

# GrapeVine



55+

## RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows Jul & Aug 2022 Program Guide



**Seniors Week allowed for in person dance events at both centres.  
The theme was to share all we can CELEBRATE!**

### FACILITY INFO

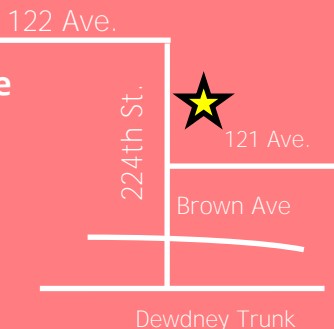
#### Maple Ridge

#### 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 Jul 1 and Aug 1*



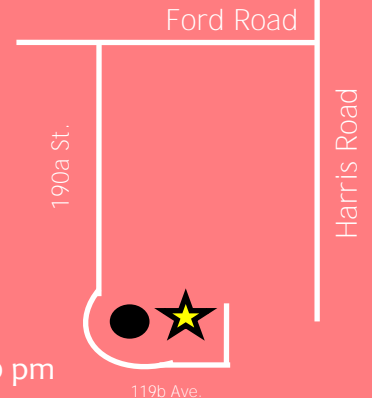
#### Pitt Meadows

#### 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 Jul 1 and Aug 1*



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



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



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

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

**GOALS:**

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

**STAFF PHONE DIRECTORY:**

- Executive Director, Maria Perretta**  
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- Administrative Coordinator, Nancy Markham**  
 604-467-4593; [nancy@rmssseniors.org](mailto:nancy@rmssseniors.org)
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- Outreach Coordinator, Bev Schmahmann**  
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- PM Facility Coordinator, Marcia de Vega**  
 604-457-4771; [pmsc@rmssseniors.org](mailto:pmsc@rmssseniors.org)
- You Connect Coordinator, Vanessa De Freitas**  
[youconnect@rmssseniors.org](mailto:youconnect@rmssseniors.org)

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## A MESSAGE FOR YOU



Are you ready, willing and able to serve as a Director on the RMSS Board?

- ⇒ Are you passionate about the RMSS vision of Connecting adults 55+ to a happy, healthy life?
- ⇒ Are you eager to promote the value of the RMSS services?
- ⇒ Do you enjoy working on projects & committees?
- ⇒ Do you have 15-20 hours a month to give in volunteer hours?

Answer **YES** to any of these questions? RMSS needs you! Put your name forward to serve on our Board of Directors– **Now is the time!**

Not your time to shine? Pass this along to someone you'd like to see on our board!

Need more information?

Contact [dfmitchell@telus.net](mailto:dfmitchell@telus.net) or 604-467-3087



RMSS's Annual General Meeting will be on Wednesday, September 28

# 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.

## Friday, August 5 **SENIORS PARTY CRUISE** **\$164\***

Take a three hour toe tapping cruise 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! *(Please note limited seats available.)*

Level: Easy

Registration resumes Jul 4

## Friday, August 26 **SUNFLOWER FESTIVAL** **\$124\***

Five acres of show gardens featuring 15 varieties of sunflower some reaching over 12 feet tall! The Chilliwack Sunflower Festival does not disappoint! Step back in time for a high tea lunch at Dickens (all things British) shop and museum

Level: Easy

Registration begins Jul 21

## Saturday, September 10 **SALT SPRING SATURDAY MARKET** **\$144\***

With over 140 artisans this market has earned its reputation as a hot bed for world class artisans and organic farmers. Vendors are joined by local entertainment, creating a fun and festive vibe.

