

# GrapeVine



**RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows**  
**Jan & Feb 2023 Program Guide**

*Otter Eating Fish photo taken by Greg H., RMSS member*



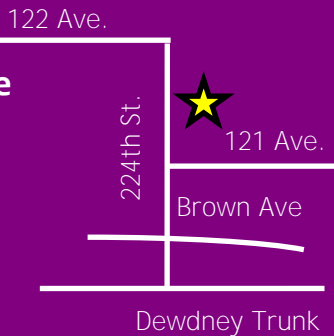
**A great time was had by all when RMSS member Joyce hosted a fabulous Christmas function for many - and donated \$10,000 each to Friends in Need Food Bank and RMSS!**

## **FACILITY INFO**

### **Maple Ridge**

#### **Seniors Activity Centre**

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



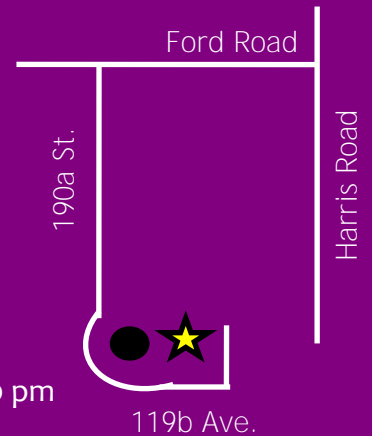
#### **Member Services**

Monday - Friday 9:00 am - 3:30 pm  
**Closed Jan 2 & Feb 20**

### **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 Jan 2 & Feb 20**



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



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



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

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

**GOALS:**

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

**STAFF DIRECTORY:**

**Executive Director, Maria Perretta**  
 604-477-9985; [maria@rmssseniors.org](mailto:maria@rmssseniors.org)

**Administrative Coordinator, Nancy Markham**  
 604-467-4593; [nancy@rmssseniors.org](mailto:nancy@rmssseniors.org)

**Activity Coordinator, Carmen Tischer**  
 604-477-0425; [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org)

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

**PM Facility Coordinator, Marcia de Vega**  
 604-457-4771; [pmsc@rmssseniors.org](mailto:pmsc@rmssseniors.org)

**Volunteer Coordinator, Kara Matthew**  
 604-380-0517; [kara@rmssseniors.org](mailto:kara@rmssseniors.org)

**Caregiver Connection Coordinator, Raman Narang**  
 604-380-0516; [raman@rmssseniors.org](mailto:raman@rmssseniors.org)

**Bookkeeper, Eva Todd** [eva@rmssseniors.org](mailto:eva@rmssseniors.org)

**You Connect Coordinator, Vanessa De Freitas**

**Kitchen Coordinator, Grace Nunnikhoven**  
[grace@rmssseniors.org](mailto:grace@rmssseniors.org)

**Kitchen Staff: Paula, Katereh, Marisela**

**Support Staff: Robyn, Sally, Sandra**

**TABLE OF CONTENTS:**

A Message for You .....	3
Bus Trips .....	4
Membership Information .....	7
Month at a Glance .....	8-9
Program Information.....	8-25
Week at a Glance.....	22-23
Outreach Services.. .....	32-33
Driving Service.....	35
Fitness Feature.....	36
Workshop Index.....	40
Around Town.....	42
Volunteer Recognition.....	44

## A MESSAGE FOR YOU

Welcome to our Jan/Feb GrapeVine - full of activities, info sessions, workshops & new programs!

A few points of note:

- During this cold and flu season, please be considerate of others and stay home if sick. Hand sanitizer is placed throughout the centres and masks are available at reception upon request.
- Snow and other extreme weather: When school is in session, listen to the radio or look at social media to see if schools are closed. If they are closed RMSS centres are as well. For those with internet, check the RMSS website, your email, become a RMSS Facebook or RMSS Instagram follower, where notifications will be posted no later than 8:00am on a given day. If you don't have access or use these resources, use the buddy system and ask a friend who does to give you a phone call, OR call ahead to either reception desk to see if the centre is open.
- Check our Fitness Feature for changes to the schedule. See pg. 36 for details.
- Remember to carpool: parking spots can be limited - come to the centre with a friend.
- Consider carpooling to attend an activity such as Karaoke, Trivia, Armchair Traveller, etc. If the activity is not at your local centre - that doesn't mean you have to miss out.
- We are hosting a "For the Love of Fun!" contest in February. Grand prize is \$100 onto your You Connect account! See pg. 5 for some preliminary details.
- PM centre is starting with extended hours of operation. See pg. 39 for details.
- **Coming soon! A survey that will help RMSS better serve you. Once the survey results are tallied, look for upcoming Open Forum dates in which the board will make themselves available to the membership for questions, comments, and feedback.**

We wanted to acknowledge all those who have donated their time, talents, and gifts to RMSS this past year. From volunteers to activity leaders, from Seniors Helping Santa elves to those who made the donations, from both Craft Groups supporting our Christmas Cheer events to their additional generous gifts, from members to community partners who have supported our giving campaigns - whether online, at retailers, with bottle refunds, or monetary donations, large and small. EVERY SINGLE CONTRIBUTION COUNTS!

It is with gratitude RMSS accepts these gifts to continue the ongoing mission to provide services, foster shared experiences, and advance the well being of adults 55+ in Maple Ridge and Pitt Meadows.

And welcome 2023! May it be kinder, calmer, and gentler. And if it can't be, may we be.

~Carmen Tischer

Activity Coordinator

# BUS TRIPS



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.



**Wed, Feb 22 AFTERNOON TEA & WESTCOAST EXPRESS \$139**

MR 9:15am-6:00pm

PM 9:30am-5:45pm

Visit Adonia Tea House in Kerrisdale for an eight-piece assortment of homemade finger sandwiches, pastries and a scone, accompanied by your choice of tea. See a morning tea demonstration at the Chinese Tea Shop and ride the West Coast Express departing Vancouver at 3:50pm arriving at Mission Station at 5:05pm.

Level: Easy

Registration opens Jan 17



**Thu, Mar 16 BRITISH SWEETS & ECO DAIRY \$119**

MR 8:30am-5:00pm

PM 8:45am-4:45pm

Take a trip down memory lane at Dickens Sweet Shop and British Museum. Take a VIP Behind the Scenes Tour at the amazing Eco-Dairy Farm Discovery Center in partnership with Science World. Includes a stop at Campbell's Gold Honey Farm & Meadery.

Level: Easy

Registration opens Feb 7

**PLEASE NOTE:** Trips are for those with current memberships; 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.

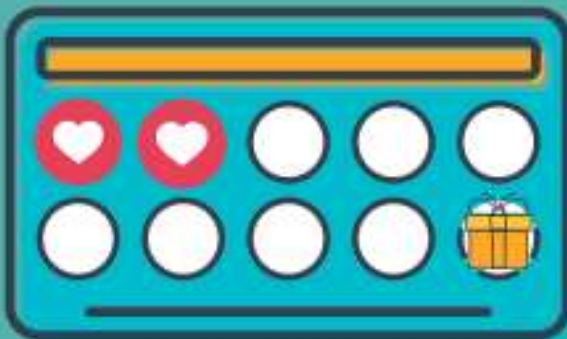
**BUILDING ACCESS:** RMSS washrooms available during regular hours of operation only.





