

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows Sep & Oct 2022 Program Guide

top photo taken by Greg H., RMSS member



**RMSS groups performed at Country Fest; Outreach at Music on the Wharf;
New signage for our PM centre; A community thank you to Maureen for her service**

FACILITY INFO

Maple Ridge

Seniors Activity Centre

12150 224th Street
Maple Ridge, BC V2X 3N8
604-467-4993



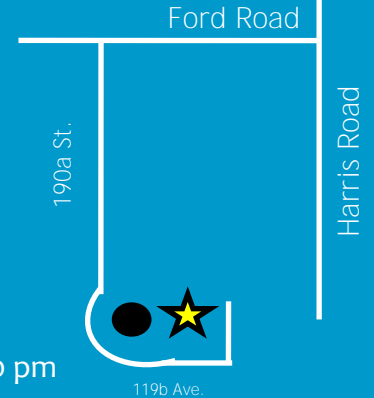
Member Services

Monday - Friday 9:00 am - 3:30 pm
Closed Sep 5 & 30, Oct 10

Pitt Meadows

Seniors Activity Centre

19065 119b Ave
Pitt Meadows, BC V3Y 0E6
604-457-4771



Member Services

Monday - Friday 9:00 am - 3:30 pm
Closed Sep 5 & 30, Oct 10



www.rmssseniors.org



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



VALUE STATEMENTS: We strive to ...

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

GOALS:

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

STAFF PHONE DIRECTORY:

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youconnect@rmssseniors.org

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A MESSAGE FOR YOU

Well, here we are nearing the end of another very warm and dry summer! We trust you have had time to rest, relax and reconnect with friends and loved ones.

It is my privilege to share some programming updates for this chock-full issue. As there is much information for you to review and programs and workshops to consider, we have tried to make finding the information easier.

- Our bus trips page now reflects both departure and return times for easy reference (pg. 4)
- Next you'll find month at a glance content (pg. 8-9) to help you not miss a thing!
- For ease of access you'll find week at a glance information in the centre fold (pg. 22-23)
- Find all your workshop information in one place (pg. 40-41)

Although we regularly encourage people to try out other activities - and those new to RMSS may always participate in a drop-in program once or twice before committing to a membership - we want you to also consider our *September Sampler* (pg. 27). If you have been curious and needed one extra push to have a go at something new to you, let this be it. We are expecting you to! Carpet bowling? Beading? Snooker? Silvertones? Karaoke? Fitness? and countless other games and programs. MR centre will feature several game options on Sep 15 1:30-2:30pm. Come give it a try!

Are there programs you'd like to see offered? Let me know so we can test the waters for interest. How about adding Backgammon or Chess to the games afternoon? Or starting a Naturalist/Photography Club? (Did you see the member submitted photo on our front cover?) What about a drop-in art session where hobbyists create in a self-directed, shared space?

New programs to consider:

- Fitness: Choose to Move; Dance Fit (free demo); Functional Fitness (free demo) (pg 36)
- Bridge Lessons - last call for Sep 21 start date (pg 18)
- Watch for our Wellness Workshops (pg 26)
- Karaoke is back - weekly starting Sep 9 (pg. 24)

More things you don't want to miss are the Caregiver Connection Workshops (pg. 33) and a long overdue Volunteer Appreciation Party with the band March Hare! (pg. 31)

Remember to attend RMSS' Annual General Meeting on Wed Sep 28 at our PM centre (pg. 6). Have you ever considered volunteering on the RMSS board? Consider this meaningful way of contributing to our vision of connecting adults 55+ with a happy, healthy life.

There are so many varied offerings available - be sure to come on out and support them - AND don't hesitate to bring a 55+ friend!

~Carmen Tischer

Activity Coordinator

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.

Monday, October 3 **MANNING PARK FALL COLOURS TOUR** **\$124***

MR 8:00am-5:45pm

PM 8:15am-5:30pm

Heading to Manning Park we drive through the scenic fall colours of the Cascade Mtns. We have lunch at the Manning Park Resort before heading to Lightning Lake for a walk along its shores. Stop by the Hope Slide on the journey home for another look at this famous rockslide.

Level: Easy (but not "walker" friendly)

Registration begins Aug 30

Tuesday, November 8 **FANTASTICO ITALIANO** **\$134***

MR 9:00am-4:45pm

PM 9:15am-4:30pm

The definitive Italian experience starts in little Italy for coffee; learn about its rich history and enjoy an Italian lunch at Arriva Ristorante. Visit Bosa Foods' signature store for a special greeting and shopping time. Finish at Italian Cultural Centre for group bocce fun (play or watch) and access to the museum art gallery.

Level: Easy

Registration begins Oct 4



Have you taken any photos on your bus trip?
Send them our way to share in the GrapeVine!
Email them to: carmen@rmssseniors.org



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.



* Please note: the following is a paid advertisement. This is not a RMSS trip.

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
based on double occupancy



There will be an **information evening** held at our office on **Tuesday, September 13th, 2022 beginning at 7:00 p.m.** Please call our office and register for this event, as seating is limited. Our Trafalgar representative, Paula Rizos will be giving a talk about the tour and the places we will visit.

There are some Expedia perks included. We are offering \$50 per person toward your gratuities. If you book this tour the evening of the presentation, you will earn an additional \$50. Also, if you refer a friend and they book our tour, you will receive another \$50 bonus.

We look forward to seeing you there!

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



ANNUAL GENERAL MEETING

Ridge Meadows Seniors Society

Pitt Meadows Seniors Centre

Wednesday, September 28 at 1pm

Please RSVP at Reception to book your seat.

AGM REPORT packages will be available for pick up from
the office starting September 19, 2022

Interested in nominating someone for a board position?

*Look for nomination boxes at both centres. For more information, contact Don Mitchell
dfmitchell@telus.net or call 604-467-3087*

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.



4.) Pre-registered classes may require a minimum registration in order to proceed.

Staying home when feeling unwell is MANDATORY.





