

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
Nov & Dec 2022 Program Guide

top photo taken by Greg H., RMSS member



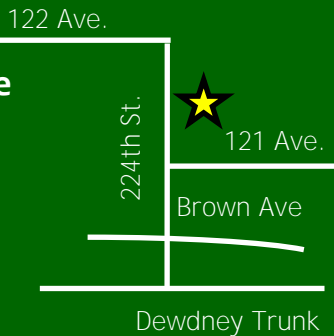
**A fabulous time was had celebrating RMSS VOLUNTEERS
for our first appreciation party since 2019!**

FACILITY INFO

Maple Ridge

Seniors Activity Centre

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



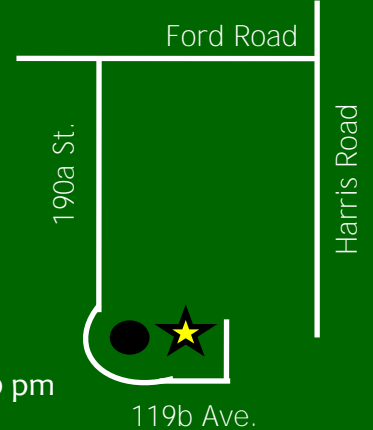
Member Services

Monday - Friday 9:00 am - 3:30 pm
Closed Nov 11, Dec 26 & 27

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 Nov 11, Dec 26 & 27



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+

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- You Connect Coordinator, Vanessa De Freitas**
- Kitchen Coordinator, Grace Nunnikhoven**
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- Kitchen Staff: Paula, Katereh, Marisela**
- Support Staff: Robyn, Sally, Sandra**

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A MESSAGE FOR YOU

Welcome to our Nov/Dec GrapeVine - your guide to connection, fitness, information, resources, and fun!

No matter which store you go into signs of Christmas are appearing - that time of year in which people place hope for family gatherings, joyfully plan their gift giving, wish peace on earth, light up their homes, spread love and good cheer. For others, the arrival of winter solstice is the prize, signaling the start of longer days and fresh beginnings. At RMSS we aim to offer something for all!

To start:

- Variety Plus is presenting *Christmas* on Nov 25 & 26. See pg. 43
- The MR Craft ladies are hosting a sale on Dec 6. See pg. 27
- We have two afternoon Christmas events planned with entertainment. See pg. 5
- Christmas take-away lunch will be on Dec 16. Call reception starting Nov 15 and no later than Dec 1 to reserve your meal. See pg. 41 (More details to come regarding cost and possible quantity limits.)
- Enjoy the Journey is offering two tours: *Lights on the Lake* and *Christmas Carol Dinner Cruise*.
- And a reminder with winter coming, if the local schools are closed due to snow, so are we.

New beginnings:

- PM centre has started a Games Day on Thursday afternoons. See pg. 18 & 29
- MR centre is starting Create - an art studio drop-in program on Tuesdays. See pg. 20 & 21
- Note the QR code on the back cover. This directly links to supporting the ongoing work of RMSS through Canada Helps. Thank you for considering RMSS for your year end donations.

In the works:

- Look for renewed offerings of Bridge Lessons (pg. 18) and *Choose to Move* in January (pg. 29)
- Also planned are pre-registered painting lessons at PM centre. See pg. 20
- We again have people requesting Iceless Curling at MR centre - but we need ENOUGH interest for it to run. See pg. 16
- Could you benefit from a Parkinson's specific fitness class? *On the Move* will strengthen and lengthen your muscles. Cognitive games as well as vocal exercises included. See pg. 39
- VERY EXCITING is a new fitness program we are planning on running out of the new Albion Community Centre! (as part of our mandate to offer programs and services in satellite locales)

Our focus remains to connect seniors 55+ with a happy, healthy life.

Wishing you all grace and peace in the season ahead.

~ Carmen Tischer

Activity Coordinator



BUS TRIPS

Enjoy THE JOURNEY



Check centres' bulletin boards for trip details.
Registration begins at 9am at either centre.

Thank you for the photo submissions from recent trips!
Ever-smiling Doug and friends enjoying tea, and Rita feeding a bird lakeside at Manning Park.



Tue, Nov 8

FANTASTICO ITALIANO (some seats available)

\$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 opens Oct 4



Sat, Dec 3

LIGHTS BY THE LAKE

\$139

MR 2:45pm-10:00pm

PM 3:00pm-9:45pm

Embrace your Christmas Spirit at Harrison Hot Springs for their annual Christmas Event. Wander through the light displays at the Lagoon, join in the carol singing, all the time keeping an eye out for the roving Sasquatch! Afterwards dinner at the River's Edge Restaurant.