COMING TO RMSS CENTRES FEBRUARY 6 - 17

**FOR THE LOVE OF FUN!**



A contest to see who can attend the most activities!  
 Earn hearts for every activity/info session/etc. you  
 attend for a chance to win one grand prize of  
**\$100** on your You Connect account!



Bonus hearts can be earned, i.e. by bringing friends.

Incentive prizes along the way. Stay tuned!



# 50/50 TICKET SALES!

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; MR reception M-F 12:30-3:00pm**  
**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 Jan 9 - 13 will be drawn Jan 13, 2023**  
**tickets sold Feb 6 - 10 will be drawn Feb 10, 2023**  
**tickets sold Mar 6 - 10 will be drawn Mar 10, 2023**



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



## 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 - JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>NEW YEAR'S RMSS CLOSED</b>	2	3 	4 <b>Tai Chi</b>	5 	6 <b>Create Drop-In Art Studio</b>	7
<b>&lt; 50/50 sales available at BOTH centres' Jan 9 - 13! Winner drawn Jan 13! &gt;</b>						
8	9 	10 <b>Gentle Hatha Yoga</b> \$5 Drop-In ..... <b>Choose to Move Info Session</b>	11 <b>Functional Fitness</b> \$5 Drop-In ..... <b>Bolly X</b> \$5 Drop-In	12 <b>Wellness Clinic</b> ..... <b>Wellness Workshop: Parkinson's</b>	13 	14 <b>Sharing Saturdays at PM</b>
15	16 <b>Dance Fit</b> \$5 Drop-In	17 <b>Personal Planning Info Session</b> ..... <b>Together Tuesdays</b>	18 <b>Bolly X</b> pre-reg starts ..... <b>Variety Plus</b> rehearsals start	19 <b>Bridge Lessons</b> start ..... <b>Armchair Traveller:</b> China	20 <b>Foot Care w/ Gigi &amp; Emma</b> (by appt.)	21 <b>Sharing Saturdays at PM</b>
22	23 <b>Dance Fit</b> pre-reg starts	24 <b>Emergency Documentation</b> Workshop ..... <b>Painting Lessons</b>	25 <b>CRAFTS</b> ..... <b>Bolly X</b> pre-reg starts	26 <b>Wellness Clinic</b> ..... <b>Emergency Documentation Workshop</b>	27 	28 <b>Sharing Saturdays at PM</b>
29	30 	31 <b>Together Tuesdays (weekly at PM)</b>				










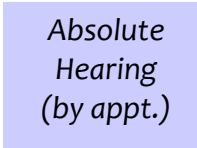



If you see something within the calendar grid, you will find additional information in our GrapeVine. (More details? Which centre? What time? Pre-reg. required?)

Check the table of contents. Workshop & event info on pages 40.

You can also ask at reception or check our website at [www.rmssseniors.org](http://www.rmssseniors.org).

# MONTH AT A GLANCE - FEBRUARY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2 TRIVIA	3 Book Club	4 Sharing Saturdays at PM
<b>&lt; 50/50 sales available at BOTH centres' Feb 6 - 10! Winner drawn on Feb 10! &gt;</b>						
5	6  Foot Care w/ Vilma (by appt.)	7  ..... Together Tuesdays at PM	8  Service Canada Seniors Benefits Info Session	9 Wellness Workshop: Living with Dementia ..... 	10 	11 Sharing Saturdays at PM
<b>For the Love of Fun! CONTEST WEEKS</b>	13 	14 Navigating the Emergency Rm Info Session 	15 Functional Fitness \$5 Drop-In ..... Bolly X \$5 Drop-In	16 	17  Absolute Hearing (by appt.)	18 Sharing Saturdays at PM
	19  FAMILY DAY RMSS CLOSED	21 Service Canada Seniors Benefits Info Session	22 BUS TRIP Afternoon Tea & West Coast Express	23 Wellness Workshop at PM: Diabetes	24 	25 Sharing Saturdays at PM
26	27 Dance Fit \$5 Drop-In	28 				


**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!**

## FITNESS INFORMATION

It's that time of year again! Starting in January, we will be requiring a renewed completion of Fitness Waivers. These are required and are only referenced in case of medical emergency. These will be made available at reception and in your classes - and looks like the images below. (It is two-sided.)



**Ridge Meadows Seniors Society**

**EXERCISE PROGRAM WAIVER/RELEASE**

Please note: In order to participate in any RMSS Exercise Program, this waiver/release must be signed. This confidential information is only disclosed to first responders in the case of an emergency. How much information you choose to share is your choice. It is asked for your benefit. As this form is updated annually, any previous copies are destroyed.

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ Sex: Male ( ) / Female ( )

Emergency Contact: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Membership Renewal Date: \_\_\_\_\_ (Add)

PHN (Personal Health Number): \_\_\_\_\_

For the purposes of this waiver/release, the term **Exercise Program** refers to all exercise programs offered through **Ridge Meadows Seniors Society (RMSS)**.

In consideration of the acceptance of my participation in the Exercise Program, I understand that myself, my dependents, heirs, executors, administrators and assignees, hereby release, discharge, defend, completely harmless, Ridge Meadows Seniors Society (RMSS), the trustees, directors, officers, employees, agents and volunteers, and their respective directors, officers, employees, agents and volunteers, (collectively called the "Organizers"), from any and all actions, claims, demands, liabilities, losses, damages, injuries, causes of action, (including out of, or in consequence of, any loss, injury, or damage to my person or property, including any expenses of any kind resulting from my participation in or attendance, at the Exercise Program, whether arising by reason of the negligence of the Organizers or otherwise.

I confirm that I have agreed to participate in the Exercise Program after having consulted with my physician.

Signature of Participant: \_\_\_\_\_ Date: [MM/DD/YY] \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Doctor's Phone Number: \_\_\_\_\_

Are you currently exercising or physically active?  no  yes

Describe your current exercise program and usual activity: \_\_\_\_\_

Have you been diagnosed with Osteoporosis?  no  yes

Have you had a low trauma fracture?  no  yes

Has your spine or any bone been broken? (eg. hip, wrist, ribs spine)  no  yes

Did you have a fall in the last 12 months?  no  yes

Has a doctor ever told you not to exercise?  no  yes

Please circle the conditions you have now, in the past:

Heart problem including chest pain w/activity (angina)	High Cholesterol
Stroke	Family Heart problems
High Blood Pressure	Vision Impairment
Other chronic illnesses	Hearing Impairment
Recent Surgery	Smoking
Bronchitis, asthma or emphysema	Diabetes
Significant joint problems	Previous injury that is still affecting you
Significant back pain that persisted	

Are you currently taking medication that could affect your ability to exercise?  no  yes

**Please add any additional comments.** (i.e. allergies)

### 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 1/2:

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

**Instructors:** Adela / Lori

This is a fun low impact class designed to improve your strength, mobility, flexibility and balance. A low intensity, active warm up is followed by balance and agility exercises working on functional ability, ending with a stretch and relaxation component. Can be done seated or standing.

Adaptive to both Stay Fit 1 & 2 levels.

**\*Bring:** free weights (also provided), resistance band (available for purchase at member services), and options for without weights provided

Weekday	Time	Centre	Room	Cost	Of Note
Mon & Fri	9:00-9:45am	PM	Main Hall	\$2 drop-in	No classes Jan 2 & Feb 20

**Schedule Change**

Stay Fit 1 and Stay Fit 2 are now blended and offered Mondays and Fridays at our PM centre.