MONTH AT A GLANCE - SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 DON'T MISS OUT!			31 Variety Plus rehearsals resume	1 Lunch at RMSS give it a try!	2 Table Tennis give it a try!	3
	4	5 LABOUR DAY RMSS closed	6 Alzheimer Soc. <i>Travelling with Dementia</i>	7 BollyX FREE DEMO! Ballet resumes	8 Wellness Clinic Caregiver Info Silvertones resume	9 Karaoke resumes
11	12 Zumba FREE DEMO!	13 Choose to Move Info session	14 Ukulele give it a try! Flamenco give it a try!	15 Encore Careers Info session September Sampler	16 Scrabble give it a try!	<div style="border: 2px solid black; padding: 5px; text-align: center;"> Come on out and try any number of games!  </div>
18	19 Carpet Bowling give it a try!	20 Advocacy Workshop	21 Bridge Lessons begin	22 Dance Fit FREE DEMO! VOLUNTEER APPRECIATION PARTY!	23 Functional Fitness FREE DEMO!	
25	26 Tech Workshop	27 Mah Jong give it a try!	28 ANNUAL GENERAL MEETING	29 Smile! Oral Health Workshop Line Dance Fun begins!	30 NATIONAL DAY OF TRUTH & RECONCILIATION RMSS closed	





There are so many unique things planned at RMSS centres, we wanted to help you to not MISS A THING! If you see something within the calendar grid, you will find additional information in our GrapeVine. (More details? Which centre? What time? Pre-reg. required?)

Check the table of contents. Workshop info on pages 40-41.

You can also ask at reception or check our website at www.rmssseniors.org.

MONTH AT A GLANCE - OCTOBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Beginners Snooker give it a try!	1
< 50/50 sales available from BOTH centres' from/during coffee shop hours Oct 3-7! Winner drawn on Oct 7! >						
2	3 BUS TRIP Manning Park Fall Colours Tech Workshop	4 Beading Workshop	5 BollyX \$5 drop-in Tax Clinic	6 Fit & Fun resumes Armchair Traveller Croatia	7 THANKSGIVING TAKE-AWAY LUNCH details to come	8
9	10 THANKSGIVING RMSS closed	11 CRAFT FAIR	12 Tai Chi give it a try!	13 Wellness Clinic Smile! Oral Health Workshop	14 Rhythm & Reach give it a try!	15 CIVIC ELECTION 
16	17 Line Dance Beginners give it a try!	18 Housing & Care Continuum Workshop 	19 Whist give it a try! Ladies Snooker give it a try!	20 Legacy, Love Letters, Heart Wills Workshop	21 Book Club give it a try!	22 
23	24 Zumba \$5 drop-in 31 Gentle Hatha Yoga give it a try!	25 Alzheimer Soc. Family Caregivers	26 Meditation give it a try!	27 Wellness Clinic Seasonal Flu Shots		

At RMSS, you are ALWAYS welcome to try something new!

Check out a drop-in activity once or twice for free before committing to membership.

So what is stopping you? COME AND GIVE IT A TRY!

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. Expect a few changes!

***Bring:** any equipment required is provided

Weekday	Time	Centre	Room	Cost	Of Note
Thu	8:30-9:15am	MR	Hall C	\$2 drop-in	Resumes Oct 6



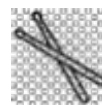
RHYTHM & REACH:

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 Sep 2, 9, 16, 30



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 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 tripping.
- Label water bottles and personal equipment; nothing is to be left on site.
- When using provided equipment, sanitization is your responsibility; cleaning supplies available.
- 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 available)

Weekday	Time	Centre	Room	Cost	Of Note
Mon	9:00-9:45am	PM	Main Hall	\$2 drop-in	No class Sep 5 & Oct 10



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	Halls B&C	\$2 drop-in	No class Sep 5, Sep 30 & Oct 10



PROGRAM INFORMATION - Fitness

DANCE FITNESS CLASSES: (pre-registered)

BOLLYX:

Cost: \$20 / 4 classes (pre-reg.; min 8 to proceed)

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	

FREE DEMO SEP 7!

\$5 DROP-IN OCT 12

Sess #6: Sep 14, 21, 28, Oct 5 reg. opens Sep 7

Sess #7: Oct 19, 26, Nov 2, 9 reg. opens Oct 5



DANCE FIT: **NEW!**

More info on pg. 36

Cost: \$20 / 4 classes (pre-reg.; min 8 to proceed)

Instructor: Keren

Want to just GET UP and DANCE? Join Keren's energetic Dance Fit class. From Motown to Disco, Latin to Country, Keren will break down the steps. You'll be movin' and groovin' and having a blast! Who knew exercise could be so fun?

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

FREE DEMO SEP 22!

Sess #1: Oct 6, 13, 20, 27 reg. opens Sep 22



ZUMBA GOLD:

Cost: \$20 / 4 classes (pre-reg.; min 8 to proceed)

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	

FREE DEMO SEP 12!

\$5 DROP-IN OCT 24

Sess #7: Sep 19, 26, Oct 3, 17 reg. opens Aug 29

Sess #8: Oct 31, Nov 7, 14, 21 reg. opens Oct 17



PROGRAM INFORMATION - Fitness

CHAIR and FUNCTIONAL FITNESS 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 Sep 5 & 30, Oct 10
**Wed	10:15-11:00am	PM	Main Hall	\$2 drop-in	This is Chair Fit Level 1



CHAIR TAI CHI: see Mind and Body Fitness (pg.15)

FUNCTIONAL FITNESS: **NEW!** More info on pg. 36

Cost: \$20 / 4 classes (pre-reg.; min. 8 to proceed)

Instructor: Keren

Are you finding you hurt after doing the simplest of tasks? Maintaining muscle mass is pivotal to healthy aging. Learn intentional movement to stretch and strengthen, preserve and protect the muscles and functions used daily. The aim is fall prevention allowing one to more easily age in place. For ALL fitness levels.

* **Bring:** nothing additional required

Weekday	Time	Centre	Room	Cost	Of Note
Fri	11:30am-12:15pm	PM	Main Hall	\$20/4 classes	

FREE DEMO SEP 23!

Sess #1: Oct 7, 14, 21, 28 reg. opens Sep 23



PROGRAM INFORMATION - Fitness

YOGA CLASSES:

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. ****PLEASE NOTE:** as of October, Chair Yoga will be incorporated into the Gentle Hatha Yoga class at MR centre.