Level: Easy

Registration opens Nov 1



Wed, Dec 21

CAROL SHIP DINNER CRUISE

\$164

MR 5:00pm-11:00pm

PM 5:15pm-10:45pm

The local waters of Vancouver come alive this holiday season aboard harbor Cruises Carol ships - lit up on the outside and decked out in their Christmas best on the inside. This tour includes live Christmas Carolers, song sheets, and Holiday Buffet featuring slow-roasted Turkey and Honey Glazed Ham.

Level: Easy

Registration opens Nov 15

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

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.



CHRISTMAS

with Ridge Meadows Seniors Society

**JOIN US as we celebrate
some Christmas Cheer with:
entertainment by Ryan Langevin
(plus the Silvertones at MR)
as well as a sing-along
some yummy treats
door prizes**

2022

With thanks to the
PM Craft Group
for their generous
support of this event

Two dates to choose from:

With thanks to the
MR Craft Group
for their generous
support of this event

Thu Dec 8
2:00-3:30pm

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

**TICKETS GO ON
SALE NOV 10**
See centre for details

Tue Dec 13
2:00-3:30pm

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





Pair of Premium level technology hearing aids and rechargeable hearing aids!

Promotion runs from October 1 to December 31, 2022

ABSOLUTE
HEARING SERVICES INC

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

604-510-2299
AbsoluteHearing.ca

HAPPINESS IS



...catching up with old friends.



This summer some of the 'ol carpet bowling gang gathered for a meal. Looks like smiles were on the menu!

L-R: Audrey, Rino, Pirkko, Mae, Rita, Marianne, John.



Yes - she's a serious bridge player...and it happened to be her birthday. Hence the tiara! Hope you had a great day, Joanne!

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.

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 - DECEMBER



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|--|---|
| | | | | 1  | 2 Book Club | 3 BUS TRIP Lights by the Lake |
| < 50/50 sales available at BOTH centres' Dec 5 - 9! Winner drawn on Dec 9! > | | | | | | |
| 4 | 5  | 6 CRAFT FAIR  | 7  | 8 Wellness Clinic CHRISTMAS EVENT at PM  | 9  | 10 |
| 11 | 12  | 13 CHRISTMAS EVENT at MR  | 14  | 15  | 16 CHRISTMAS TAKE-AWAY LUNCH  | 17 |
| 18 | 19  | 20  | 21 BUS TRIP Carol Ship Dinner Cruise | 22 Line Dance Fun | 23  | 24 |
| 25  | 26 CHRISTMAS DAY/ BOXING DAY (in lieu closures) RMSS closed | 27 | 28 Some programs on break; call ahead or check on class page info. | 29 | 30  | 31  |

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 | No class Dec 29 |



RHYTHM & REACH:

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

Instructor: Keren

Rhythm & Reach offers choreographed low impact moves, drumsticks (provided), and great tunes followed by an extended time of stretching. A fun class!

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



| Weekday | Time | Centre | Room | Cost | Of Note |
|---------|-------------|--------|-----------|-------------|------------------------|
| Fri | 9:00-9:45am | PM | Main Hall | \$2 drop-in | No classes Dec 23 & 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 Dec 26 |



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 classes Nov 11, Dec 26 |



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 | |

\$5 DROP-IN NOV 16

Sess #8: Nov 23, 30, Dec 7, 14 reg. opens Nov 9



DANCE FIT: **NEW!**

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 | |

\$5 DROP-IN NOV 3

Sess #2: Nov 17, 24, Dec 1, 8 reg. opens Oct 27



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, rhumba, 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 #9: Nov 28, Dec 5, 12, 19 reg. opens Nov 21



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 classes Nov 11 & Dec 26 |
| **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!**

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 | |

\$5 DROP-IN NOV 4

Sess #2: Nov 18, 25, Dec 2, 9 reg. opens Oct 28



PROGRAM INFORMATION - Fitness

YOGA CLASSES:

CHAIR YOGA:

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

Instructors: 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 has been incorporated into the Gentle Hatha Yoga class at MR centre. See GHY write-up below.



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

| Weekday | Time | Centre | Room | Cost | Of Note |
|---------|---------------|--------|-----------|-------------|-----------------|
| Mon | 10:15-11:00am | PM | Main Hall | \$2 drop-in | No class Dec 26 |
| Thu | 11:30-12:15pm | PM | Main Hall | \$2 drop-in | |

If you are missing Chair Yoga at MR centre, let carmen@rmssseniors.org know! With enough support, we will return the class at a later time and possibly on an alternate day.