#### STAY FIT 3:

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

**Instructor:** 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 Jan 2 & Feb 20



## 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 Jan 11 & Feb 15**

**Sess #1:** Jan 18, 25, Feb 1, 8

reg. opens Jan 4

**Sess #2:** Feb 22, Mar 1, 8, 15

reg. opens Feb 8



Introducing to our Maple Ridge centre...Pat. Pat will take over the Monday dance cardio class. A number of years ago she taught a very fun class at our PM centre. For a little info about Pat, check out our Fitness Feature on pg 36. Welcome back, Pat!

#### DANCE FIT: **NEW!**

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

**Instructor: Pat**

Using very basic and easy steps, so everyone is able to have a good time, the goal is to have FUN! Dance to the hits of the 50's, 60's, 70's. Dance styles may include: Jive, Latin, Line Dance, Waltz, Tango, Cha Cha, Charleston, Disco, Mambo, and more.

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

**FREE DEMO JAN 16!**

**\$5 DROP-IN FEB 27**

**Sess #1:** Jan 23, 30, Feb 6, 13

reg. opens Jan 9

**Sess #2:** Mar 6, 13, 20, 27

reg. opens Feb 13



## PROGRAM INFORMATION - Fitness

### CHAIR and FUNCTIONAL FITNESS CLASSES:

#### CHAIR FIT:

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

**Instructors: MR: 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 Jan 2 & Feb 20
<b>**Wed</b>	10:15-11:00am	<b>PM</b>	Main Hall	\$2 drop-in	This is Chair Fit Level 1



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



A long-time favourite instructor, Tammy, has moved back into the area and is looking forward to reconnecting with RMSS members at our PM centre. She will be teaching Functional Fitness on its new day and time, and will start a new class in March called Mindful Movement. Welcome back, Tammy!

#### FUNCTIONAL FITNESS: **NEW DAY/TIME**

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

**Instructor: Tammy**

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
Wed	9:00-9:45am	<b>PM</b>	Main Hall	\$20/4 classes	

**\$5 DROP-IN JAN 11 & FEB 15**

**Sess #1:** Jan 18, 25, Feb 1, 8 reg. opens Jan 4

**Sess #2:** Feb 22, Mar 1, 8, 15 reg. opens Feb 8



# 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 Jan 2 & Feb 20
Thu	11:30-12:15pm	PM	Main Hall	\$2 drop-in	

If you are missing Chair Yoga at MR centre, let [carmen@rmssseniors.org](mailto: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 Jan 2 & Feb 20



### 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 JAN 10 & FEB 14**

**Sess #1:** Jan 10, 17, 24, 31 reg. opens Jan 3

**Sess #2:** Feb 14, 21, 28, Mar 7 reg. opens Jan 31



## 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	<i>Not on Jan 2 &amp; Feb 20</i>
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	<i>Not on Jan 2 &amp; Feb 20</i>
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	



## 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 Jan 2 & Feb 20
Thu	1:00-2:30pm	PM	Main Hall	\$1 drop-in	
Fri	1:00-3:00pm	MR	Halls A&B	\$1 drop-in	

### ICELESS CURLING:

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



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

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	RoomHalls A&B	Cost	Of Note
Mon	8:45-11:00am	MR		\$1 drop-in	Not on Jan 2 & Feb 20
Mon	1:15-3:30pm	PM	Hall B	\$1 drop-in	Not on Jan 2 & Feb 20
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	
Fri	8:45-11:00am	MR	Hall A	\$1 drop-in	
Fri	11:00am-noon - Beginners*	MR	Hall A	\$1 drop-in	
Fri	1:15-3:30pm	PM	Main Hall	\$1 drop-in	

## PROGRAM INFORMATION

### SNOOKER:

Snooker is a cue sport with roots going back to English billiards. RMSS membership is required to participate. You can pay a drop-in fee (noted below) for individual play time, or an annual membership for unlimited play. Women players are welcome, or if preferred, have a dedicated playtime.

For regular playtime &/or more information:

**MR centre:** call Clive @ 604-790-6026

**PM centre:** call John @ 604-720-7020



Weekday	Time	Centre	Room	Cost	Of Note
Mon - Fri	8:45am-4:00pm	MR	Snooker	\$4 drop-in	<i>Not on Jan 2 &amp; Feb 20</i>
Tue - Wed - Thu	9:00am-4:00pm	PM	Snooker	\$2 drop-in	
Tue - Ladies	2:00-4:00pm	MR	Snooker	\$4 drop-in	
Wed - Ladies	1:30-3:30pm	PM	Snooker	\$2 drop-in	
Fri - Ladies	9:00am-noon	MR	Snooker	\$4 drop-in	
Fri - Beginners	9:00am-noon	MR	Snooker	\$4 drop-in	

### WALKING CLUBS:

Walking has many benefits from improving circulation and lightening one's mood to being a joint friendly form of exercise and improving one's sleep. Join us, rain or shine! No cost involved. Coffee shops are open upon your return where you can visit with others.

Weekday	Time	Centre	Room	Cost	Of Note
Tue	8:45-9:45am	PM	meet outside	free	
Tue	8:45-9:45am	MR	meet outside	free	

For those with mobility challenges, a walker friendly, fair-weather group meet Thursdays at 10:00am outside the Panorama Tower (south side of the MR centre).



## PROGRAM INFORMATION - Cards & Games

### BRIDGE:

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

A variety of Bridge clubs meet at RMSS. Most require you to bring a partner. If looking for a partner OR interested in learning to play email [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org).

Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:45pm	PM	Hall B	\$1 drop-in	Not on Jan 2 & Feb 20
Wed - ACBL	12:30-4:00pm	MR	Hall A	\$1 drop-in	
Wed - Social	1:00-4:00pm	MR	Craft Rm	\$1 drop-in	No partner required
Thu - Duplicate	12:30-4:00pm	MR	Halls A&B	\$1 drop-in	
Fri - Partnership	12:30-4:00pm	MR	Hall C	\$1 drop-in	

### BRIDGE LESSONS (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 is open.

### 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	

### 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	

## PROGRAM INFORMATION - Cards & Games

### MAH JONG:

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00-3:30pm	PM	Common Area	\$1 drop-in	
Thu	1:00-3:30pm	MR	Social Activity	\$1 drop-in	

### MEXICAN TRAIN:

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



Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:30-4:00pm	MR	Lounge	\$1 drop-in	Not on Jan 25 & Feb 22

### 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	Library	\$1 drop-in	
Fri	12:45-3:30pm	MR	Library	\$1 drop-in	

### 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 Feb 2 (not weekly)

### WHIST:

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



Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00-3:00pm	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	
Flamenco	Wed	3:00-4:00pm	PM	Hall B	\$1 drop-in	
Hawaiian	Thu	12:30-1:30pm	MR	Hall C	\$1 drop-in	
Line Dance -beg.	Mon	11:30am-12:30pm	PM	Main Hall	\$1 drop-in	Not on Jan 2 & Feb 20
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$1 drop-in	Not on Jan 2 & Feb 20
-int.	Tue	10:30-11:45am	MR	Hall C	Pre-registered	Reg opens Jan 4
Line Dance Fun!	Thu	10:30-11:45am	MR	Hall C	\$1 drop-in	



We have two new art programs underway. Now on Fridays 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. These pre-registered lessons will explore colour, perspective, landscapes using acrylic paints. Pre-reg opens Jan. 10. Details on pg. 28.