*** Bring:** *nothing additional required*

Weekday	Time	Centre	Room	Cost	Of Note
Mon	10:15-11:00am	PM	Main Hall	\$2 drop-in	No class Sep 5 & Oct 10
**Tue	9:00-9:45am	MR	Hall C	\$2 drop-in	Last class Sep 27
Thu	11:30-12:15pm	PM	Main Hall	\$2 drop-in	



GENTLE HATHA YOGA:

With something for everyone, this Hatha Yoga class has lots of options and modifications. Learn how to practice yoga on a mat using props such as a chair, block, strap, and bolster.

at MRSC (Adaptive for those practicing yoga from a chair; mat required for all to prevent sliding)

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

Instructors: MR: Virginia / Sandi / Jane

***Bring:** your own mat, foam block (4" x 6" x 9") and yoga strap (blocks & straps also available)

Weekday	Time	Centre	Room	Cost	Of Note
M & Th	3:30-4:15pm	MR	Hall C	\$2 drop-in	No class Sep 5 & Oct 10



We've enjoyed both Virginia and Sandi teaching MRSC Yoga classes while Jane took an extended leave. Sandi will return as a casual sub while Virginia will continue weekly. A huge thank you to both! And welcome back to Jane!



at PMSC

Cost: \$20 / 4 classes (pre-reg.; min. 8 to proceed)

Instructor: PM: Lynda

***Bring:** your own mat, yoga strap, and foam block (4" x 6" x 9") (blocks also available)

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

Sess #9: Aug 30, Sep 6, 13, 20 reg. opens Aug 16

Sess #10: Oct 4, 11, 18, 25 reg. opens Sep 20



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 Sep 5 & Oct 10
Wed	2:45-3:45pm	PM	Arts & Crafts	\$2 drop-in	No class Sep 28



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.



Weekday	Time	Centre	Room	Cost	Of Note
Mon -Chair	1:30-2:30pm	MR	Social Activity	\$2 drop-in	No class Sep 5 & Oct 10
Wed -All levels	2:00-3:30pm	MR	Hall B	\$2 drop-in	
Fri -All levels	10:15-11:15am	PM	Main Hall	\$2 drop-in	No class Sep 30



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 Sep 5 & Oct 10
Thu	1:00-2:30pm	PM	Main Hall	\$1 drop-in	
Fri	1:00-3:00pm	MR	Halls A&B	\$1 drop-in	Not on Sep 30

ICELESS CURLING:

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



An adaptive way to curl suited to standing, assisted, even sitting. No previous experience required.

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 Sep 5 & Oct 10
Mon	1:15-3:30pm	PM	Hall B	\$1 drop-in	Not on Sep 5 & Oct 10
Tue	8:45-11:00am	MR	Halls A&B	\$1 drop-in	Good practice time
Wed	11:30am-1:30pm	PM	Hall B	\$1 drop-in	Not on Sep 28
Fri	8:45-11:00am	MR	Hall A	\$1 drop-in	Not on Sep 30
Fri	11:00am-noon - Beginners*	MR	Hall A	\$1 drop-in	Not on Sep 30
Fri	1:15-3:30pm	PM	Main Hall	\$1 drop-in	Not on Sep 30

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 Sep 5, 30 & Oct 10
Mon & Fri	9:00am-4:00pm	PM	Snooker	\$2 drop-in	Not on Sep 5, 30 & Oct 10
Wed - Ladies	1:30-3:30pm	PM	Snooker	\$2 drop-in	Not on Sep 28
Fri - Ladies	9:00am-noon	MR	Snooker	\$4 drop-in	Not on Sep 30
Fri - Beginners	9:00am-noon	MR	Snooker	\$4 drop-in	Not on Sep 30

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 Sep 5 & Oct 10
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	Not on Sep 22
Fri - Partnership	12:30-4:00pm	MR	Hall C	\$1 drop-in	Not on Sep 30

BRIDGE LESSONS:

Ten weeks of Bridge lessons are starting on Wed Sep 21, 10:00-11:30am at MR centre.

Cost is \$45 and includes instruction and includes a book *Two Over One in a Nutshell*.

Register at reception by Sep 7. If interested, contact carmen@rmssseniors.org or phone 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 Sep 30

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	September Sampler on Sep 15!

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	Not on Sep 22

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 Sep 28 or Oct 26

SCRABBLE:

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	10:00am-noon	PM	Common Area	\$1 drop-in	
Tue	12:45-3:30pm	MR	Craft Rm	\$1 drop-in	
Fri	12:45-3:30pm	MR	Craft Rm	\$1 drop-in	Not on Sep 30

SEPTEMBER SAMPLER

Have you ever wondered if you could learn these games? If you'd be welcomed even though you are new? We would love for you to "give it a try" all month long! Maple Ridge will have a "show 'n tell" type day on Thu Sep 15, 1:30-3:30pm. Join in during our September Sampler month! (see pg. 27)

WHIST:

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



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.

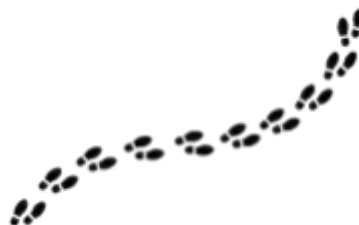


Line Dance: Choose from a country music drop-in line beginners' dance, a new class called Line Dance Fun! and pre-registered intermediate (min. two years' experience).



Looking for Dance Cardio options? Go to page 12

Program	Weekday	Time	Centre	Room	Cost	Of Note
Ballet	Wed	2:00-3:00pm	PM	Hall B	\$1 drop-in	Not on Sep 28
Flamenco	Wed	3:00-4:00pm	PM	Hall B	\$1 drop-in	Not on Sep 28
Hawaiian	Thu	12:30-1:30pm	MR	Hall C	\$1 drop-in	Resumes Sep 8 not on Sep 22
Line Dance -beg.	Mon	11:30am-12:30pm	PM	Main Hall	\$1 drop-in	Not on Sep 5 & Oct 10
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$1 drop-in	Not on Sep 5 & Oct 10
-int.	Tue	10:30-11:45am	MR	Hall C	Pre-registered	reg. opens Aug 30
Line Dance Fun!	Thu	10:30-11:45am	MR	Hall C	\$1 drop-in	Starts Sep 29



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 on Oct 4.**

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.