Level: Easy

Registration begins Aug 4



**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.



## 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. *Some programs on summer hiatus. Call ahead.*

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

| MON  | TUE                                | WED                          | THU  | FRI  |
|--|------------------------------------|------------------------------|--|--|
| Stay Fit 2<br>9:00 - 9:45                          | Walking Club<br>8:45 - 9:45        | Stay Fit 1<br>9:00 - 9:45    | *Latin Line Dance<br>9:00 - 9:45             | Rhythm & Reach<br>9:00 - 9:45              |
| Snooker<br>9:00 - 4:00                             |                                    | Crafts<br>9:30 - 11:30       |  | Snooker<br>9:00 - 4:00                     |
| <b>COFFEE SHOP OPEN 9:15-11:15am; 12:30-3:00pm</b> |                                    |                              |  |  |
| Chair Yoga<br>10:15 - 11:00                        | Scrabble<br>10:00 - noon           | Chair Fit 1<br>10:15 - 11:00 |  | Tai Chi<br>10:15 - 11:00                   |
| Line Dance - Beg<br>11:30 - 12:30                  | *Gentle Hatha Yoga<br>12:15 - 1:00 | Table Tennis<br>11:30 - 1:30 | Chair Yoga<br>11:30 - 12:15                  | Tai Chi - Beg<br>11:30 - 12:15             |
| <b>LUNCH SERVED 11:30am - 12:30pm</b>              |                                    |                              |  |  |
| Bridge<br>1:00 - 3:45                              | Mah Jong<br>1:00 - 3:30            | Whist<br>12:30 - 3:00        | Carpet Bowling<br>1:00 - 2:30                | Crib<br>1:00 - 3:30                        |
| Tech Help<br>(by appointment)                      |                                    | Ballet<br>2:00 - 3:00        | *Ukulele<br>1:00 - 2:30<br>(Wednesday)       | Table Tennis<br>1:15 - 3:30                |
| Table Tennis<br>1:15 - 3:30                        | Iceless Curling<br>2:00 - 3:30     | Meditation<br>2:45 - 3:45    | Ladies Snooker<br>1:30 - 3:30<br>(Wednesday) |  |
| **Caregiver<br>Connection                          |                                    | Flamenco<br>3:00 - 4:00      |  | **Foot Care<br>w/ Emma<br>(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 |         |



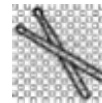
#### RHYTHM & REACH:

**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 | Not on Jul 1 |



#### 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 Aug 1 |



#### 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 Jul 1 & Aug 1 |



## 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 | On summer hiatus |



Adela invited her BollyX class to attend a dance party in a Surrey park. A few of her regulars attended.

Making friends at RMSS is easier than you think!

See you back at BollyX in the fall!



#### 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 |         |

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

**Sess #6:** Aug 8, 15, 22, 29      reg. opens Jul 25



## 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. *N.B. PM centre offers Chair Fit - Level 1. MR centre is all levels.*

\* **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 Jul 1, Aug 1 |
| Wed       | 10:15-11:00am | PM     | Main Hall | \$2 drop-in | No class Jul 20       |



#### 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 Aug 1 |
| 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 Aug 1 |



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 |



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

**Sess #8:** Jul 26, Aug 2, 9, 16 reg. opens Jul 12  
**Sess #9:** Aug 30, Sep 6, 13, 20 reg. opens Aug 16

### CHAIR YOGA: see Chair Fitness (pg. 11)



# 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 Aug 1 & 22 |
| Wed     | 2:45-3:45pm | PM     | Arts & Crafts | \$2 drop-in | No class Aug 24     |



### 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 classes Aug 1, 22, 29 |
| Wed -Practiced<br>*see note above | 2:00-3:30pm   | MR     | Hall B          | \$2 drop-in |                          |
| Fri -All levels                   | 10:15-11:00am | PM     | Main Hall       | \$2 drop-in | No class Jul 1           |



## 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 Aug 1     |
| Thu     | 1:00-2:30pm | PM     | Main Hall | \$1 drop-in | On summer hiatus |
| Fri     | 1:00-3:00pm | MR     | Halls A&B | \$1 drop-in | Not on Jul 1     |

### 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 Aug 1       |
| Mon     | 1:15-3:30pm                  | PM     | Hall A    | \$1 drop-in | Not on Aug 1       |
| 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 | Not on Jul 1       |
| Fri     | 11:00am-noon -<br>Beginners* | MR     | Hall A    | \$1 drop-in | Not on Jul 1       |
| Fri     | 1:15-3:30pm                  | PM     | Main Hall | \$1 drop-in | Not on Jul 1       |

## 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 Jul 1 or Aug 1 |
| Mon & Fri       | 9:00am-4:00pm | PM     | Snooker | \$2 drop-in | Not on Jul 1 or Aug 1 |
| 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](mailto:carmen@rmssseniors.org).

| Weekday           | Time         | Centre | Room      | Cost        | Of Note             |
|-------------------|--------------|--------|-----------|-------------|---------------------|
| Mon               | 1:00-3:45pm  | PM     | Hall B    | \$1 drop-in | Not on Aug 1        |
| 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. This fall we will offer a "Introduction to Bridge" series that will aim to have you able to join in a social game. Lessons will be Wednesday mornings at Maple Ridge Seniors Activity Centre.