## PROGRAM INFORMATION - The Arts

### BEADING:

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

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

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

### BOOK CLUB:

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

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

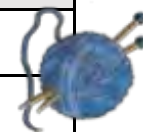
Weekday	Time	Centre	Room	Cost	Of Note
Mon	2:00-3:30pm	MR	Lounge	\$1 drop-in	Currently at capacity
Wed	10:00-11:30am	MR	Library Room	\$1 drop-in	Currently at capacity
Fri	10:00am-noon	MR	Craft Rm	\$1 drop-in	Jan 6, 20, Feb 3, 17

### 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	



### 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
Fri	1:30-3:30pm	MR	Craft Rm	\$1 drop-in	New day

## PROGRAMS AT MAPLE RIDGE – week at a glance

Fitness class information and descriptions on next pages.

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

Inquire at reception or check our website for more details.

MON	TUE	WED	THU	FRI
<b>Stay Fit 3</b> 8:30 - 9:15	<b>Walking Club</b> 8:45 - 9:45	<b>Stay Fit 3</b> 8:30 - 9:15	<b>Snooker</b> 8:45 - 4:00	<b>Stay Fit 3</b> 8:30 - 9:15
<b>Snooker</b> 8:45 - 4:00	<b>Snooker</b> 8:45 - 4:00	<b>Snooker</b> 8:45 - 4:00	<b>*Tech Help</b> 9:00 - noon	<b>Snooker</b> 8:45 - 4:00
<b>Table Tennis</b> 8:45 - 11:00	<b>Table Tennis</b> 8:45 - 11:00	<b>Book Club</b> 10:00 - 11:30	<b>**Wellness Clinic</b> 9:00 - noon	<b>Table Tennis</b> 8:45 - 11:00
			<b>**Wellness Workshops</b>	<b>Ladies &amp; Beginners Snooker</b> 9:00-noon
<b>COFFEE SHOP OPEN 9:15-11:15am</b>				
<b>Chair Fit</b> 10:00 - 10:45	<b>Crafts</b> 9:30 - 11:30	<b>Chair Fit</b> 10:00 - 10:45	<b>Line Dance Fun</b> 10:30 - 11:45	<b>Chair Fit</b> 10:00 - 10:45
	<b>*Line Dance - Int</b> 10:30 - 11:45	<b>Ukulele</b> 10:15 - 11:45	<b>Silvertones</b> 10:00 - 11:30	<b>**Book Club</b> 10:00 - noon
<b>*Dance Fit</b> 11:15 - noon		<b>*BollyX</b> 11:15 - noon	<b>**Caregiver Connection</b>	<b>Table Tennis - Beg</b> 11:00 - noon
<b>LUNCH SERVED 11:30am - 1:00pm</b>				
<b>Carpet Bowling</b> 1:00 - 3:00	<b>Scrabble</b> 12:45 - 3:30	<b>ACBL (Bridge)</b> 12:30 - 4:00	<b>Duplicate (Bridge)</b> 12:30 - 4:00	<b>**Caregiver Connection</b>
<b>Meditation</b> 1:00 - 2:00	<b>Crib</b> 1:00 - 4:00	<b>Social Bridge</b> 1:00 - 4:00	<b>Hawaiian Dance</b> 12:30 - 1:30	<b>Partnership (Bridge)</b> 12:30 - 4:00
<b>Chair Tai Chi</b> 1:30 - 2:30	<b>Beading</b> 1:30 - 3:30	<b>Variety Plus</b> 1:00-4:00	<b>Mah Jong</b> 1:00 - 3:30	<b>Scrabble</b> 12:45 - 3:30
<b>Line Dance - Beg</b> 1:30 - 2:45	<b>Ladies Snooker</b> 2:00 - 4:00	<b>Tax Clinic</b> <i>(coming in Mar)</i>	<b>*Bridge Lessons</b> 1:00 - 2:30	<b>Carpet Bowling</b> 1:00 - 3:00
<b>**Book Club</b> 2:00 - 3:30		<b>Mexican Train</b> 1:30 - 4:00	<b>Games</b> 1:30 - 3:30	<b>Create</b> 1:30 - 3:30
<b>Gentle Hatha Yoga</b> 3:30 - 4:15		<b>Tai Chi</b> 2:00 - 3:30	<b>Gentle Hatha Yoga</b> 3:30 - 4:15	<b>Karaoke</b> 2:00 - 4:00

## 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 1/2 9:00 - 9:45	Walking Club 8:45 - 9:45	*Functional Fitness 9:00 - 9:45		Stay Fit 1/2 9:00 - 9:45
	Snooker 9:00 - 4:00	Crafts 9:30 - 11:30	Snooker 9:00 - 4:00	
<b>COFFEE SHOP OPEN 9:15-11:15am; 12:30-3:00pm</b>				
Chair Yoga 10:15 - 11:00	Scrabble 10:00 - noon	Chair Fit 1 10:15 - 11:00	**Trivia 10:00 - 11:00	Tai Chi 10:15 - 11:15
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	<b>*Mindful Movement (coming in March)</b>
<b>LUNCH SERVED 11:30am - 12:30pm</b>				
Bridge 1:00 - 3:45	Mah Jong 1:00 - 3:30	Whist 1:00 - 3:00	Carpet Bowling 1:00 - 2:30	Crib 1:00 - 3:30
Tech Help (by appointment)	*Painting Lessons 1:00 - 3:30	Ukulele 1:00 - 2:30	Games 1:00 - 3:00	Table Tennis 1:15 - 3:30
Table Tennis 1:15 - 3:30	Iceless Curling 2:00 - 3:30	Ballet 2:00 - 3:00	**Armchair Traveller 1:30 - 2:30	
**Caregiver Connection	Ladies Snooker 1:30 - 3:30 (Wednesday)	Meditation 2:45 - 3:45		
	<b>Together Tuesdays 6:00 - 9:30pm</b>	Flamenco 3:00 - 4:00		<b>Sharing Saturdays 10:00am - 1:00pm</b>

Our Pitt Meadow centre has an ongoing outside rental occurring Tuesday evenings and Saturday mornings, allowing for additional RMSS programming. Send program suggestions to [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org). Go to pg. 39 for Tuesday and Saturday programming ideas.

## 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	



### 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	

### 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	
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 Jan 18

# 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 Jan 2 & Feb 20
Thu	9:00am-noon	MR	Boardroom	\$2 by appt	

**TAX CLINIC:**

**Cost:** free, by appointment

If you are 55+ and qualify, free tax clinics are coming in March & April. Start booking appointments mid February for both centres. For more information 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 Jan 12, 26, Feb 9, 23



Check out our Wellness Workshops! (pg 26 & 27)

# THINGS YOU DON'T WANT TO MISS!



## wellness workshop





### PARKINSON'S DISEASE


Every person touched by Parkinson's deserves to know that they are not alone in their journey. The Parkinson Society of BC will be on hand to share an overview of PD, advise of resources, and be available for questions. Learn about the PD fitness program "On the Move" which is open for registration at the MR Leisure Centre. Connect with a local monthly support group.




The Parkinson Society of BC's mission is to empower the Parkinson's community through providing resources and services to enable self-management, self-reliance, and self-advocacy.