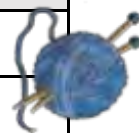
Weekday	Time	Centre	Room	Cost	Of Note
Mon	2:00-3:30pm	MR	Lounge	\$1 drop-in	Currently at capacity
Wed	10:00-11:30am	MR	Library Room	\$1 drop-in	Currently at capacity
Fri	10:00am-noon	MR	Craft Rm	\$1 drop-in	Sep 2, 9, 23, Oct 7, 21

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	



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	Book Club 10:00 - 11:30	**Wellness Clinic 9:00 - noon	Table Tennis 8:45 - 11:00
		*Bridge Lessons 10:00-11:30	**Wellness Workshops	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	Line Dance Fun 10:30 - 11:45	Chair Fit 10:00 - 10:45
	*Line Dance - Int 10:30 - 11:45	Ukulele 10:15 - 11:45	Silvertones 10:30 - 11:30	**Book Club 10:00 - noon
*Zumba 11:15 - noon		*BollyX 11:15 - noon	**Caregiver Connection	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	Variety Plus 1:00-4:00	Mah Jong 1:00 - 3:30	Scrabble 12:45 - 3:30
Line Dance - Beg 1:30 - 2:45		Tax Clinic <i>(by appointment)</i>	Games 1:30 - 3:30	Carpet Bowling 1:00 - 3:00
**Book Club 2:00 - 3:30		Mexican Train 1:30 - 4:00		Absolute Hearing
Gentle Hatha Yoga 3:30 - 4:15	**Foot Care w/ Vilma <i>(Mon by appt.)</i>	Tai Chi 2:00 - 3:30	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	*Dance Fit 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 - 11:15
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	*Functional Fitness 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	**Armchair Traveller 1:30 - 2:30	**Foot Care w/ Emma (by appointment)



MRSC

= Maple Ridge Seniors Activity Centre

PMSC

= Pitt Meadows Seniors Activity Centre



PROGRAM INFORMATION - Music

KARAOKE:

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

Karaoke is off to a great start! Join in the fun!

Weekday	Time	Centre	Room	Cost	Of Note
Fri	2:00-4:00pm	MR	Lounge	\$1 drop-in	Weekly as of Sep 9



SILVERTONES CHOIR:

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

The Silvertones are a fun group who love to sing golden oldies. They are looking for someone to help lead the choir as well as a pianist. Also accepting new members for this performance choir.

Weekday	Time	Centre	Room	Cost	Of Note
Thu	10:30-11:30am	MR	Hall A	\$1 drop-in	Resuming Sep 8

UKULELE:

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

Back as a drop-in AND with beginners classes offered, Lillian, Don, Helen, and Mary are here to help you learn to love ukulele!

Weekday	Time	Centre	Room	Cost	Of Note
Wed - beginners	10:15-11:15am	MR	SA	\$1 drop-in	Resumes Sep 7
Wed - some exp.	10:15-11:45am	MR	Craft	\$1 drop-in	Resumes Sep 7
Wed - beginners	1:00-2:00pm	PM	Wellness	\$1 drop-in	Resumes Sep 7; not on Sep 28
Wed - some exp.	1:00-2:30pm	PM	Hall A	\$1 drop-in	Resumes Sep 7; not on Sep 28

VARIETY PLUS:

Cost: none

Having fun with music, dance and comedy. Looking for new members. (See ad on pg 26.)

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: Peter; 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



On September 12, 19 & 26 the Maple Ridge Library is offering drop-in tech help on Monday afternoons from 2:00-3:00pm.

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	
Thu	9:00am-noon	MR	Library	\$2 by appt	starting Oct 13

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	Meeting Sep 8 & 22, Oct 13 & 27



Check out our Wellness Workshops!



THINGS YOU DON'T WANT TO MISS!

WELLNESS WORKSHOPS

Helping you take care of YOU!

FREE FOR ALL 55+
CALL TO PRE-REGISTER
604-467-4993

Thu Sep 8 10-11am: Caregiver Connection
Meet Raman, our Caregiver Coordinator! She will explain the services she provides and hi-light some exceptional upcoming information sessions.

Thu Oct 13 10-11am: Smile! about Oral Health
How does aging affect your oral health? Concerned about tooth loss? Considering replacement options? There's nothing quite like a welcoming smile. Presented by Danielle Ramos, registered dentist.

Thu Oct 27 10am-2pm: Seasonal Flu Shot Clinic
By appointment. Book with reception starting Oct 4. Service provided by Shoppers Drug Mart.

Thu Nov 24 10-11am: Falls Prevention Presentation
Falls can result in numerous serious health complications. Fraser Health presents what you need to stay on your feet. Learn tips and tricks to reduce the risks. Bring questions.

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

TECH WORKSHOP

"Internet Safety and Security for Older Adults"

We are offering a tech workshop out of BOTH centres. Pre-register at reception. (date specific; limited seating). Cost \$2.00. This is an online series produced by the South Okanagan Seniors Wellness Society. The session will be facilitated by a tech volunteer. Bring your device to have your questions answered.

<p>at MR centre: Mon Sep 26 10:00-11:00am registration opens Sep 7</p>	<p>at PM centre: Mon Oct 3 1:00-2:00pm registration opens Sep 14</p>
---	---

TECH WORKSHOP TOPICS:
- secure passwords - spotting a scam
- protecting sensitive info - and more!

If you need one on one tech help, call reception and book an appointment with one of our volunteers.
Cost: \$2.00

<p>Thursdays 9:00am - 1:00pm Maple Ridge Seniors Activity Centre 50 224 St. Maple Ridge 604-467-4993</p>	<p>Mondays 1:00 - 3:15pm Pitt Meadows Seniors Activity Centre 19065 119B Ave. Pitt Meadows 604-457-4771</p>
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Shoppers Drug Mart will be administering seasonal flu shots* on the following date:
MAPLE RIDGE SENIORS ACTIVITY CENTRE
Thursday, October 27 10:00am - 4:00pm

Of note: Due to lack of demand seasonal flu shots will not be offered at PM centre this year. Check with your local pharmacy to receive your flu shot. *Flu shots subject to availability.

PHONE AHEAD to book appointment
(bookings start Oct 6)

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

VARIETY PLUS

Having fun with **MUSIC, DANCE and COMEDY!**
Wednesdays starting August 31

Variety Plus will be welcoming new members until Sep 28 to help with the production of our next show.
(Shows scheduled for Nov 25 & 26)

Curious? For more info contact Carmen at 604-477-0425 or carmen@rmsseniors.org

Wednesdays
1:00 - 4:00pm

Maple Ridge Seniors Activity Centre

-B-E-A-D-I-N-G- FOR FUN

WORKSHOP: Intro to Beading
Tuesday, Oct 4 2:00-4:00pm
Cost: \$10 (instruction & materials)
Registration is limited to four people.
Instructor Anthea will provide prepared beginner beading project kits. Two beading projects included with course. (Advanced samples shown.)
Pre-register by Sep 27 at MR reception

Owl Necklaces

workshop projects vary
various options available
projects may not be as shown

DROP-IN: Beading
Tuesdays, 2:00-4:00pm
meet weekly with Anthea in the Lounge for drop-in beading sessions starting Oct 12. Bring your own project, get questions answered, glean from other beadlers. **Drop-in fee \$1.00**

First drop-in visit FREE! Membership required thereafter. See reception for more info.

