarietyPlus

Presented by Variety Plus and the Ridge Meadows Seniors Society

OUTREACH SERVICES

What is Seniors Outreach?

- The Seniors Outreach Services Program provides support services to seniors in Maple Ridge & Pitt Meadows.
- Helping you stay connected to your community and maintain your independence is the goal
- Improving accessibility of services to seniors will assist in an improved quality of life.
- Housing and relocation resources available to you
- One on one support meetings for all aspects of life
- Help with forms and paperwork
- Help with transportation challenges
- Help navigating the medical system, legal resources, etc.
- Do you need an advocate? Call for help.



Contact: Bev Schmahmann – 604-380-0516 or email 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.

OUTREACH SERVICES - Support Groups



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



Alzheimer Society BRITISH COLUMBIA

Upcoming in-person dementia education

Caregiver resilience | Learn strategies to positively manage caregiver stress and build resilience.

Date: Thursday, May 12, 12:30 – 3:30 p.m.

Location: Landing Sports Centre, Clover Room
45530 Spadina Avenue, Chilliwack

Getting to know dementia | Enhance your knowledge about dementia and learn about the different types of resources available.

Date: Thursday, May 26, 10:30 – 11:30 a.m.

Location: Glen Pine Pavillion
1200 Glen Pine Court, Coquitlam

Living safely with dementia | Explore how people living with dementia and their families can live safely in the community.

Date: Thursday, June 30, 10 – 11:30 a.m.

Location: Glen Pine Pavillion
1200 Glen Pine Court, Coquitlam

Registration: Call the First Link® Dementia Helpline at 1-800-936-6033. To learn more about safety protocols, visit: alzbc.org/COVID-safety



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 DRIVING SERVICE

NEED A RIDE? It's simple!


1. Become an RMSS member: \$35 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
**Duffy 604-466-9617  Looking for more volunteer drivers	**Duffy 604-466-9617 **Louise 604-512-4351 **Sheila 604-463-8929	Claudia 604-467-8385 **Louise 604-512-4351 **Peter 604-230-5732	Anne 604-763-5623 **Duffy 604-466-9617 **Louise 604-512-4351 **Peter 604-230-5732	Claudia 604-467-8385 **Duffy 604-466-9617 **Louise 604-512-4351 **Peter 604-230-5732
- afternoons - **Louise 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

STRENGTH TRAINING

During the COVID-19 restrictions, one of Bonnie Henry's protocols was to mandate a NO group cardio policy, avoiding heavy breathing, making it less likely to transmit or catch the virus. This meant a group fitness class had to be primarily a strength workout.

As a fitness instructor my immediate reaction was, here is a great opportunity to promote the benefits of strength training in a senior's fitness program.

We all have muscles, though perhaps not so visible, hiding under some layers of fat! Muscles are the engines of our body but as we age our bodies naturally start to lose muscle (a process known as sarcopenia). The good news is that with a small amount of effort you can actually change your body over a few months. To me, that's really exciting news. Even if you have already started to lose muscle tissue, you can turn things around. There have been many studies over the years proving conclusively that approximately 30 minutes of strength training two times per week can increase muscle size and strength. Stronger muscles around a joint (as in knee, hip, elbow etc.) can also protect weaker bones. Men and women from their sixties to their nineties can improve physically with a basic strength program. Just a few of the many benefits of strength exercises include increased glucose metabolism, lower blood pressure, improved low back health, faster recovery from illness or surgery, better brain function (cognition), keeping body weight under control, reduction of pain associated with osteoarthritis, reduction of depression, increased self esteem and faster digestive processes. Falling is one of the leading causes of injuries and disabilities; a strength training program will improve your balance and prevent falls.

One fear I have run into with women who want to start strength training, is that they will start looking like Charles Atlas. The sort of strength program with light weights and 15 repetitions of an exercise will not make you a hulking body builder, believe me!