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 / 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 Dec 26 |



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 |

\$5 DROP-IN NOV 8

Sess #11: Nov 8, 15, 22, 29 reg. opens Oct 25

Sess #12: Dec 6, 13, 20 (\$15/3 classes) reg. opens Nov 29



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 Dec 26 |
| Wed | 2:45-3:45pm | PM | Arts & Crafts | \$2 drop-in | |



TAI CHI/QIGONG:

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

Instructors: MR: Berna, Dina, Wayne PM: Kay

Gentle slow movements that focus on breathing, balance and core strength. Tai Chi helps to reduce stress and increase flexibility. Over time, this practice improves the mind, strengthens the body and spirit, and slows the aging process.



| Weekday | Time | Centre | Room | Cost | Of Note |
|-----------------|---------------|--------|-----------------|-------------|--------------------------------|
| Mon -Chair | 1:30-2:30pm | MR | Social Activity | \$2 drop-in | No class Dec 26 |
| 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 classes Nov 11, Dec 23 & 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 Dec 26 |
| 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 Nov 11 |

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 | Not on Dec 27 |



Want Iceless Curling at MR centre? With enough interest (8-10 people) we can start in January on Fridays 10:00-11:30am. Stay for lunch - take in afternoon programming like Bridge or Karaoke! Loads of fun! Contact carmen@rmssseniors.org.

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 | RoomHalls A&B | Cost | Of Note |
|---------|------------------------------|--------|---------------|-------------|-------------------------------------|
| Mon | 8:45-11:00am | MR | | \$1 drop-in | Not on Dec 26 |
| Mon | 1:15-3:30pm | PM | Hall B | \$1 drop-in | Not on Dec 26 |
| Tue | 8:45-11:00am | MR | Halls A&B | \$1 drop-in | Not on Dec 27 Good practice time |
| Wed | 11:30am-1:30pm | PM | Hall B | \$1 drop-in | |
| Fri | 8:45-11:00am | MR | Hall A | \$1 drop-in | Not on Nov 11 |
| Fri | 11:00am-noon - Beginners* | MR | Hall A | \$1 drop-in | Not on Nov 11 |
| Fri | 1:15-3:30pm | PM | Main Hall | \$1 drop-in | Not on Nov 11 |

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 Nov 11, Dec 26, 27 |
| Mon & Fri | 9:00am-4:00pm | PM | Snooker | \$2 drop-in | Not on Nov 11, Dec 26 |
| Tue - Ladies | 2:00-4:00pm | MR | Snooker | \$4 drop-in | Not on Dec 27 |
| Wed - Ladies | 1:30-3:30pm | PM | Snooker | \$2 drop-in | |
| Fri - Ladies | 9:00am-noon | MR | Snooker | \$4 drop-in | Not on Nov 11 |
| Fri - Beginners | 9:00am-noon | MR | Snooker | \$4 drop-in | Not on Nov 11 |

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 Dec 26 |
| 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 | Not on Nov 11 |

BRIDGE LESSONS (for those with limited previous experience):

We will again offer lessons starting in the new year. This is competitive duplicate 2:1. Starting January 19, 6 weeks of lessons will be offered on Thursdays 1:00-2:30pm at MR centre. Cost \$25. Book purchase extra. Registration opens Nov 23.

CRIB:



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

| Weekday | Time | Centre | Room | Cost | Of Note |
|---------|-------------|--------|---------------|-------------|---------------|
| Tue | 1:00-4:00pm | MR | Hall C | \$1 drop-in | Not on Dec 27 |
| Fri | 1:00-3:30pm | PM | Arts & Crafts | \$1 drop-in | Not on Nov 11 |

GAMES AFTERNOON:

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

Thursday afternoons a variety of games are available for play. MR centre typically plays Rummikub (a tile version of rummy) but other options available. PM centre is newly offering this program. Join in the fun!

| Weekday | Time | Centre | Room | Cost | Of Note |
|---------|-------------|--------|-------------|-------------|-------------|
| Thu | 1:30-3:30pm | MR | Lounge | \$1 drop-in | |
| Thu | 1:00-3:00pm | PM | Common Area | \$1 drop-in | NEW! |

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 | Not on Dec 27 |
| Thu | 1:00-3:30pm | MR | Social Activity | \$1 drop-in | Not on Dec 29 |

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 Nov 23 & Dec 15 |

SCRABBLE:

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



| Weekday | Time | Centre | Room | Cost | Of Note |
|---------|--------------|--------|-------------|-------------|-----------------------------|
| Tue | 10:00am-noon | PM | Common Area | \$1 drop-in | Not on Dec 27 |
| Tue | 12:45-3:30pm | MR | *Library | \$1 drop-in | *new room; Not on Dec 27 |
| Fri | 12:45-3:30pm | MR | *Library | \$1 drop-in | *new room; Not on Nov 11 |

TRIVIA:

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



Drop-in solo or form a team - and enjoy a great hour of Trivia. Always fun!

| Weekday | Time | Centre | Room | Cost | Of Note |
|---------|---------------|--------|--------|-------------|---------------------------|
| Thu | 10:00-11:00am | PM | Lounge | \$2 drop-in | On Nov 10 (not weekly) |

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 Dec 28 |
| Flamenco | Wed | 3:00-4:00pm | PM | Hall B | \$1 drop-in | Not on Dec 28 |
| Hawaiian | Thu | 12:30-1:30pm | MR | Hall C | \$1 drop-in | Not on Dec 15, 22, 29 |
| Line Dance -beg. | Mon | 11:30am-12:30pm | PM | Main Hall | \$1 drop-in | Not on Dec 26 |
| -beg. | Mon | 1:30-2:45pm | MR | Hall C | \$1 drop-in | Not on Dec 26 |
| -int. | Tue | 10:30-11:45am | MR | Hall C | Pre-registered | |
| Line Dance Fun! | Thu | 10:30-11:45am | MR | Hall C | \$1 drop-in | |



We have two new art programs underway. Starting in November at our MR centre, bring your current project (sketch, charcoal, acrylic, whatever!) and CREATE in a shared space alongside others. This is a drop-in, undirected program. (pg. 21) →

At PM centre, we are starting painting classes in January. These pre-registered lessons will explore colour, perspective, landscapes using acrylic paints. Details to come in Jan/Feb GrapeVine.

PROGRAM INFORMATION - The Arts

BEADING:

Cost: \$1 / session (drop-in)
Additional costs for supplies

Anthea has taught beading to many! Enjoy learning a new craft and great company. Nimble fingers required. Curious? Pop by to see what others are working on.

| Weekday | Time | Centre | Room | Cost | Of Note |
|---------|-------------|--------|--------|-------------|---------------|
| Tue | 1:30-3:30pm | MR | Lounge | \$1 drop-in | Not on Dec 27 |

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 | Nov 4, 18, Dec 2, 16 |

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 | Not on Dec 27 |
| Wed | 9:30-11:30am | PM | Arts & Craft | \$1 drop-in | Not on Dec 28 |



CREATE: NEW!

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

A drop-in studio for artists to convene, create, and collectively inspire. Do you sketch? Dabble in water colours? Play with pastels or colour in charcoal? Bring your project & supplies. We provide the space.

| Weekday | Time | Centre | Room | Cost | Of Note |
|---------|-------------|--------|----------|-------------|---------------------------------|
| Tue | 1:00-3:30pm | MR | Craft Rm | \$1 drop-in | Starting Nov 1 Not on Dec 27 |

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 | Create 1:00 - 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 | Beading 1:30 - 3:30 | Tax Clinic <i>(by appointment)</i> | Games 1:30 - 3:30 | Carpet Bowling 1:00 - 3:00 |
| **Book Club 2:00 - 3:30 | **Foot Care w/ Vilma <i>(Mon by appt.)</i> | Mexican Train 1:30 - 4:00 | | Absolute Hearing |
| Gentle Hatha Yoga 3:30 - 4:15 | | 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 | **Trivia 10:00 - 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 | Games 1:00 - 3:00 | Table Tennis 1:15 - 3:30 |
| Table Tennis 1:15 - 3:30 | Iceless Curling 2:00 - 3:30 | Meditation 2:45 - 3:45 | Ukulele 1:00 - 2:30 (Wednesday) | |
| **Caregiver Connection | Ladies Snooker 1:30 - 3:30 (Wednesday) | Flamenco 3:00 - 4:00 | **Armchair Traveller 1:30 - 2:30 | **Foot Care w/ Gigi & 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 a great place to meet others, watch others perform, even sing along! Join in the fun!



| Weekday | Time | Centre | Room | Cost | Of Note |
|---------|-------------|--------|--------|-------------|-----------------------|
| Fri | 2:00-4:00pm | MR | Lounge | \$1 drop-in | Not on Nov 11, Dec 23 |



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 | *10:00-11:30am | MR | Hall A | \$1 drop-in | *Earlier start time; Not on Dec 29 |

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 | } No classes in December |
| Wed - some exp. | 10:15-11:45am | MR | Craft | \$1 drop-in | |
| Wed - beginners | 1:00-2:00pm | PM | Wellness | \$1 drop-in | |
| Wed - some exp. | 1:00-2:30pm | PM | Hall A | \$1 drop-in | |

VARIETY PLUS:

Cost: none

Having fun with music, dance and comedy. Look for new intake information in Jan/Feb GrapeVine.