*Connecting adults 55+ with a happy, healthy life.
www.rmsseniors.org

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

THINGS YOU DON'T WANT TO MISS!



September Sampler!!!

Are you looking for something NEW to "try"?
 Might you need a little nudge to get yourself out of your door
 (and in through one of ours)?

Is there a game or activity that you have always wanted to check out
 - but wonder if you'll be welcome
 - if someone will patiently explain the "how" (i.e. rules)
 - possibly unsure if you'll enjoy it?

Well, at RMSS centres, check out our SEPTEMBER SAMPLER month!

GAMES: ALL MONTH LONG! and specifically at MR on Thu Sep 15 1:30-3:30pm

MAH JONG

SCRABBLE

MEXICAN TRAIN

WHIST

RUMMIKUB

FARKLE

Check the GrapeVine for regular programming information
 but WHATEVER program/activity you're curious about be sure to "give it a try!"
 Questions? Email carmen@rmssseniors.org or call 604-477-0425

PLEASE NOTE:

RMSS CENTRES WILL BE CLOSED

on:

Monday, September 5
 (Labour Day)

Friday, September 30*
 (National Day of Truth & Reconciliation)

and Monday, October 10
 (Thanksgiving)

* consider ways in which you can acknowledge
 the significance and intent of Sep 30
 The City of MR is working on a gathering in
 Memorial Peace Park called "We Stand With
 You Through Truth and Reconciliation".
 Details to come.



IT'S TIME FOR A CRAFT SALE!

TUESDAY OCT 11

10:00AM - 2:00PM

Before all the seasonal sales begin
 check out the MR Craft Ladies selection
 of hand knit baby clothes, blankets,
 dishcloths, slippers, sweaters,
 and more.



OPEN TO ALL

CASH ONLY



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





info session



ENCORE CAREERS

Income Opportunities for 55+

Are you looking for an "encore career"?

Encore Careers is a FREE employment program for 55+ job seekers
 looking forward to their next career transition. Career exploration,
 employment support, skills training, and one-to-one support for 5 weeks
 in class (currently online), followed by 8 weeks of targeted job search.

Want to learn more?
 Come to this one hour presentation. Next course intake is in October.

Thu, Sep 15 10:00 - 11:00am

FREE pre-registration required.
 Call 604-467-4993

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

RMSS - Connecting adults 55+ with a happy, healthy life

55+

Vote, Pitt Meadows!

Local Government Elections | Saturday, October 15, 2022



MAYOR

5 COUNCILLORS

2 SCHOOL BOARD TRUSTEES

Three Ways to Vote:

In Person

Vote at a polling station during Advance Voting or on General Voting Day.

By Mail

Request a mail ballot package at City Hall during normal office hours or online and return it either in person or via mail no later than 8pm on General Voting Day, October 15.

Curbside

During Advance Voting or on General Voting Day, voters with mobility issues can park in a designated area marked "Curbside Voting" and call the phone number listed on the sign.

Request a Mail Ballot:

July 15 to October 15 (by 12 noon)

Last day to request a Mail Ballot be mailed to you via Canada Post:

October 3

Advance Voting Days:

Sat Oct 1 (9am – 5pm), Mon Oct 3 (8am – 8pm), Wed Oct 5 (8am – 8pm), Fri Oct 7 (8am-8pm) at City Hall, Meadows Room

General Voting Day:

Sat Oct 15 (8am – 8pm) at South Bonson Community Centre, Heritage Hall, and Pitt Meadows Family Recreation Centre gymnasium



SCAN ME

pittmeadows.ca/election



Retirement Living Open House

Saturday, September 10th at 2 pm – 4 pm

**Sunwood 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.

Tara Brandolini
12241 – 224th, Maple Ridge
T. 604-463-5527
C. 236-333-5487
Tara.Brandolini@reveraliving.com

JOIN US FOR LIGHT
REFRESHMENTS
DRINKS!



Life, Continued...

revera
Retirement Living

Lisa Beare, MLA
Maple Ridge - Pitt Meadows

Bob D'Eith, MLA
Maple Ridge - Mission



CONGRATULATIONS

TO THE RIDGE MEADOWS SENIORS SOCIETY ON RECEIVING A COMMUNITY GAMING GRANT TO SUPPORT THEIR WORK IN RIDGE MEADOWS!

MAKING HIGHWAY 7 SAFER

The completion of the four-lane widening of Highway 7 and safety upgrades from Mission to Maple Ridge has gone out to tender! Construction will begin shortly. We are so glad that this will allow people from across Maple Ridge and other communities to have a safer and easier commute!

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>		<p>Lisa Beare, MLA <i>Maple Ridge - Pitt Meadows</i> 604-465-9299 lisa.beare.MLA@leg.bc.ca www.lisabeare.ca</p>
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Please note: the gaming grant referenced is an outreach grant in the amount of \$22,000.

RMSS Volunteers... at last... save the date!

DANCE THROUGH THE DECADES

VOLUNTEER APPRECIATION PARTY

Sept 22, 2022 | 2pm - 3:30pm
Maple Ridge Activity Centre
(doors open @ 1:30pm)

Come dressed as your fav era!
Snacks provided.

with special guests:

MARCH HARE



RSVP by Sept 13 to either centre by phone or in person
OR Email Kara: kara@rmssseniors.org
Rides available from Pitt Meadows to Maple Ridge

Please note: On Sep 22, afternoon programs cancelled at both centres to allow volunteers to attend.

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 contact: Bev 604-380-0516.

OUTREACH SERVICES - Support Groups

Do you wonder what **Caregiver Connection** is all about? What the services and resources offered are? Not sure if you can benefit - or if you even “need” help? (We all like to think we can handle it all.) Besides the weekly meetings and upcoming workshops, **COME on Thu Sep 8 to our Wellness Clinic from 10-11am** and allow yourself to ask Raman some questions . Perhaps you can be the resource or link to another who could benefit.