Contact Carmen at [carmen@rmssseniors.org](mailto: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 |              |
| Fri     | 1:00-3:30pm | PM     | Arts & Crafts | \$1 drop-in | Not on Jul 1 |

### 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 |         |

## 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 Jul 27 or Aug 31 |

### SCRABBLE:



Tuesdays at MR centre, ESL friendly 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 | ESL friendly |
| Fri     | 12:45-3:30pm | MR     | Craft Rm    | \$1 drop-in | Not on Jul 1 |

### 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 hiatus |

### 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

Please note : many of our dance programs are taking some summer break time. Be sure to check our Sep/Oct GrapeVine for fall sessions.

### 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).



**Latin Line Dance:** 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    | On summer hiatus        |
| Flamenco         | Wed     | 3:00-4:00pm     | PM     | Hall A    | \$1 drop-in    | On summer hiatus        |
| Hawaiian         | Thu     | 12:30-1:30pm    | MR     | Hall C    | \$1 drop-in    | Ends Jul 21; back Sep 8 |
| Latin Line Dance | Thu     | 9:00-9:45am     | PM     | Main Hall | \$20/4 classes | On summer hiatus        |
| Line Dance -beg. | Mon     | 11:30am-12:30pm | PM     | Main Hall | \$1 drop-in    | Not in August           |
| -beg.            | Mon     | 1:30-2:45pm     | MR     | Hall C    | \$1 drop-in    | Not in August           |
| -int.            | Tue     | 10:30-11:45am   | MR     | Hall C    | Pre-registered | On summer hiatus        |

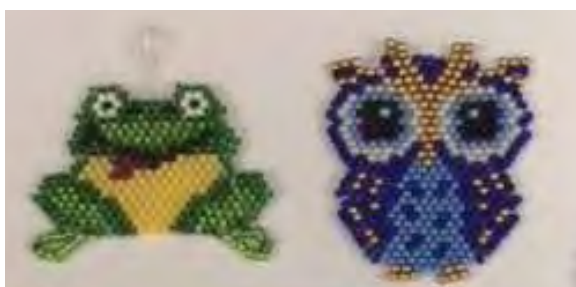
## PROGRAM INFORMATION - The Arts

### 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. Introductory workshop coming this fall.

| 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 | Jul 8, 22, Aug 5, 19  |

### 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

### KARAOKE:

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

Look for a “soft open” of Karaoke, alternate Friday afternoons over the summer. Tentative dates below.

| Weekday | Time        | Centre | Room   | Cost        | Of Note               |
|---------|-------------|--------|--------|-------------|-----------------------|
| Fri     | 2:00-4:00pm | MR     | Lounge | \$1 drop-in | Jul 29, Aug 5, Aug 19 |



### SILVERTONES CHOIR:

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

On summer hiatus. Rehearsals resume Aug 25. The Silvertones are looking for someone to lead the choir. Also accepting new members. Singing golden oldies and hope to resume performances.

| Weekday | Time          | Centre | Room      | Cost        | Of Note         |
|---------|---------------|--------|-----------|-------------|-----------------|
| Thu     | 10:00-11:30am | MR     | Halls A&B | \$1 drop-in | Resuming Aug 25 |

### UKULELE:

**Cost: (pre-reg)**

On summer hiatus. 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     | Craft  |      | On summer hiatus |
| Wed     | 1:00-2:30pm   | PM     | Hall B |      | On summer hiatus |

### VARIETY PLUS:

**Cost: none**

On summer hiatus. Rehearsals for a new show resume Aug 31. Having fun with music, dance and comedy. Looking for new members. (See ad on pg 25.)

| Weekday | Time        | Centre | Room   | Cost | Of Note         |
|---------|-------------|--------|--------|------|-----------------|
| Wed     | 1:00-4:00pm | MR     | Hall C | none | Resuming Aug 31 |