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

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



Book your 30-45 minute appointment ahead of your visit. To book your appointment call:

MR centre: 604-467-4993

PM centre: 604-457-4771

***Must know your password to access your device. Bring your device's charge cord.**

| Weekday | Time | Centre | Room | Cost | Of Note |
|---------|-------------|--------|-------------|-------------|--------------------|
| Mon | 1:00-3:15pm | PM | Wellness Rm | \$2 by appt | Not on Dec 19 & 26 |
| Thu | 9:00am-noon | MR | Library | \$2 by appt | Not on Dec 22 & 29 |

TAX CLINIC:

Cost: free, by appointment

If you are 55+ and qualify, free tax help is available in Nov. (Not offered Dec & Jan.) 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 Nov 10, 24, Dec 8 |



Check out our Wellness Workshops!



THINGS YOU DON'T WANT TO MISS!



info session





EMERGENCY PREPAREDNESS

What Every Senior Should Know!

BE PREPARED - not scared



Want to learn more about how to prepare yourself and your family for an emergency? Assistant Chief James Clelland will explain why and how to be prepared, steps to prepare for, respond to, and recover from floods, earthquakes, heat waves, and other disasters.

Thursday, November 3 10:00 - 11:30am
FREE - pre-registration required. Call 604-467-4993

BE PREPARED
NOT SCARED

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

55+



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 January.

Tue, Nov 8 1:00-2:00pm
FREE - pre-registration required.
Call 604-457-4771

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



PLEASE NOTE:

RMSS CENTRES
WILL BE CLOSED on:

Friday, November 11
(Remembrance Day)


Monday, December 26
(In lieu of Christmas Day)

and Tuesday, December 27
(in lieu of Boxing Day)



This precious hand knit nativity scene was made and donated by our PM Craft Group. We are offering it on silent auction at PM centre from Nov 21 - Dec 8. Proceeds to support programs at PM Seniors Centre.

THINGS YOU DON'T WANT TO MISS!



seasonal event






TRIVIA

WITH JOHN

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

Thursday 10:00-11:00am
November 10

Drop-in or call 604-457-4771 to register.
Cost: \$2.00

Hey Ridgers! Anyone game to carpool to Trivia?

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

55+



wellness workshop






FALLS PREVENTION

Do you know someone who has had a life altering fall? As we age, the risk of falling increases exponentially. This group presentation will provide you with some tips and tricks on how to reduce your risk of having a fall.

**NOTHING IS MORE VALUABLE THAN YOUR INDEPENDENCE
...SO WHY RISK IT?**

Did you know that Fraser Health provides FREE Falls Prevention Clinics for seniors with a history of falling? Learn about future clinics that allow you to meet with a Physiotherapist, Pharmacist, and Kinesiologist to receive an individualized assessment and recommendations for improving health and preventing falls.
*Please note: the above listed clinic practitioners will not be present at this Wellness Workshop.

Thursday, November 24 10:00-11:00am
FREE - pre-registration required. Call 604-467-4993

Remember to visit our Wellness Clinic!



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

9:00 - 12:00

55+



IT'S TIME FOR OUR CHRISTMAS CRAFT SALE!

TUESDAY DEC 6
10:00AM - 2:00PM






Has someone made the "nice list" just in time for Christmas? Check out the MR Craft Ladies selection of hand knit baby clothes, blankets, dishcloths, slippers, sweaters, gnomes, hedgehogs, and more.

CASH ONLY



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




DANCE PROGRAMS



At RMSS we offer MANY dance programs - as well as dance cardio!

Line Dance Beginners - available at both centres
Line Dance Fun - for those who are no longer beginners and are ready to level up. NEW! at MR centre
Line Dance Intermediate - for those with minimum two years experience. At MR centre (pre-registered)



Ballet - Work on engaging your core muscles to help increase balance. Some previous experience as asset. At PM centre



Flamenco - Spanish music, castanets, choreographed moves. Beginners welcome. At PM centre



Hawaiian - Gentle flowing movements in which hands and arms communicate the stories of the islands and nature. At MR centre



For more information check our GrapeVine program guide, go to our website www.rmssseniors.org, or ask at reception.