Let us know you are coming! Pre-register at 604-467-4993.



For more information
call Raman at:
604-380-0516 or email:
raman@rmssseniors.org



AUTUMN LEARNING SERIES

Presented by Ridge Meadows Seniors Society
Caregiver Connection & Support Program



MR Centre
Sept 20, Oct
18 & Nov 15
1:00 - 2:30
pm

Legal, Housing & Medical: Exploring the needs of older adults and family/friend caregivers navigating advocacy, housing, and the health care system.

To Register call Raman 604-380-0516 or email raman@rmssseniors.org



Join us in the fall to hear a speaker from the Seniors Health & Wellness Institute (COSCO) on the following topics:

- September 20: **Advocacy:** Whether you are advocating for yourself or someone else, important skills, strategies & practical suggestions are presented.
- October 18: **Housing and the Care Continuum:** We explain the continuum of care for housing in BC. Requirements and procedures for accessing appropriate housing are discussed.
- November 15: **Navigating the Health Care System:** We review many of the available medical services and what you can expect from them. Effective communication between the patient and the health care provider is emphasized.



Funded by the Government of BC and managed by the United Way in partnership with Family Caregivers of British Columbia



Family and Friend Caregiver
Connection & Support Program
Presents:

Legacy, Love Letters & Heart Wills

"What Matters in Death Matters In Life"
No matter what kind of life you live, how much money you make, or what you think of your accomplishments you have a legacy.

The dynamic and interactive group process is facilitated by Karen Hendrickson, End of Life Consultant, Coach and Licensed Willow EOL Educator™.

You will become clear about your legacy, by reflecting on your life, identifying who and what matter most to you by creating lasting messages for those you love and future generations.



October 20, 2022
1:00pm - 3:00pm

Maple Ridge Seniors Activity Centre

Call Raman to register at 604-380-0516
raman@rmssseniors.org



Funded by the Government of BC and managed by the United Way in partnership with Family Caregivers of British Columbia

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 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 604-466-9617	Duffy 604-466-9617	Claudia 604-467-8385	*Anne 604-763-5623	Claudia 604-467-8385
	Sheila 604-463-8929	Peter 604-230-5732	Duffy 604-466-9617	Duffy 604-466-9617
		<p><i>RMSS drivers: (left to right)</i></p> <p><i>Back row: Peter, Duffy Claudia</i></p> <p><i>Kneeling: Sheila, Anne</i></p>	Peter 604-230-5732	Peter 604-230-5732

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

<p style="text-align: center;">Relief Driver Gillian: 604-476-2109 May be able to help when regular drivers not available</p>	<p style="text-align: center;">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.</p>
--	--

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



FITNESS FEATURE



There are some “new” fitness classes in town!

First: New to RMSS, **Choose to Move** will have its info session on **Tue Sep 13 from 1:30-2:30pm** (pre-registration required). In the July/Aug GrapeVine we let you know this FREE program was coming to our MR centre. It is designed to help older adults (65 plus) get moving in a relaxed and inviting class with like-minded people. As this is in conjunction with the City of Maple Ridge, registration is through the Leisure Centre (see pg. 40) for details.

Choose to Move is also being offered through the City of PM. See their ad on page 42.

Next: At our PM centre, we are starting up two different classes.

You have been asking for Keren to teach line dancing. You also love her fitness classes. So now you get the best of both worlds. **DANCE FIT** should satisfy your desire to dance, have fun, and better yet get fit! We'll start with a **FREE DEMO on Sep 22** (see pg. 12) and follow that up with a pre-registered set of four classes (minimum registration required to proceed).

Third: Not to be missed – a class that addresses EVERYONE'S need to get strong, move intentionally, and live well. Presenting... **FUNCTIONAL FITNESS!**

A write up from instructor Keren:

After the age of 30 we lose up to 5% of muscle mass per year. **Maintaining muscle mass is pivotal to healthy aging.** Muscle promotes metabolism, healthy bones and joints, healthy blood sugar regulation, fall prevention and confidence. All these are crucial preventative measures if we want to stay strong and age well.

Although aerobic exercise is important, studies now reflect that as we age, strength training is of equal if not greater importance. <https://www.sciencedaily.com/releases/2016/04/160420090406.htm>

FUNCTIONAL FITNESS promotes muscle growth through strength training. It incorporates exercises that mimic everyday living tasks such as proper lifting and bending, sitting and standing, rotational exercises that promote agility and flexibility, and core stabilizing exercises for fall prevention.

The purpose behind this intentional movement class is to stretch and strengthen, preserve and protect the muscles and movements used in everyday life. We want to help you with your day-to-day real-life movements. The aim is fall prevention which allows one to more easily age in place.

Check out Keren's **FREE DEMO on Sep 23** (see pg. 13) and the following pre-registered set of four classes (minimum registration required to proceed).

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



Beez
foot care



Vilma Baldoz-Abalos

Footcare Services
 Certified Footcare Nurse / Registered Nurse

\$35 for approx. 15-20 minute appointment

Upcoming dates (Mondays): Sep 12 & 26
 Oct 17 & 24
 Nov 14 & 28

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

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



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P.A. "Doc" Livingston SRES*

Senior's Real Estate Specialist

Maple Ridge Resident for over 14 Years

Thinking about Selling?

Moving is always a huge decision. Whether you are Downsizing, Upsizing or looking to move into Extended Living, Assisted Living or Supportive Care I can help.

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

P.A. "Doc" Livingston

Personal Real Estate Corporation

Email. doc@homehuntersbc.com

Web. www.homehuntersbc.com

Got Questions?
I have Answers.

Talk to "Doc"
604-787-7028

I make House Calls!
Let's have a coffee.

What others have to say:

Mary and Jeff (Sellers)
Doc made our house sale seem effortless! From posting to final paperwork, he worked tirelessly to get us the best possible price - more than we thought possible! We were particularly impressed with his high-tech wizardry and staging ideas to make our 24 year old home look fabulous without spending a lot of money. His positive attitude and sense of humour kept us encouraged at all times. Thanks, Doc!

Not meant to cause or induce breach of existing agency.

MORE THINGS YOU DON'T WANT TO MISS!