# PROGRAM INFORMATION

## TECH HELP:

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

**Volunteers:** MR: Holly; PM: John

Receive tech help from your patient volunteers. Bring your smart phone, laptop, iPad, tablet, electronic notebook...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 | N/A Jul<br>Apts from Aug 8 on |
| Mon*    | 9:00am-noon | MR     | Library     | \$2 by appt | *New weekday                  |

## 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 | Jul 14 & 28; not in Aug |



**Lisa Beare, MLA**  
*Maple Ridge - Pitt Meadows*

**Bob D'Eith, MLA**  
*Maple Ridge - Mission*



THANK YOU TO EVERYONE  
 FOR VISITING WITH US AT OUR  
 SENIORS COFFEE EVENT IN MAY!



**COMMUNITY BBQ**

WE'RE GLAD TO BE BACK OUT IN THE  
 COMMUNITY AT EVENTS AND FESTIVALS!

WE HOPE TO SEE YOU AT OUR  
 COMMUNITY BBQ ON AUGUST 28TH IN  
 MEMORIAL PEACE PARK.

KEEP AN EYE OUT FOR MORE DETAILS!

**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><b>Bob D'Eith, MLA</b><br/> <i>Maple Ridge - Mission</i><br/>         604-476-4530<br/> <a href="mailto:bob.deith.MLA@leg.bc.ca">bob.deith.MLA@leg.bc.ca</a><br/> <a href="http://www.bobdeith.ca">www.bobdeith.ca</a></p> | <br>LEGISLATIVE ASSEMBLY<br><small>of BRITISH COLUMBIA</small> | <p><b>Lisa Beare, MLA</b><br/> <i>Maple Ridge - Pitt Meadows</i><br/>         604-465-9299<br/> <a href="mailto:lisa.beare.MLA@leg.bc.ca">lisa.beare.MLA@leg.bc.ca</a><br/> <a href="http://www.lisabeare.ca">www.lisabeare.ca</a></p> |
|---|---|--|

## KEEPING COOL THIS SUMMER



A word from Barb Morgan, City of PM Manager of Emergency Program:

About four years ago, the City of PM launched the Neighbourhood Emergency Program that encourages neighbours to help neighbours. Nothing could be more important than in an Extreme Heat Emergency. If you have anyone living in your neighbourhood that has reduced mobility or function, please check in with them to ensure that they are fairing well in a heat wave. This is the best management tool in battling heat related illnesses.

In the event that Fraser Health was to call a Health Extreme Heat Emergency (temperatures 16 degrees higher than normal and predicted to last for three days of more) the City will open a Cooling Centre to give residents an opportunity to get respite from the heat for a time to avoid any illnesses. Look to the City's website and social media to find out where Cooling Centres will be open.

| HEAT EXHAUSTION   | OR | HEAT STROKE  |
|---|----|--|
| Faint or dizzy  |    | Throbbing headache   |
| Excessive sweating  |    | No sweating  |
| Cool, pale, clammy skin   |    | Body temperature above 103°<br>Red, hot, dry skin  |
| Nausea or vomiting  |    | Nausea or vomiting   |
| Rapid, weak pulse   |    | Rapid, strong pulse  |
| Muscle cramps   |    | May lose consciousness   |
| <ul style="list-style-type: none"> <li>Get to a cooler, air conditioned place</li> <li>Drink water if fully conscious</li> <li>Take a cool shower or use cold compresses</li> </ul> |    | <p style="font-size: 2em; font-weight: bold; text-align: center;">CALL 9-1-1</p> <ul style="list-style-type: none"> <li>Take immediate action to cool the person until help arrives</li> </ul> |

Some cooling tips:

- Close shades/blinds to block the sun
- Keep windows closed from 10am-8pm
- Sleep in the coolest part of your home
- Sleep with a wet sheet/shirt
- Take cool baths/showers
- Drink plenty of water
- If taking medication review with your doctor/pharmacist what precautions you may need to take
- Use fans to bring in cooler air overnight
- If you have air conditioning, consider bringing others into your home
- Lower your activity level; as necessary, do things in the cooler parts of the day
- Never leave children or pets in a parked car



**PLEASE NOTE:** should another heat dome type scenario occur, RMSS centres will open their doors as cooling centres.

# 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)**

# THINGS YOU DON'T WANT TO MISS!



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

1

**Visit Rotary Website**

[www.rotaryduckrace.ca](http://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"

Support

What group are you supporting?