Lisa Beare, MLA

Maple Ridge - Pitt Meadows

Bob D'Eith, MLA

Maple Ridge - Mission



WE LOOK FORWARD TO SEEING EVERYONE THIS HOLIDAY SEASON!

KEEP AN EYE OUT FOR OUR HOLIDAY OPEN HOUSE DATES!



GETTING BOOSTED!

FOR COVID VACCINES: EVERYONE PAST THEIR SIX MONTH MARK FOR THEIR LAST BOOSTER IS ELIGIBLE FOR A 4TH DOSE. YOU WILL RECEIVE AN INVITATION AND CAN BOOK YOUR VACCINATION AT A LOCAL PHARMACY. PEOPLE ARE ENCOURAGED TO GET THE MODERNA BIVALENT VACCINE THAT TARGETS THE OMICRON VARIANT.

FOR FLU VACCINES: VACCINES ARE AVAILABLE AT YOUR LOCAL PHARMACY. SEE PHARMACY FOR MORE INFORMATION.

OUR COMMUNITY OFFICES CAN HELP WITH:

- Navigating government services and programs
- Accessing government documents, legislation, and web-based forms
- Congratulatory messages and greetings for birthdays and anniversaries
- Issues involving provincial ministries or agencies



Bob D'Eith, MLA

Maple Ridge - Mission

604-476-4530

bob.deith.MLA@leg.bc.ca

www.bobdeith.ca



LEGISLATIVE ASSEMBLY
of BRITISH COLUMBIA

Lisa Beare, MLA

Maple Ridge - Pitt Meadows

604-465-9299

lisa.beare.MLA@leg.bc.ca

www.lisabeare.ca

Choose to Move and Active Aging programs will start up again in January.

REGISTRATION is through the Maple Ridge Leisure session. Online at: www.mapleridge.ca/1484 or call: 604-467-7422



Choose to Move
GET THE MOTIVATION YOU NEED TO BE ACTIVE!

Join Today - It's FREE!

"Choose to Move got me off my couch. It made me realize how important it is to keep moving."

A FREE program that supports seniors to BECOME and STAY active!

- ✓ Develop a personal action plan to help meet your goals
- ✓ Choose activities you like
- ✓ Receive 1-on-1 coaching and group support
- ✓ Learn new ways to live a healthier, more active life

www.choosetomove.ca

Info Session: Tue Jan 10 1:30pm
MAPLE RIDGE SENIORS ACTIVITY CENTRE
To register call: 604-467-7422 or online at: www.mapleridge.ca/1484
Event ID #45119

Choose to Move – Information Session

Age: 65Y and up

Are you 65 and older and looking for motivation to become physically active? Please join us for an information session to learn more about the Choose to Move program. The Choose to Move program will support you to establish healthy habits of physical activity into your daily life in ways that make sense for you. Choose to Move is free and flexible, and provides you with motivation and support to become more active.

Location: Maple Ridge Seniors Activity Centre

Tue Jan 10 1:30 -2:30pm Event ID #45119

Live in Pitt Meadows? Look for a spring session in which the info session will be hosted at PM centre.



GAMES DAYS!

Game On!

Remember how fun games can be?
Board games improve cognitive skills, reduce stress, lower blood pressure, helps with fine motor skills, and creates opportunities for connection and laughter!

Join us!

| | |
|---|---|
| At Maple Ridge: Wed/Thu afternoons 1:30-3:30pm | At Pitt Meadows: Thursday afternoons 1:00-3:00pm |
|---|---|

\$1.00 drop-in fee

First visit FREE! Membership required thereafter. See Reception for more info.

55+

| | |
|--|---|
| Maple Ridge Seniors Activity Centre 12150 224 th Street, Maple Ridge 604-467-4993 | Pitt Meadows Seniors Activity Centre 19065 119B Avenue, Pitt Meadows 604-457-4771 |
|--|---|



Congratulations! to our own Myriam who won two gold, one silver and one bronze in swimming in the Seniors Canada Games in Kamloops. Woot!



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12241 224th Street, Maple Ridge



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www.lowermainlanddenture.ca

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Pitt Meadows, BC V3Y 2J2
Located right behind shoppers *

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 Dec 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



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.

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.

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Home Care

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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 Sheila 604-463-8929 | Claudia 604-467-8385 Peter 604-230-5732 | *Anne 604-763-5623 Duffy 604-466-9617 Peter 604-230-5732 | Claudia 604-467-8385 Duffy 604-466-9617 Peter 604-230-5732 |



RMSS drivers: (left to right)
Back row: Peter, Duffy Claudia
Kneeling: Sheila, Anne

*** 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

Happy Retirement



If you have attended any fitness programs at RMSS, you know we have been blessed with an incredible team of instructors who absolutely LOVE teaching our members! You know they LOVE it, because even when we have to relocate programs due to a flood or floor restoration, or temporarily close or require them to adjust their lesson plans with the ebbs and flows of a pandemic, RMSS instructors are always the first to want to show up and teach. We can't thank this team of quality, loyal, genuine people enough and we are honoured to call you friends! We appreciate all you do!