If you don't know a lot about training your muscles, join a group fitness class. Fitness instructors who are certified by BCRPA (British Columbia Parks and Recreation Association) have taken many hours of training, and are required to keep up-to-date by participating in regular professional education. We're all very passionate about fitness and are ready and willing to help. You don't need much equipment but if you decide to join a gym with weight machines, make sure you have a few appointments with a personal trainer, to teach you how to use the equipment and maximize the benefits to your health.

And of course, discuss any new exercise plans with your doctor.

By Cathy Driver, BA, BCRPA, Personal Trainer



Cathy has been teaching fitness classes since 1995 and has partnered with RMSS since 2001. Over the years she has taught land and water aerobic classes, aqua yoga, running clinics, Zumba, Osteofit, and was a personal trainer for many years. Her number one specialty is fitness for the aging adult. When not teaching classes you might find Cathy out on the trails hiking, gardening in her back yard or out on the dance floor, as she and her husband have been ballroom dancing for close to 21 years.

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





SCRABBLE





Come as you are!
Have fun!
You just might be the next
Spelling Bee champion!

Drop-in
Cost: \$1.00

First visit FREE! Membership required thereafter.



OR does spelling make you nervous?
Are you learning English as a second language?
Improving your own language skills
can be made easier while playing games.
Scrabble can be adapted to help with this.
Join Leslie and friends as they make
improving one's English **FUN**

MR centre - Tuesdays 12:45 - 3:00pm

Tuesdays & Fridays
12:45am - 3:00pm

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


Tuesdays
10:00am - noon

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





Beez foot care



Vilma Baldoz-Abalos

Footcare Services

Certified Footcare Nurse / Registered Nurse

\$35 for approx. 15-20 minute appointment

Upcoming dates (Mondays): **May 9 & 16**
Jun 13 27
Jul 4 & 26 (Tue)

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

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

AROUND TOWN

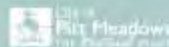


Dance Programs

Interested in dance programs? Register for a fun Latin Fit and Line Dancing class. This class is great for those new to dance and a great refresher for the experienced.

Registration NOW OPEN. Classes available May 4-25 and June 1-22.

To register visit the Pitt Meadows Family Recreation Centre, call 604.465.2470 or register online at pittfitandfun.ca.



DID YOU KNOW?

If you qualify to use a handicapped parking permit, you MAY also qualify for a reduction in your ICBC insurance premiums.



The disability discount is equivalent to 25% of the Basic Premium.

Contact ICBC for more info.



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

Specialized Reception Centre Design

Focus Group for People with Diverse Abilities



Over the past two years, residents of BC have experienced several unprecedented major disasters – pandemic, fire, heatwave, and floods.

With funding support from the Disability Alliance of BC, the Maple Ridge, Pitt Meadows and Katzie, Seniors Network is using learning from these events to help build a template for Specialized Reception Centres. The goal, to ensure that in the event of a major disaster, the needs of seniors and people with diverse abilities can be met.

We need your input! What kind of assistance would you require to evacuate? What medical supports and services do you use on a daily basis that would be required?

Date: Tuesday, May 17, 2022
Time: 12:30 – 3:30 p.m.
Location: South Burnson Community Centre, 10922 Burnson View Rd, Pitt Meadows, BC
 Lunch will be provided.
RSVP: Heather Treleaven seniorsnetworkmpk@gmail.com or call (604) 786-7404

Project Managed by:



Funding provided by:



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

**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
- Revera Sunwood
- Doc Livingstone
- Expedia Cruises
- Beez Footcare

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



VARIETY PLUS IS BACK!!!
Tickets for their Spring Show “Unmasked” go on sale May 5. (see pg. 27)

RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2021/2022

- President.....Don Mitchell
- Vice–President.....Fran Preston
- Secretary..... Bobbi Duncan
- Treasurer.....Richard Newman
- Director..... Cindy Juker
- Director..... Carla Reed
- Director..... Susan Schenkeveld
- Director..... (vacant)
- Director..... (vacant)



facebook.com/rmssseniors