**Thursday, January 12 10:00-11:00am**  
 FREE - pre-registration required. Call 604-467-4993

Remember to visit our Wellness Clinic!



12150 224 St. Maple Ridge  
604-467-4993



Remember to visit our Wellness Clinic!



12150 224 St. Maple Ridge  
604-467-4993





## WELLNESS WORKSHOPS

Helping you take care of YOU!

55+

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

**Thu Jan 12 10-11am: Parkinson's Disease**

A basic overview of this disease will be presented along with multiple resources to equip you with knowledge and options. Learn about "On the Move" Parkinson's specific fitness program as well as a local support group.  
*Presented by Parkinson Society British Columbia, with Lori Briggs*

**Thu Feb 9 10-11am: Living with Dementia**

Join us as Myrna shares her story - a woman who has been living with dementia for many years. Her story is one of hope and joy. Also on hand will be reps from Cognitive Wellness, and RMSS Caregiver and Outreach support services.  
*Presented by Myrna Norman, with Cognitive Wellness, RMSS Caregiver and Outreach Coordinators*

**Thu Mar 9 10am-2pm: Sleep**

Many older adults find it difficult to get enough sleep and this workshop explores the reasons and remedies. Information about lifestyle changes that may help is also provided.  
*Workshop presented by Seniors' Health and Wellness Institute*

Remember to visit our Wellness Clinic!



12150 224 St. Maple Ridge  
604-467-4993



Remember to visit our Wellness Clinic!



12150 224 St. Maple Ridge  
604-467-4993





RMSS CENTRES  
 WILL BE CLOSED on:

Monday, January 2  
 (in lieu of New Year's Day)

Monday, February 20  
 (Family Day)



## info session





SERVICE CANADA

Are you receiving all the benefits you are entitled to?

As we enter tax season, learn about the Canada Pension Plan, Survivor's Pension, Old Age Security, and the Guaranteed Income Supplement. Our presenter's goal: to bring awareness of the many Federal Gov't Programs and Services offered. We want to ensure that clients are receiving all of the benefits they are entitled to.

**Thu, Feb 9**  
10:00-11:30am

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

**FREE**  
pre-registration  
required.



**Tue, Feb 21**  
10:00-11:30am

MR Seniors Activity Centre  
12150 224 St.  
604-467-4993

# THINGS YOU DON'T WANT TO MISS!



**Caregiver Connection & Support Presents:  
Emergency Documentation Session**

- ✓ Are you prepared if there's a health issue or a natural disaster?
- ✓ Do you have your documents in one safe space?
- ✓ Start building a comprehensive "just in case binder" for your family or friends.
- ✓ Find out what information to include and start getting your information together.
- ✓ Make emergencies less stressful.

**Dates, Location & Times**

**Tuesday January 24, 2023**  
Maple Ridge Seniors Activity Centre 1:00 PM - 2:00 PM

**Thursday January 26, 2023**  
Pitt Meadows Seniors Activity Centre 1:00 PM - 2:00 PM

To register please call:  
Raman, Caregiver Coordinator at 604-380-0516  
or email raman@rmsseniors.org

Family Government of British Columbia | United Way in partnership with Family Caregivers of British Columbia | United Way



**wellness workshop**



at PM centre

**DIABETES**

Type 2 diabetes is now one of the most widespread chronic diseases worldwide and is most prevalent in people older than 40. Causes, possible preventative measures and managing the disease are discussed.

Presented by Seniors' Health and Wellness Institute


**Thursday, February 23 10:00-11:00am**  
FREE - pre-registration required. Call 604-457-4771

Remember to visit the MR Wellness Clinic:




Pitt Meadows Seniors Activity Centre  
19065 119B Avenue, Pitt Meadows  
604-457-4771

09:00 - 12:00

55+



**wellness workshop**

**LIVING WITH DEMENTIA**

Since learning of her dementia diagnosis some fourteen years ago, Myrna has become an amazing advocate. "I had a desire to do something more, so other people didn't have to go through that kind of despair." She has written a book, started several support groups, and sits on multiple task groups. "I believe to the bottom of my soul, that I am living well with dementia because I am so socially active." "I'm not afraid to put myself out there and that's what I want other people to learn." COME LISTEN to Myrna's story of hope and joy.

Along with Myrna, representatives from the Adult Cognitive Wellness Centre, RMSS Caregiver and Outreach coordinators will also be on hand to represent their programs and answer your questions.

**Thursday, February 9 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

09:00 - 12:00

55+



**presentation**



"Oster Eating a Fish" - Greg's latest photo submission that has graced our Grapevine cover

**NATURAL BEAUTY**

Do you love the great outdoors?  
Are you an observer of all the Natural Beauty around us?  
Whether you are a backyard birder, cloud observer, or even a people watcher, this new activity might be for you!  
In this initial meeting, join Greg as he presents photos of local winter birds. Be part of the process as this "naturalist/photography/enthusiast" club develops.  
As a potential new drop-in program, we are aiming for two meetings each month, one involving an outdoor excursion.  
Open to all - aiming to meet all levels of accessibility.

**FREE - pre-registration required**

**Tuesday, January 31 1:30-2:30pm**

MR Seniors Activity Centre  
12150 224 St.  
604-467-4993

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

55+



## seasonal event

### ARMCHAIR TRAVELLER

Join our members as they share their travels - no passport is required!

**CHINA**  
**Thu Jan 19 1:30-2:30pm**  
 Reserve your spot by phone  
 Cost \$1.00

Just in time for the Lunar New Year, join avid traveller, Larry, as he shares his China trip. Learn about the most populous and third largest country in the world.

Do you have a trip you would like to share?  
 Email [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org)

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



Hey Riders!  
Carpool anyone!



## seasonal event

### TRIVIA



WITH JOHN

This Groundhog Day, test your general knowledge - and learn to amaze (or possibly laugh) at yourself!

**Thursday 10:00-11:00am**  
**Feb 2**  
 Drop-in or call to register. \$2.00

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



Hey Riders!  
Carpool anyone?



## VARIETY PLUS

THE SHOW MUST GO ON!



Having fun with **MUSIC, DANCE and COMEDY!**  
 Wednesdays starting January 18  
 Variety Plus will be welcoming new members until Feb 23 to help with the production of our next show.  
 (Shows scheduled for May 26 & 27)  
 Curious? For more info contact Carmen at 604-477-0425  
 or [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org)

**Wednesdays**  
**1:00 - 4:00pm**  
 Maple Ridge Seniors Activity Centre  
 12150 224 St. Maple Ridge  
 604-467-4993





## painting



Joan displaying some of her art at the 2019 "For the Love of Art" event at our PM centre.

### PAINTING LESSONS

Have you always wanted to learn how to paint?  
 Or perhaps you used to and it's time to pick it up again?  
 Joan has taught painting to school children - so she can teach you!  
 Join her as she teaches on colour, perspective and landscapes.

**Six week pre-registered classes:**  
**Tuesdays 1:00-3:30pm**  
**Jan 24 - Feb 28**  
 Maximum of 8 participants  
 Cost: \$40 (includes supplies)  
 registration begins Jan 10

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



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



# Choose to Move

**FREE INFORMATION SESSION**  
January 10, 2023 @ 1:30 PM  
Maple Ridge Seniors Activity Centre

Register for a FREE information Session to determine whether Choose to Move (running Jan 25 - Apr 12) is right for you.