Amongst this crew is Cathy - our longest contracted hire. Cathy was teaching at RMSS before MR Seniors Activity Centre was even built! We hired children back then...;) Cathy has taught Keep Fit, Stay Fit, Chair Fit, Zumba and who knows what else along the way, along with volunteering her time at Fit 4 Life Seniors Week events. (Elsewhere she has taught Osteofit, Aquafit, and is a student of ballroom dancing.) From letting her Zumba class know how many "steps" they accomplished to her joy in dressing up for Halloween and handing out candy was always very fun! Cathy's consistency, bright smile, and caring nature have made her a valued member of our team.

Earlier this year, Cathy let us know of her graduated scaling back of her availability until her retirement at this year's end. (Thankfully, Cathy has let us know we can still call on her to sub classes when needed.) She is ready to take on many new adventures with her husband and family.

A very big THANK YOU, Cathy, for your dedication and service to the RMSS family. We wish you much joy and happiness to follow.

Congratulations!

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

\$40 for approx. 15-20 minute appointment

Upcoming dates (Mondays):
Nov 21 & 28
Dec 12 & 19
Jan 9 & 23

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

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



For questions about memory loss or living with dementia, call the toll-free First Link® Dementia Helpline.

Available Monday to Friday

English
1-800-936-6033 (9 a.m. to 8 p.m.)

Cantonese or Mandarin
1-833-674-5007 (9 a.m. to 4 p.m.)

Punjabi
1-833-674-5003 (9 a.m. to 4 p.m.)



Alzheimer Society
BRITISH COLUMBIA



PLEASE NOTE:
RMSS libraries are currently FULL.

We are unable to house any additional books or puzzles at this time.

Perhaps consider a thrift store to gift your valued volumes.

In future, first inquire of our Admin staff if there is room before leaving your donation.

Thank you!



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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!

CONGRATULATIONS TO OUR OCTOBER 50/50 WINNERS!



Anne won!!



Nell won!



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!

3 tickets for \$2! 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

SNOW DAY?

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

On The Move with Parkinson's

We are looking to start a Parkinson's specific fitness class in the new year.

This fun class is for those with Parkinson's Disease. Strengthen and lengthen your muscles through a series of movement, mild resistance training, balance and agility exercises for falls prevention. We include cognitive games as well as use of voice followed with stretch and relaxation.

(mild to medium level)

Need minimum of 8 participants to proceed. Interested? Email carmen@rmssseniors.org.

-tentative time & location would be at PM centre
 Thursdays 10:00-10:45am
 -pre-registered class; number of weeks/cost TBA

WORKSHOP & EVENT DETAILS

- Nov 2:** ***Seniors Network: Beyond the Blues for Older Adults** (see pg. 42)
This workshop includes information and support for seniors related to mood, anxiety, etc. FREE; Wed Nov 2, 1:00-2:30pm *at Maple Ridge Library; to register online go to www.beyondthebluesolderadults.eventbrite.ca/ or call 604-786-7404
- Nov 3:** **Emergency Preparedness:** (see pg. 26)
FREE; Thu Nov 3, 10:00-11:00am at MR centre; to register call reception 604-467-4993
- Nov 8:** **Encore Careers Info Session:** (see pg. 26)
This info session will outline the Encore Careers employment program for 55+ job seekers. FREE; Tue Nov 8, 1:00-2:00pm at PM centre; to register call reception 604-457-4771
- Nov 10:** **Trivia:** (see pg. 27)
A potpourri of subjects - much fun to be had!
Drop-in \$2.00; Thu Nov 10, 10:00-11:00am at PM centre; to register call reception 604-457-4771
- Nov 15:** **Navigating Health Care System:** (see pg. 33)
Review many available medical services and what you can expect from them. Effective communication between patient and health care provider is emphasized.
FREE; Tue Nov 15, 1:00-2:30pm at MR centre; to register call Raman 604-380-0516
- Nov 24:** **Wellness Workshop: Falls Prevention Presentation** (see pg. 27)
Fraser Health shares tips and tricks to prevent falling and promotes their free clinic.
FREE; Thu Nov 24, 10:00-11:00am at MR centre; to register call reception 604-467-4993
- Nov 25:** } **Variety Plus presents Christmas** (see pg. 43)
Nov 26: } Tickets \$8.00; Fri & Sat 2:00-3:00pm at MR centre; tickets available from either centre
- Dec 6:** **Craft Fair** (see pg. 27)
Tue Dec 6, 10:00-2:00pm at MR centre;
- Dec 8:** **Wellness Workshop: Caregiver Connection Information** (see pg. 33)
FREE; Thu Dec 8, 10:00-11:00am at MR centre; to register call reception 604-467-4993
- Dec 8:** } **Christmas Events** (see pg. 5)
Dec 13: } Tickets \$6.00; Thu Dec 8 at PM centre, Tue Dec 13 at MR centre; 2:00-3:30pm
- Dec 16:** **Christmas Take-Away Lunch** (see pg. 41)