Choose to Move



Choose to Move is a fun and social program that will you get moving in a relaxed and inviting class with like-minded people. We focus on improving activities of daily living and strengthening muscles used in the day to day. Our goal is to improve your overall health and well-being through meaningful discussions and activities. This program includes both group sessions at Maple Ridge Seniors Activity Centre as well as active sessions at the Maple Ridge Leisure Centre. Choose to Move is FREE and designed for individuals 65 years and older.

INFO SESSION
 Tuesday Sep 13 1:30-2:30pm
 held at MR Seniors Activity Centre
 EVENT ID #40895

GROUP MEETINGS
 Tuesdays 1:30-2:30pm
 Sep 27, Oct 11, 18, 25, Nov 1, 15, 29, Dec 13
 EVENT ID #40898

ACTIVE SESSIONS (weekly)
 Wednesdays 1:30-2:30pm
 held at MR Leisure Centre
 Sep 21 - Dec 14 (12 weeks)
 EVENT ID #40894

ALL registration can be completed through
 Maple Ridge Leisure Centre
 registration line 604-457-7471 or online
 at www.mapleridge.ca/1484

* Registration begins on August 30

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

Maple Ridge Leisure Centre
 1925 Harney Pl. Maple Ridge
 604-467-7471



Join our "trip"
 to Croatia!



Thu, Oct 6
 1:30-2:30pm
 PM centre
 Cost: \$1.00
 604-457-4771



50/50 TICKET SALES!

Starting in October, the first week of each month we will be selling 50/50 tickets from either centre. The proceeds raised will support ongoing programs, activities and events.

WE HAVE A WINNER... YOU!

RMSS - Connecting adults 55+ with a happy, healthy life

Tickets may be purchased from
 MR coffee bar M-F 9:30-11:00am
 PM reception desk M-F 9:30am-2:30pm
 (sales weeks listed below)

The winning tickets will be drawn on the Friday of the sales week.

tickets sold Oct 3 - 7 will be drawn Oct 7, 2022
 tickets sold Oct 31 - Nov 4 will be drawn Nov 4, 2022
 tickets sold Dec 5 - 9 will be drawn Dec 9, 2022

BRITISH COLUMBIA
 Maple Ridge centre licence #135437
 Pitt Meadows centre licence #135440

DANCE FIT

Want to get up and dance?
 Enjoy Keren's energetic Dance Fit class

From Motown to Disco
 from Latin to Country

Keren will break the steps down
 you'll be movin' & groovin'
 and havin' a blast!

FREE DEMO!!! Sep 22 9:00-9:45am

Then \$20 / 4 classes (pre-registered):
 Oct 6, 13, 20, 27
 (registration opens Sep 22; min. 8 registered to proceed)

For more information, go to reception,
 read the GrapeVine or
 go to www.rmssseniors.org

Thursdays
 9:00-9:45am
 Pitt Meadows Seniors Activity Centre
 19065 119B Ave. Pitt Meadows
 604-457-4771

FUNCTIONAL

FITNESS For ALL fitness levels

Do you find that you hurt yourself doing the simplest of moves?
 Maintaining muscle mass is pivotal to healthy aging.
 In this class we will isolate and address specific muscles and practice intentional movement to help prevent injuries.

Keeping you strong...Keeping you safe
 You will learn to stretch and strengthen, preserve and protect the muscles and functions used in everyday life.
 The aim is fall prevention allowing one to more easily age in place.

BE STRONG **Stay STRONG**

FREE DEMO!!! Sep 23 11:30am-12:15pm

Then \$20 / 4 classes (pre-registered):
 Oct 7, 14, 21, 28
 (registration opens Sep 23; min. 8 registered to proceed)

For more information go to reception,
 read the GrapeVine program guide or
 go to www.rmssseniors.org


Fridays
 11:30am-12:15pm
 Pitt Meadows Seniors Activity Centre
 19065 119B Ave. Pitt Meadows
 604-457-4771

WORKSHOP DETAILS

- Sep 6:** **Alzheimer Society presents *Travelling with Dementia***
Explore the challenges, safety concerns and strategies when travelling with dementia.
FREE; Tue Sep 6, 7:00-9:00pm at PM centre; to register call First Link 1-800-936-6033
- Sep 7:** ***Seniors Network: *Fraud Awareness for Older Adults***
Top fraud trends affecting seniors; what we can do to protect ourselves, and if victimized
FREE; Wed Sep 7, 1:00-2:30pm *at Maple Ridge Library; to register call 604-786-7404
- Sep 8:** **Wellness Workshop *Caregiver Connection Information***
Learn what services and resources are available for you in your caregiving role.
FREE; Thu Sep 8, 10:00-11:00am at MR centre; to register call reception 604-467-4993
- Sep 13:** **Choose to Move Info Session: (see pg. 36)**
FREE; Tue Sep 13, 1:30-2:30pm at MR centre; to register call MR Leisure Centre 604-467-7422
EVENT ID #40895 or online at www.mapleridge.ca/1484
- Sep 15:** **Encore Careers Info Session: (see pg. 27)**
This info session will outline the Encore Careers employment program for 55+ job seekers.
FREE; Thu Sep 15, 10:00-11:00am at MR centre; to register call reception 604-467-4993
- Sep 20:** **Advocacy Workshop: (see pg. 33)**
Learn important skills, strategies & practical suggestions for advocating for yourself and others.
FREE; Tue Sep 20, 1:00-2:30pm at MR centre; to register call Raman 604-380-0516
- Sep 26:** **Tech Workshop: (see pg. 26)**
Internet Safety and Security for Older Adults. A video series facilitated by a tech volunteer.
FREE; Mon Sep 26, 10:00-11:00am at MR centre; to register call reception 604-467-4993
- Sep 28:** **ANNUAL GENERAL MEETING (see pg. 6)**
- Sep 29:** **Wellness Workshop: *Smile! Oral Health***
Learn how aging affects your oral health and tips on how to maintain that welcoming smile.
FREE; Thu Sep 29, 10:00-11:00am at PM centre; to register call reception 604-457-4771
- Oct 3:** **Tech Workshop: (see pg. 26)**
Internet Safety and Security for Older Adults. A video series facilitated by a tech volunteer.
FREE; Mon Oct 3, 1:00-2:00pm at PM centre; to register call reception 604-457-4771
- Oct 4:** **Beading Workshop: (see pg. 26)**
Instructor led beginners' beading. Two beading kits provided.
\$10 (to cover supplies); Tue Oct 4, 1:30-2:30pm at MR centre; pre-register at reception by Sep 27
- Oct 5:** ***Seniors Network: *Good Riddance! Don't Let Your Stuff Prevent You from Moving***
FREE; Wed Oct 5, 1:00-2:30pm; *at Maple Ridge Library; to register call 604-786-7404
- Oct 6:** **Armchair Traveller**
Join our virtual trip to Croatia! Known for its Roman ruins, Balkan wars, beautiful islands, and gorgeous waterfalls, enjoy this vicarious excursion.
\$1.00 drop-in; Thu Oct 6, 1:30-2:30pm; to reserve your spot call 604-457-4771