**ABOUT CHOOSE TO MOVE**  
Choose to Move is a FREE 12 week program for older adults who want to introduce physical activity into their daily lives. You'll receive both individual and group support!

You will work with a trained activity coach to develop a customized plan with activities that suit your interests.

You will also join a group of other Choose to Movers with whom you can share successes and challenges.

**REGISTER USING #45119**  
mapleridge.ca/1484 or 604-467-7422

**LEARN MORE**  
pfrederick@mapleridge.ca  
choosetomove.ca

**Choose to Move program is back this January.**

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

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.



**ABSOLUTE HEARING SERVICES INC**

**Make More Memories with Better Hearing**

**It's Time To Hear What You've Been Missing!**

Book Your Appointment Today  
**604.510.2299**

Buy 1 Box of Batteries & Receive 2nd Box **FREE**  
Limit one per person

ABSOLUTE HEARING SERVICES INC  
604-510-2299  
high level hearing

**Langley Mall: 5501 204 Street #104, Langley**  
**Maple Ridge Seniors Centre: 12150 224 Street, Maple Ridge**

**Lisa Beare, MLA**

*Maple Ridge - Pitt Meadows*

**Bob D'Eith, MLA**

*Maple Ridge - Mission*



THE OFFICE OF THE SENIORS ADVOCATE IS AN INDEPENDENT OFFICE OF THE B.C. PROVINCIAL GOVERNMENT ACTING IN THE INTEREST OF SENIORS AND THEIR CAREGIVERS.



LEARN MORE:  
[SENIORSADVOCATEBC.CA/](http://SENIORSADVOCATEBC.CA/)

**MORE DOCTORS COMING TO BC**

WE'RE EXCITED TO ANNOUNCE NEW HEALTH CARE CHANGES WILL ALLOW INTERNATIONAL MEDICAL GRADUATES TO CARE FOR ACUTE-CARE PATIENTS UNDER THE DIRECTION OF A PHYSICIAN, LICENSING MORE INTERNATIONALLY TRAINED DOCTORS AND WORKING TOWARDS INTERNATIONAL MEDICAL GRADUATES STARTING THE ACCREDITATION PROCESS BEFORE THEY ARRIVE.

LEARN MORE: [TINYURL.COM/NEWDOCTORSBC](http://TINYURL.COM/NEWDOCTORSBC)

**OUR COMMUNITY OFFICES CAN HELP WITH:**

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



**Bob D'Eith, MLA**

*Maple Ridge - Mission*

604-476-4530

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

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



LEGISLATIVE ASSEMBLY  
OF BRITISH COLUMBIA

**Lisa Beare, MLA**

*Maple Ridge - Pitt Meadows*

604-465-9299

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

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



# LOWER MAINLAND denture centre

## Why choose us?

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



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

## Our Services include:

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



# 604 457-3763

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

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

## OUTREACH SERVICES

### What is Seniors Outreach?

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



Contact: Bev Schmahmann – 604-380-0516 or email [info@rmssseniors.org](mailto:info@rmssseniors.org)



### Foodbank at MR centre - Mondays by appointment AND at PM centre! - Tuesdays by appointment



The RMSS foodbank allows our seniors a great place to come out to do shopping for essentials. Our community produce suppliers have stepped up to donate fresh fruit and vegetables on a weekly basis. Thank you to Hopcott Farms and Langley Farm Market for your support!

Foodbank donations from our community include vegetables, meat, chicken, dairy items, eggs, dry goods, baking and deli assortment.

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

# OUTREACH SERVICES - Support Groups

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.) Participate in monthly workshops and info sessions. Perhaps you can be the resource or link to another who could benefit.



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

This January: Emergency Documentation Workshops (at both centres) - see pg. 27

## WINTER LEARNING SERIES

Presented by Ridge Meadows Seniors Society  
Caregiver Connection & Support Program



**MAPLE RIDGE SENIORS CENTRE**  
January 17  
February 15  
March 22  
1:00PM - 2:30 PM

**Personal Planning, Navigating the Emergency Room, & Life Without Driving**



To Register call Raman 604-380-0516 or  
email [raman@rmssseniors.org](mailto:raman@rmssseniors.org)





January 17, 2023: Join Lucy Meechen from MacDonald Meechen Notaries to learn about Personal Planning tools that are available to you and your loved ones.

February 15, 2023: Navigating the Emergency Department: We review some reasons for going to the Emergency Room and reasons not to go. How to prepare for a visit and what to expect when you arrive are also discussed.

March 22, 2023: Life Without Driving: The decision to no longer drive has a profound impact on many seniors. We explore warning signs of the need to consider other ways of getting around, encourage planning, and outline alternatives to driving.



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](mailto: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.

## Together, we've got this

 **Qualicare**<sup>®</sup>  
Home Care

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

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

# RMSS DRIVING SERVICE

## NEED A RIDE? It's simple!



1. Become an RMSS Member: \$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;"><b>Relief Driver</b>                  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

To everything there is a season...

And in our fitness programs this seems to be a season of change!

From retirement, to changes in availability, to previous instructors returning to the “roost”.

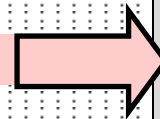
**For PM centre** this will look like this:

MON	TUE	WED	THU	FRI
<b>Stay Fit 1/2</b> 9:00 - 9:45	<b>Walking Club</b> 8:45 - 9:45	<b>*Functional Fitness</b> 9:00 - 9:45		<b>Stay Fit 1/2</b> 9:00 - 9:45
<b>Chair Yoga</b> 10:15 - 11:00	<b>*Gentle Hatha Yoga</b> 12:15 - 1:00	<b>Chair Fit 1</b> 10:15 - 11:00	<b>Chair Yoga</b> 11:30 - 12:15	<b>Tai Chi</b> 10:15 - 11:15
				<b>*Mindful Movement</b> 11:30 - 12:15



Tammy is back and will be teaching Functional Fitness on a new day and time.  
In March she will start an additional class called Mindful Movement.

Coming in March



\*some classes are pre-registered

You’ll also notice that Stay Fit 1 and Stay Fit 2 have become blended (with adaptations for both levels) and will now be offered Mondays and FRIDAYS.

**For MR centre**, we are introducing a pre-registered Dance Fit class on Mondays from 11:15am-noon. This will be taught by returning instructor Pat who previously taught at our PM centre. Let’s meet Pat.

*Hello Everyone*

*My name is Pat Evans. I've been a BCRPA Group Fitness Instructor going on 20 years. For the last 10 years I was teaching at Guildford Recreation Centre as a Dancefit 55+ instructor.*

*I will keep the steps very basic and easy, so everyone is able to have a good time. Our goal is to have FUN! Dancing to the hits of the 50's, 60's, 70's touching on a few simple dance styles i.e. Jive, Latin, Line Dance, Waltz, Tango, Charleston, Cha Cha, Disco, Mambo, etc.*

*Dancing is my passion. And I'm looking forward to sharing my passion with everyone in 2023.*



So let the New Year’s resolutions begin! And remember to bring a friend!