More snapshots from our Volunteer Appreciation Party!

CHRISTMAS TAKE-AWAY LUNCH



We know you want your turkey!

And we're doing our best to provide you with these much loved take-away meals.

Once we have a price in place, we'll post at our centres.

Plan to order ahead from Nov 15-Dec 1. (orders may be limited in number).



SPCC PRODUCTIONS
facular THEATRE GROUP

PRESENTS



A Musical Pantomime

December 15 16 & 17 2022

THE ACT ARTS CENTRE MAPLE RIDGE

General Admission: \$27.50
Students & Seniors: \$20.00
(service fees may apply)

GET YOUR TICKETS THROUGH
theactmapleridge.org/tickets

Thank you to our sponsors



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Nicole MacDonald
Notary Public, M.A.

A Proud Member of the Society of Notaries Public



Ph: 604.457.0050

304-12099 Harris Rd, Pitt Meadows BC V3Y 0E5

www.MacdonaldMeechanNotaries.com

AROUND TOWN

CONGRATULATIONS to the Intergenerational Garden on their winning the Scott's Gro for Good Social Media contest and an additional \$2,500 grant! So very well done!



Maple Ridge, Pitt Meadows, and Katzie Seniors Network | www.seniorsnetwork.ca

Beyond the Blues for Older Adults

Wednesday, November 2
1 pm - 2:30 pm

Learn about why you, or someone you care about, may be feeling something beyond the blues. There is help and hope. This education event will include information and support for seniors related to mood, anxiety, risky drinking, stress, and mental well-being. Information on local resources and referrals to counselling services will also be provided.

To register, visit Eventbrite at <https://BeyondTheBluesOlderAdults.eventbrite.ca> Or call: (604) 786-7404 or email seniorsnetworkmpk@gmail.com

Maple Ridge Public Library
150-22470 Dewdney Trunk Road, Maple Ridge | 604.467.7477
Read. Learn. Play | www.fvrl.ca

MEN'S SHED: A welcoming, supportive place for friendship and fun. The Shed provides an opportunity for men to socialize, take part in activities, and learn something new. Two sheds in Maple Ridge.



For more info on Men's Shed: bcmensshed.ca
Thu 1 p.m.: contact Mike mrchips104@gmail.com
Fri 10 am: contact AlouetteMensShed@outlook.com

community events

- Remembrance Day**
Join us on Friday November 11, 2022 in 5x'heh +nas (Spirit Square) for our annual Remembrance Day Ceremony. Visit pittmeadows.ca/events.
- Christmas in Pitt Meadows**
Mark your calendars for Friday December 2, 2022. Kick off the holiday season at our annual Christmas in Pitt Meadows event. details at pittmeadows.ca/christmas.
- Winter Wonderland Skating**
A special holiday skating event! Thursday December 22 and Friday December 23. For details visit pittmeadowsarena.com.

For details about upcoming events, visit pittmeadows.ca/events

BEGIN AGAIN is a monthly meeting for women 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.

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

VARIETY PLUS PRESENTS

Christmas

Friday & Saturday, November 25th & 26th, 2022

SHOW TIME 2 - 3 PM | MAPLE RIDGE SENIORS ACTIVITY CENTRE, 12150 - 224TH STREET
TICKETS \$8 - AVAILABLE OCTOBER 25TH AT MAPLE RIDGE & PITT MEADOWS CENTRES
FOR MORE INFO : (604) 467-4993 | [FACEBOOK.COM/VARIETYPLUS](https://www.facebook.com/VarietyPlus)

 **PRESENTED BY VARIETY PLUS AND RIDGE MEADOWS SENIORS SOCIETY** 

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



The cast of Variety Plus - ticket sales begin Oct 25 for their Christmas Show.
 Go to page 43 for additional information.

RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2021/2022

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