WORKSHOP DETAILS

- Oct 11:** **Craft Fair** (see pg. 27)
FREE to enter; Tue Oct 11, 10:00am-2:00pm
- Oct 13:** **Wellness Workshop: Smile! Oral Health** (see pg. 26)
Learn how aging affects your oral health and tips on how to maintain that welcoming smile.
FREE; Thu Oct 13, 10:00-11:00am at MR centre; to register call reception 604-467-4993
- Oct 18:** **Housing & Care Continuum Workshop:** (see pg. 33)
Learn about the continuum of care for housing in BC. Accessing appropriate housing discussed.
FREE; Tue Oct 18, 1:00-2:30pm; to register call Raman 604-380-0516
- Oct 18:** **Alzheimer Society presents Family Caregivers Series** (4 week series)
Explore topics on understanding dementia, communication and behaviour, etc.
FREE; Four Tuesdays (Oct 18-Nov 8) 12:30-3:30pm at MR centre; to register call 1-800-936-6033
- Oct 20:** **Legacy, Love Letters, and Heart Wills Workshop:** (see pg. 33)
We will all leave a legacy. Take a moment to reflect on yours. Join this dynamic and interactive facilitated discussion & workshop.
FREE; Thu Oct 20, 1:00-3:00pm at MR centre; to register call Raman 604-380-0516
- Oct 27:** **Wellness Clinic: Seasonal Flu Shots** (see pg. 26)
Shoppers Drug Mart will be administering seasonal flu shots. Book your appt starting Oct. 4
FREE; Thu Oct 27, 10:00am-4:00pm at MR centre; call reception 604-467-4993




MACDONALD MEECHAN NOTARIES

Providing you with security & peace of mind during your life's major transitions.

 <p>Lucy Meechan Notary Public, M.A.</p>	<table border="0" style="width: 100%;"> <tr> <td>Wills</td> <td>Family Transfers</td> </tr> <tr> <td>Powers of Attorneys</td> <td>Affidavits</td> </tr> <tr> <td>Representation Agreements</td> <td>Notarizations</td> </tr> <tr> <td>Health Directives</td> <td>Travel Letters</td> </tr> <tr> <td>Real Estate Transactions</td> <td>Certified True Copies</td> </tr> <tr> <td>Mortgages</td> <td>Statutory Declarations</td> </tr> </table>	Wills	Family Transfers	Powers of Attorneys	Affidavits	Representation Agreements	Notarizations	Health Directives	Travel Letters	Real Estate Transactions	Certified True Copies	Mortgages	Statutory Declarations	 <p>Nicole MacDonald Notary Public, M.A.</p>
Wills	Family Transfers													
Powers of Attorneys	Affidavits													
Representation Agreements	Notarizations													
Health Directives	Travel Letters													
Real Estate Transactions	Certified True Copies													
Mortgages	Statutory Declarations													

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304-12099 Harris Rd, Pitt Meadows BC V3Y 0E5
www.MacdonaldMeechanNotaries.com

AROUND TOWN

Choose to Move & ActivAge Programs

Are you 65+ and looking for motivation to become physically active? These programs will help introduce the habit of physical activity into your daily life in ways that make sense for you.

Information Session - September 20. Programs start September 22 & 27

For information on this FREE program, call Jackie at Pitt Meadows Family Recreation Centre 604.465.2473 or email jsenchyna@pittmeadows.ca

Join us to **CELEBRATE!!**

50

50 Years of Recycling Evolution

Ridge Meadows Recycling Society
1972-2022

Ridge Meadows Recycling Society
50th Anniversary Gala Dinner & Dance
Friday, October 28, 2022
Whonock Lake Center
27871 113th Avenue, Maple Ridge

Catered by the Sunflower Cafe

- 5:00 - Cocktails
- 6:30 - Dinner Served
- 7:30 - Presentations
- 8:00 - Live Band & Dancing

Tickets \$75.00

*10% discount for current members of RMRS

To purchase tickets, phone RMRS at 604-467-5545

Payment can be made by credit card over the phone or by bringing a cheque or cash in person to the Maple Ridge Recycling Depot, 10097-230th Street.

www.rmrecycling.org

BEGIN AGAIN is a monthly meeting for those who have lost their partners. Enjoy the company of others, listen to guest speakers on relevant topics, and BEGIN AGAIN. We meet the last Friday of most months at Maple Ridge Seniors Activity Centre 1:30pm. For more info email Sheila: tedsheila50@hotmail.com

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.

1-888-313-3377 ext.6201

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

SHARE YOUR STORY

AGEISM CONSULTATIONS

This is an opportunity to share your views on ageism with the Federal/Provincial/Territorial Ministers Responsible for Seniors.

The World Health Organization defines Ageism as the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age. Please consider sharing your thoughts and experiences through this survey. The deadline to participate in September 30, 2022. <https://esdc-consultations.canada.ca/ageism-consultation>

➔ Thank you to Danielle Ramos, Registered Denturist, for your upcoming info sessions (Wellness Workshops) on *Smile! Oral Health*. See workshop details on pages 40-41 Sep 29 & Oct 13.



LOWER MAINLAND denture centre

Why choose us?

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



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

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

VOLUNTEER APPRECIATION!

We want to recognize RMSS' amazing volunteers.
Please send your nominations to: kara@rmssseniors.org

I want to nominate...

Lillian H.! Lillian came to RMSS a number of years ago and offered to teach Ukulele classes. It didn't take any time at all for these classes to grow into a favourite! Ukulele is offered at both centres, includes classes for beginners, and the group accepts performance opportunities throughout the community.

A HUGE THANK YOU to Lillian and her dedicated team of instructors, including Don, Helen, Mary, and Lolita. We value your hearts & service!



Also, thank you to the RMSS Board of Directors.
We appreciate your past year's service to RMSS, its members, and staff.

RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2021/2022

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