**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](mailto:info@AdultCognitiveWellnessCentre.ca)

---

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

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



**Beez foot care**



Vilma Baldoz-Abalos

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

**\$40 for approx. 15-20 minute appointment**

Upcoming dates (Mondays): Jan 9 & 23  
 Feb 6 & 27  
 Mar 13 & 20

**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



**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.  
 \*And check your email, Facebook, or Instagram!







Your REALTOR®  
For Life...



blue west realty

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](mailto:doc@homehuntersbc.com)

Web. [www.homehuntersbc.com](http://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!

As of January, our Pitt Meadows centre will be open extended hours on Tuesday evenings and Saturday mornings.

So let us know what activities you might want to see.

For now, we'll call them:

### "Together Tuesdays" 6:00-9:30pm

- Movie night? Games night? Drop-in Art Studio?

### "Sharing Saturdays" 10:00am-1:00pm

- Walking club? Coffee house? Discussion Group?

For those of you who live at Wesbrooke, this might be quite convenient! So shout out your suggestions - and let the fun begin. Email [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org) or let Marcia or Sally know.



## SENIORS HELPING SANTA

Thank you to our many elves for their part in another wonderful campaign. 250 bags were assembled and distributed by:

Jackie, Jeanette, Judy, Lynn, Mary, Rebecca, Suzanne

Those who contributed to the bags' contents:

- MAPLE RIDGE CRAFT LADIES (KNITTED ITEMS)
- PITT MEADOWS CRAFT LADIES (KNITTED ITEMS)
- ABSOLUTE HEARING (GIFT CARDS)
- MARGARET A. - RED HAT CHAPTER
- 'DIVAS AT PLAY' (GIFT CARDS)
- BARBARA I. (80 CHRISTMAS STOCKINGS)
- GAIL H. (GREETING CARDS)
- NONA (GREETING CARDS)
- DUFFY MILLER (PEANUT BRITTLE)

And MANY ANONYMOUS DONATIONS FROM OUR COMMUNITY

WITH THANKS TO ALL



## WORKSHOP & EVENT DETAILS

- Jan 2:** **RMSS centres closed in lieu of New Years Day**
- Jan 4:** **\*Seniors Network: In My Back Yard** - Connecting Seniors to Local Services  
FREE; Wed Jan 4, 1:00-2:30pm \*at Maple Ridge Library; to reg. [www.InMyBackYard.eventbrite.ca](http://www.InMyBackYard.eventbrite.ca)
- Jan 10:** **Choose to Move Info Session:** (see pg. 29)  
FREE; Tue Jan 10, 1:30pm at MR centre; to register call MR Leisure Centre 604-467-7422
- Jan 12:** **Wellness Workshop: Parkinson's Disease** (see pg. 26)  
FREE; Thu Jan 12, 10:00-11:00am at MR centre; to register call reception 604-467-4993
- Jan 9-13:** **50/50 Ticket Sales** (see pg. 6)
- Jan 17:** **Winter Learning Series: Personal Planning** (see pg. 33)  
FREE; Tue Jan 17, 1:00-2:30pm at MR centre; to register call Raman 604-380-0516
- Jan 19:** **Armchair Traveller: China** (see pg. 28)  
\$1.00; Thu Jan 19, 1:30-2:30pm at PM centre; to register call reception 604-457-4771
- Jan 19:** **Bridge Lessons** (see pg. 18)  
\$25.00; Thursdays for six weeks, 1:00-2:30pm at MR centre; registration open
- Jan 24:** **Painting Lessons** (see pg. 28)  
\$40.00; Tuesdays for six weeks, 1:00-3:30pm at PM centre; registration opens Jan 10
- Jan 24:** } **Emergency Documentation Session** (see pg. 27)  
**Jan 26:** } FREE; Tue Jan 24, 1:00-2:00pm at MR centre; to register call Raman 604-380-0516  
and Thu Jan 26, 1:00-2:00pm at PM centre; to register call Raman 604-380-0516
- Jan 31:** **Presentation: Natural Beauty** (see pg. 27)  
FREE; Tue Jan 31, 1:30-2:30pm at MR centre; to register call reception 604-467-4993
- Feb 1:** **\*Seniors Network: The Journey of Grief and Loss**  
FREE; Wed Feb 1, 1:00-2:30pm \*at Maple Ridge Library; to reg. [www.GriefLossSeniors.eventbrite.ca](http://www.GriefLossSeniors.eventbrite.ca)
- Feb 2:** **Trivia** (see pg. 28)  
\$2.00; Thu Feb 2, 10:00-11:00am at PM centre; to register call reception 604-457-4771
- Feb 6-10:** **50/50 Ticket Sales** (see pg. 6)
- Feb 6-17:** **For the Love of Fun! Contest weeks** (see pg. 5)
- Feb 9:** **Info Session: Service Canada - Seniors Benefits** (see pg. 26)  
FREE; Thu Feb 9, 10:00-11:30am at PM centre' to register call reception 604-457-4771
- Feb 9:** **Wellness Workshop: Living with Dementia** (see pg. 27)  
FREE; Thu Feb 9, 10:00-11:00am at MR centre; to register call reception 604-467-4993
- Feb 15:** **Winter Learning Series: Navigating the Emergency Room** (see pg. 33)  
FREE; Wed Feb 15, 1:00-2:30pm at MR centre; to register call Raman 604-380-0516
- Feb 20:** **RMSS centres closed for FAMILY DAY**
- Feb 21:** **Info Session: Service Canada - Seniors Benefits** (see pg. 26)  
FREE; Tue Feb 21, 10:00-11:30am at MR centre; to register call reception 604-467-4993
- Feb 22:** **Bus Trip: Afternoon Tea and West Coast Express** (see pg. 4)
- Feb 23:** **Wellness Workshop at PM: Diabetes** (see pg. 27)  
FREE; Thu Feb 23, 10:00-11:00am at PM centre; to register call reception 604-457-4771



# Expedia Cruises

Air, Land & Sea Vacations

## Special Offers

<p><b>Alaska</b>  <small>Holland America Line SAIL THE WORLD</small></p> <p><b>7 Nights - HAL Koningsdam Roundtrip Vancouver</b></p> <p>from <b>\$1,099</b> per person* (taxes and fees included)</p> <p>6 May 2023 sailing (other dates also available)</p> <p><b>Bonus: \$50 per stateroom shipboard credit</b></p>	<p><b>Mexico</b>  <small>Carnival FUN. SUN. SEA. LIFE.</small></p> <p><b>7 Nights - Carnival Panorama Roundtrip Los Angeles</b></p> <p>from <b>\$735</b> per person* (taxes and fees included)</p> <p>4 Feb 2023 sailing (other dates also available)</p> <p><b>Bonus: \$50 per stateroom shipboard credit</b></p>	<p><b>Alaska</b>  <small>Holland America Line SAIL THE WORLD</small></p> <p><b>14 Nights - HAL Noordam Roundtrip Vancouver</b></p> <p>from <b>\$2,979</b> per person* (taxes and fees included)</p> <p>17 September 2023 sailing</p> <p><b>Bonus: \$100 per stateroom shipboard credit + Pinnacle Grill Dinner</b></p>
<p><b>Hawaii</b>  <small>Holland America Line SAIL THE WORLD</small></p> <p><b>17 Nights - HAL Koningsdam Roundtrip Vancouver</b></p> <p>from <b>2,617</b> per person* (taxes and fees included)</p> <p>7 October 2023 sailing</p> <p><b>Bonus: \$75 per stateroom shipboard credit</b></p>	<p><b>Caribbean</b>  <small>Royal Caribbean INTERNATIONAL</small></p> <p><b>10 Nights - RCL Vision of the Seas Roundtrip Fort Lauderdale</b></p> <p>from <b>\$1,020</b> per person* (taxes and fees included)</p> <p>10 March 2023 sailing</p> <p><b>Bonus: \$50 per stateroom shipboard credit</b></p>	<p><b>Alaska</b>  <small>PRINCESS CRUISES SAIL THE WORLD</small></p> <p><b>8 Nights - Majestic Princess Roundtrip Vancouver</b></p> <p>from <b>\$1,146</b> per person* (taxes and fees included)</p> <p>5 May 2023 sailing</p> <p><b>Bonus: \$75 per stateroom shipboard credit</b></p>