Support: Ridge Meadows Seniors Society

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

**FINAL DRAW: AUGUST 7TH @ 6PM**

**1ST PLACE: \$15,000**

**2ND PLACE: \$4,000**



Purchasing a duck ticket is another way you can support RMSS! Tickets are available at either centre.

**1st prize - \$15,000! 2nd prize \$4,000!**

Wearing the duck hat is not required...but it looks like fun!

## Variety Plus

Come join us for some great fun



Join our Cast or Crew.

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

Having fun with Music, Dance and Comedy. Wednesdays starting 31st Aug 2022. @ 1PM in Hall C.

### THANK YOU! To Variety Plus!

We are thrilled to have VP back and performing their delightful shows. The proceeds from the ticket sales go to support RMSS.

For their recent spring show, the group also purchased some additional necessary microphones that they have donated to MR centre. Thanks so much!

Want to join in the fun? Variety Plus rehearsals resume Aug 31. (For details go to page 22.)

## 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](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 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](mailto:raman@rmssseniors.org)



Keep a look out for our RMSS outreach volunteers - they tend to pop up at local events to showcase what our centres have to offer. Be sure to say hello!



If you feel you have witnessed or experienced concerning behavior that could be considered neglect (self included) or a form of abuse, there are considered ways to approach this. Start by contacting:



## Rights Don't Get Old

On June 15, stand up for the human rights of older adults.

## WORLD ELDER ABUSE AWARENESS DAY

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



# 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!**



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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

## RMSS DRIVING SERVICE

### NEED A RIDE? It's simple!

1. Become an RMSS Member: \$35 a year or complimentary for those 90+.
2. **Please try to book at least one week ahead.**
3. Call a driver from the schedule below. If no drivers are available, try drivers listed for other days. Answer a few questions and book your ride.
4. Remember to give your name and number when leaving a message.
5. Arrange for someone to accompany you if you need more than basic assistance.
6. Please notify your driver if you have to cancel.
7. Reimburse your driver directly. Passengers are responsible for parking fees.
8. Minimum reimbursement for drivers is \$10 for both round trips or one way trips.



#### Sample Rates to Hospitals (Round Trip or One-way):

Abbotsford \$40 - Burnaby \$35 - Eagle Ridge \$25 - Royal Columbian \$30  
Langley \$25 - Surrey \$30 - Lions Gate \$50 - St Paul's \$55 - Vancouver \$50

| MONDAY                | TUESDAY                | WEDNESDAY               | THURSDAY              | FRIDAY                  |
|-----------------------|------------------------|-------------------------|-----------------------|-------------------------|
| Duffy<br>604-466-9617 | Duffy<br>604-466-9617  | Claudia<br>604-467-8385 | *Anne<br>604-763-5623 | Claudia<br>604-467-8385 |
|                       | Sheila<br>604-463-8929 | Peter<br>604-230-5732   | Duffy<br>604-466-9617 | Duffy<br>604-466-9617   |
|                       |                        |                         | Peter<br>604-230-5732 | Peter<br>604-230-5732   |



Thank you to our team of dedicated drivers. As some may be offering reduced service over the summer, we wish them much rest and relaxation.

**\* Indicates drivers serving the local Maple Ridge and Pitt Meadows area only**

**Relief Driver**  
Gillian: 604-476-2109  
May be able to help when regular drivers not available

Priority is given to trips for medical purposes.  
Please follow our drivers' health and safety suggestions.  
Rate sheets are available from drivers and at the centres.

Contact Kara for more information about the service or volunteering: 604-380-0517



## FITNESS FEATURE



**Choose  
to Move**



**ActivAge™**

This issue's fitness feature is promoting a wonderful program that RMSS will be partnering on with the City of Maple Ridge.

Since 2016, BCRPA has partnered with 33 recreation departments across BC to support older adults in becoming more active. Choose to Move and ActivAge™ are **free programs** run by BCRPA registered Fitness Leaders who have their Older Adult specialty.