## Britain and Ireland Grandeur (Hosted Tour)

**22 Nights, 2 Countries - 28 Meals/Welcome Reception**

**June 15 - July 7, 2023**

### Sightseeing Highlights:

- **Visit** the ancient stone circle at Stonehenge, the Roman Baths in Bath, Waterford Crystal Showroom, Blarney Castle, the magnificent Cliffs of Moher, the Giant's Causeway, Guinness Storehouse, Falkirk Wheel, Isle of Skye, Edinburgh Castle, Alnwick and Shakespeare's Birthplace in Stratford-upon-Avon.
- **View** the Mayflower Steps in Plymouth, the Principality Stadium in Cardiff, St. Mary's Cathedral and King John's Castle in Limerick, the Scenic Lake District, the 18'th Hole at St. Andrews, Eilean Donan Castle, Culloden Battlefield and York Minster

**TRAFALGAR**

**\$6,895** per person\*

(taxes and fees included, airfare and gratuities extra)

**Limited space  
available**

### Visit us at our Annual Travel Trade Show

February 11, 2023 - 10 to 4 PM  
Meadow Gardens Golf Course

20 + Suppliers - Supplier Presentations - Prize Giveaways

Contact us for complete details

### Temporary Location

Unit 42, Haney Place Mall, Maple Ridge  
Tel: (604) 380-0820 or 1-888-787-7443

Email: [mapleridge@expediacruz.com](mailto:mapleridge@expediacruz.com)

Website: [www.expediacruises.com/mapleridge](http://www.expediacruises.com/mapleridge)

\*Prices are per-person in Canadian funds, based on double occupancy, for a specific stateroom category and subject to availability at the time of booking. Transfers, extra accommodation and airfare are additional. Taxes and cruise rates are subject to change without notice. Expedia cruises is not responsible for errors or information that may occur as a result of transfer of information from select third parties, or human error or technical error. Prices correct as of November 28, 2022. BC Reg: 63577

# AROUND TOWN



**KNOWLEDGE + SKILLS + CONFIDENCE**  
*put life back in your life*

**FREE Six-Session Workshops for Adults with Any Ongoing Health Conditions**

- ✓ Learn techniques to better manage your health
- ✓ Set goals and problem solve
- ✓ Communicate more effectively with your family, friends, and health care team
- ✓ Deal with stress and difficult emotions
- ✓ Take action and live a healthier life

**Family Members and Friends Welcome**

**REGISTRATION REQUIRED**

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)  
604-940-1273 (Lower Mainland)  
1-866-902-3767 (Toll Free)  
[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

**IN-PERSON WORKSHOPS**

**Chronic Pain**  
Glen Pine Pavilion  
1200 Glen Pine Court, Coquitlam BC  
Tuesdays, Jan 24-Feb 28, 6pm-8:30pm

Golden Ears United Church  
22185 Dewdney Trunk Rd, Maple Ridge BC  
Mondays, Jan 30-Mar 13, 1pm-3:30pm

**Chronic Conditions**  
Dogwood Pavilion  
1655 Winslow Ave, Coquitlam BC  
Mondays, Jan 9-Feb 13, 10am-12:30pm

Century House  
620 Eighth St, New Westminster BC  
Saturdays, Jan 28-Mar 4, 10am-12:30pm

**Diabetes**  
Glen Pine Pavilion  
1200 Glen Pine Court, Coquitlam BC  
Thursdays, Jan 19-Feb 23, 9:30am-12pm

**VIRTUAL WORKSHOPS**

**Chronic Conditions**  
Thursdays, Jan 26-Mar 2, 9am-8:30am

**TELEPHONE WORKSHOPS**

**Chronic Conditions**  
Mondays, Jan 16-Feb 20, 1pm-2pm  
Wednesdays, Jan 25-Mar 1, 9:30-10:30am

INTERESTED IN BECOMING A VOLUNTEER PROGRAM LEADER IN YOUR COMMUNITY?  
Apply online at: [www.selfmanagementbc.ca/volunteer](http://www.selfmanagementbc.ca/volunteer)

#SelfManagementBC @SelfMgmtBC



## Dance Programs


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

**Sessions available Jan 18-Feb 8 & Feb 15-Mar 8.**

To register visit the Pitt Meadows Family Recreation Centre, call 604.465.2470 or register online at [pittfitandfun.ca](http://pittfitandfun.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](http://bcmensshed.ca)  
Thu 1 p.m.: contact Mike [mrchips104@gmail.com](mailto:mrchips104@gmail.com)  
Fri 10 am: contact [AlouetteMensShed@outlook.com](mailto:AlouetteMensShed@outlook.com)



**Maple Ridge Garden Club** Monthly meetings every 3rd Wednesday at Fraserview Hall.  
Doors Open at 6:30pm For more info: [www.mrgardenclub.wix.com/mapleridgegardenclub](http://www.mrgardenclub.wix.com/mapleridgegardenclub)

**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](mailto: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@marchofedimes.ca](mailto:afterstrokebc@marchofedimes.ca) or call us at: 1-888-313-3377 ext. 6201**



## MACDONALD MEECHAN NOTARIES

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



**Lucy Meechan**  
Notary Public, M.A.

Wills	Family Transfers
Powers of Attorneys	Affidavits
Representation Agreements	Notarizations
Health Directives	Travel Letters
Real Estate Transactions	Certified True Copies
Mortgages	Statutory Declarations



**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](http://www.MacdonaldMeechanNotaries.com)

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

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

### Advertisers in this issue:

- |                                     |  |
|-------------------------------------|--|
| - <i>MLA Beare &amp; MLA D'Eith</i> | - <i>Lower Mainland Denture Centre</i> |
| - <i>Qualicare Family Home Care</i> | - <i>Expedia Cruises</i>               |
| - <i>Doc Livingstone</i>            | - <i>MacDonald Meechan Notaries</i>    |
| - <i>Absolute Hearing</i>           | - <i>Beez Footcare</i>                 |

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

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

- Michelle Bailey, Qualicare Family Home Care



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



It takes a team of volunteers to produce Karaoke each Friday afternoon at our MR centre - and here are some of them! Les, Jackie, Vivian, Joan, Lyn, Gillian, John

**RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2022/2023**

- President.....Don Mitchell
- Vice-President.....Fran Preston
- Secretary..... Susan Schenkeveld
- Treasurer.....Karen Hjort-Olsen
- Director..... Margaret Attwell
- Director..... Bobbie Duncan
- Director.....Angie Hodgins
- Director.....Gayle Lyons
- Director.....Richard Newman



[facebook.com/rmssseniors](https://facebook.com/rmssseniors)