**Choose to Move** is a 3-month program designed to introduce older adults to the habit of physical activity, help them meet new friends, and make a positive healthy lifestyle change.

Choose to Move is free and flexible, and provides participants with the motivation and support to become more physically active. Participants work with a trained activity coach who will support them as together they develop a physical activity plan tailored specifically to each participant.

When things get challenging, participants will have the support from their coach and a group of other seniors, who, just like them, are making a choice for health – they are choosing to move!

Starting in Sep., Choose to Move will be take place at MR centre; ActivAge will take place at MR Leisure Centre - stay tuned for registration details. Space is limited - some criteria required - intended for those 65 and over.

**ActivAge™** is a free 3-month group-led physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives.

The program is progressive with planned physical activities (stretching, activity, and cool-down) based on ActivAge™ training. This fun and social program will help get participants moving in a relaxed environment with likeminded people.

The program focuses on improving activities associated with daily living, strengthening muscles used day-to-day (ie: bending, lifting, stretching, etc). Each class incorporates physical activities that engage participants, and features in-class discussions and resources to improve overall health and physical well-being.

**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.*

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

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**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)



**Beez**  
foot care



Vilma Baldoz-Abalos

**Footcare Services**  
 Certified Footcare Nurse / Registered Nurse

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

Upcoming dates (Mondays): **Jul 4 & 26 (Tue)**  
**Aug 8 & 22**  
**Sep 12 & 26**

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

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

**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

**Alzheimer Society**  
BRITISH COLUMBIA

**In-person dementia education**




**Dementia friends |** We all have a role in making our community dementia friendly. Learn about dementia and how you can help people living with dementia feel included and supported. For the general public.

**Date:** Tuesday, August 9, 2 – 3 p.m.

**Location:** Maple Ridge Seniors Society  
12150 224th Street, Maple Ridge

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

**First Link®**  
The Link to Dementia Support



**fraserhealth**

**FALLS PREVENTION MOBILE CLINIC**



**When:** Thursday August 18<sup>th</sup>, 2022  
9:00 am- 5:00 pm

**Where:** Pitt Meadows Seniors Centre  
19065 119b Ave, Pitt Meadows

Call 604-374-2273 or email [fallprevention@fraserhealth.ca](mailto:fallprevention@fraserhealth.ca) to Register

Individuals with a history of falls will have the opportunity to sit one-on-one with a Pharmacist, Kinesiologist and Physiotherapist for an individualized assessment.  
*Bring your questions!*



Space is Limited

**G&M's Professional Foot Care Nurse**

**advanced services:**

- diabetic foot
- bunions
- hammer toes
- calluses/corns
- toenails and hand nail trimming
- fungal toenails
- ingrown toenails
- thickened and discoloured nails
- overlapped toes
- dry & cracked heels

specializing in seniors at the comfort of your own home



**Book your appointment**  
**778-869-5344**  
**Email: [gmfootcarenurse@gmail.com](mailto:gmfootcarenurse@gmail.com)**

**PLEASE NOTE:**

**RMSS CENTRES WILL BE CLOSED on:**

**Friday, July 1**



**Monday, August 1**



# WELCOME TO THE SPEAKEASY "AS YOU LIKE IT"

By William Shakespeare, Directed by Simon Challenger

"All the world's  
a stage, and all the  
men and women  
merely players"



**Show dates:**

**July 14, 15 and 16**

in Pitt Meadows Spirit Square

**Show dates:**

**July 21, 22 and 23**

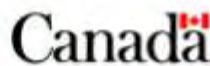
on the Bandstand Maple Ridge

**▶ FREE ADMISSION**

Pre-show entertainment  
starts at 6:30pm

**Shows start  
at 7:00 pm**

PLEASE BRING A DONATION FOR THE FRIENDS IN NEED FOOD BANK.



For more information go to [emeraldpig.ca](http://emeraldpig.ca)

## AROUND TOWN

**FRESHET** - the flood of a river from heavy rain or melted snow

As always the City of Pitt Meadows promotes preparedness for any disaster that may occur. During the months of Freshet (May and June) we monitor the river levels closely with Pitt Meadows being 86% flood plain and surrounded by over 60 km of diking.



In the event that the water levels begin to rise, check [www.pittmeadows.ca/city-services/emergency-preparedness/flood-preparation](http://www.pittmeadows.ca/city-services/emergency-preparedness/flood-preparation) as well as City's social media channels for the latest information. There is a resource library of with information of what to consider packing should you have evacuate.

There is a wealth of information available at [www.pittmeadows.ca/city-services/emergency-preparedness](http://www.pittmeadows.ca/city-services/emergency-preparedness) including the Emergency Preparedness Video produced in one of three versions: Closed captioning: sign language and: descriptive text. Read along with the Emergency Preparedness – What Every Senior Needs to know workbook. [www.pittmeadows.ca/city-services/emergency-preparedness/resource-library](http://www.pittmeadows.ca/city-services/emergency-preparedness/resource-library) available in hard copy if you attend an emergency preparedness session or download as a pdf from the website.

Have you or someone you care for had a stroke? Looking for additional information and support? A stroke recovery group meets weekly at our MR centre. Contact details below.



To speak with an After Stroke Coordinator or to register for our BC programs email [afterstrokebc@marchofdimes.ca](mailto:afterstrokebc@marchofdimes.ca) or call us at: 1-888-313-3377 ext. 6201



**July 23 & 24**

Continuing their tradition of 121 years - check out Country Fest at the Albion Fairgrounds. It's still free!

Want to enter their Home Arts Exhibit competition? Entry details on the website -[www.mrpmcountryfest.com](http://www.mrpmcountryfest.com)

(Not sure how to get your entry to the fair? Call 604-477-0425.)

Some of our RMSS groups will also be performing on the open air stage. Join in the fun!



Did you know overdue fines on library books are a thing of the past? Don't let that pile of forgotten books keep you from returning to the library.

Also, check out their ongoing selection of virtual workshops:

- cookbook club/ conversation group/ non-fiction book club/ poetry club...

**From June 1 - August 31, 2022 you can purchase a pair of Standard Level technology hearing aids and receive a discount of \$500 for the pair.**

You will also receive 3 years of free batteries and a free remote. **But that's not all!** If you purchase a new pair of hearing aids before August 31, we will include a free membership/or membership renewal for one year to the Ridge Meadows Senior Society.

Regular price \$4,200/pair  
**SALE PRICE \$3,700**

**Prices are increasing all around us, BUT NOT "HEAR"!**

We know how important it is that you don't miss out on life around you because of hearing loss. When the cost of everything else is increasing, we want to give you a break — your hearing is important to us!

**ABSOLUTE HEARING SERVICES INC**

5501 - 204 Street, Unit 104, Langley, BC  
12150 - 224 Street, Maple Ridge, BC

**604-510-2299**  
**AbsoluteHearing.ca**

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

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

**Advertisers in this issue:**

- MLA Beare & MLA D'Eith
- Qualicare Family Home Care
- Doc Livingstone
- Beez Footcare
- Lower Mainland Denture Centre
- Emerald Pig Productions
- Absolute Hearing
- G&M's Professional Foot Care

**An endorsement from one of our regular advertisers:**

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

- Michelle Bailey, Qualicare Family Home Care



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

**VOLUNTEER APPRECIATION!**

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

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

*Susan and Craig B. This servant hearted couple were part of the Advisory Committee that ten years ago helped create RMSS' Pitt Meadows Seniors Activity Centre. With tenacious vision and countless hours of volunteering, they - along with other generous hearted members - deserve our recognition and thanks.*

*We recently and unexpectedly lost Susan, but want to honour her memory. She will be missed. Thank you Advisory Committee!*

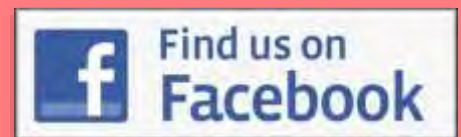


The RMSS Pitt Meadows Seniors Activity Centre was founded on the vision and service of those on the Advisory Committee. Those members included:  
Sid & Thelma B., Craig & Susan B., Harry B., Sandra C., Bev C., Marge C., Ron & Iris D., Nancy P.

*“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” Margaret Mead*

**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..... Joan Thane
- Director..... (vacant)



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