

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
Mar & Apr 2023 Program Guide

Wilson's Snip photo taken by Greg H., RMSS member



Some of our R.M.S.S. Hawaiian Dancers - entertaining in the community.
Thank you for bringing joy and ALOHA wherever you go!

FACILITY INFO

Maple Ridge

Seniors Activity Centre

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



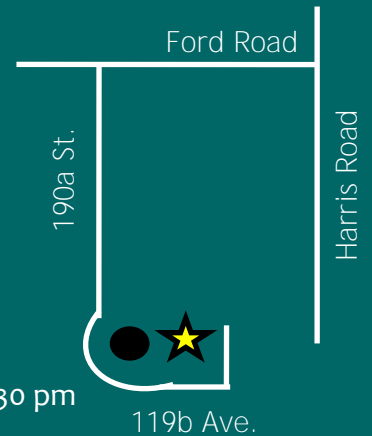
Member Services

Monday - Thursday 9:00 am - 7:30 pm
Friday 9:00am - 3:30pm
Saturday 10:00am - 3:30pm
Closed Apr 7 & 10

Pitt Meadows

Seniors Activity Centre

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



Member Services

Monday, Wed - Fri 9:00 am - 3:30 pm
Tuesday 9:00am - 9:30pm
Saturday 10:00am - 1:00pm
Closed Apr 7 & 10



www.rmssseniors.org



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



VALUE STATEMENTS: We strive to ...

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

GOALS:

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

STAFF DIRECTORY:

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

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A MESSAGE FOR YOU

In like a lion, out like a lamb is a phrase many of us learned to associate with March weather. Let's look forward to those green pastures!

That said, can you feel the energy at our centres? So far 2023 has brought many new faces and some returning familiar ones. It's busy! Between new daytime activities and some soon to start extended hours programming we hope everyone is finding lots of fun activities to do.

Thank you to all who participated in our *For the Love of Fun* contest! The winners of the \$25 and \$100 You Connect account credit will soon be announced.

The response to our survey was enthusiastic! Results will be shared at our Open Forums. (pg. 6)

New programs that have or will be starting: *(and more in the planning stages!)*

- Chair Yoga (pg. 14) - *an added class at PM; working on a potential class at MR*
- F.I.T. BIT (pg. 12, 36) - *a small group fitness class...like having a personal trainer!*
- Functional Fitness (pg. 13) - *becoming a drop-in program*
- Choose to Move at PM centre (pg. 29) - *register through PM Family Rec Centre*
- Advanced Tai Chi (pg. 15) - *evenings starting in April*
- 10 card CRIB (pg. 18) - *Thu afternoons starting in April*
- Bridge 101 (pg. 18) - *running Mar 14-Jun 28*
- Jam Session (pg. 24, 26) - *Saturday morning music fun!*
- Snooker Lessons (pg. 29) - *with FREE DEMO to check it out; perhaps a guys or gals group event?*
- Craft Sale (pg. 29) - *just in time for Easter!*
- Painting & Collage (pg. 27) - *evening pre-registered classes*
- Tax Clinic (pg. 27) - *appointments available*
- Bus Trips (pg. 4-5) - *with some new and returning favourites*
- Seniors Self-Defence (pg. 37) - *a three hour workshop to help you feel more confident*
- Karaoke (pg. 24) - *come April, moving to Saturdays!*

We are looking for activity leaders or facilitators to consider leading:

- at PM Tue eve or Sat: Walking Club; Card-Making; Games
- at MR Mon-Thu eve or Sat: Games; Bean Bag Toss; Iceless Curling; Conversational Spanish

Be sure to check our Info Session & Events Index pages. (pg. 40-41)

And a big THANK YOU to PM Community Foundation for their monetary gift to PM centre (pg. 23)!

Hope you all have a wonderful spring!

~ 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.



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 still open



Thu Apr 3

SECRET COVE - SUNSHINE COAST

\$149

MR 7:30am-7:15pm

PM 7:45am-7:00pm

Explore the Sunshine Coast a.k.a. the "Best Place on Earth"! Visit Davis Bay, an Ancient Forest and 5-star Rockwater Secret Cove Resort for lunch.

**additional \$10 ferry fee for 64 years and under*

Level: Easy

Registration opens Feb 28

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.



BUS TRIPS*Enjoy* THE JOURNEY**Thu Apr 13****SKAGIT VALLEY TULIP (USA)****\$129**

MR 8:15am-5:15pm

PM 8:00am-5:30pm

Every spring the Skagit Valley area comes alive with a blaze of colour. Tip toe through the tulips at Roozengarde in Mt. Vernon and visit the charming seaside town of La Conner for lunch and exploration.

**USA travel documents required*

Level: Easy

Registration opens Mar 7

**Thu May 4****NORTH PENDER ISLAND****\$149**

MR 8:00am-7:45pm

PM 8:15am-7:30pm

A beautiful ferry ride through the Gulf Islands transports us to Otter Bay. We visit the island's charming homestead museum, lunch at an idyllically situated restaurant and finish with a sweet treat and hot drink at Pender chocolates in Hope Bay.

**additional \$36 ferry fee for 64 years and under*

Level: Easy

Registration opens Mar 28



Remember to forward any trip photos to carmen@rmssseniors.org.

Be sure to include names if you want them added.





RIDGE MEADOWS SENIORS SOCIETY

Open Forum



Topic of Discussion:

RMSS is committed to providing its members the opportunity to voice concerns, offer compliments, or make suggestions about the programs and services we offer.

Join the RMSS Board of Directors at a public forum in March 2023.



Come chat with us, we want to hear from you!

DATES:

Maple Ridge Activity Centre

Thursday, March 9, 2023 @ 1:30pm

Pitt Meadows Activity Centre

Wednesday, March 8, 2023 @ 10:30am



For more details, contact us:
604-467-4993
grapevine@rmssseniors.org

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.



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.

On inclement weather days, we will notify using social media. We follow the school district's lead; if School District 42 is cancelled, our centres will be closed that day as well.

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 - MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Tai Chi	2 	3 Create Drop-In Art Studio	4
< 50/50 sales available at BOTH centres' Mar 6 - 10! Winner drawn Mar 10! >						
5	6 	7 Painting Lessons	8 <div style="border: 2px dashed red; padding: 5px; display: inline-block;">OPEN FORUM at PM</div>	9 Wellness Workshop: Sleep <div style="border: 2px dashed red; padding: 5px; display: inline-block;">OPEN FORUM at MR</div>	10 Grief Support Info Session Armchair Traveller: Europe	11
12 Spring ahead 1 hr	13 	14 	15 CRAFTS	16 BUS TRIP	17 	18
19	20 Book Club	21 Gentle Hatha Yoga \$5 Drop-In	22 Life without Driving Workshop	23 Wellness Clinic 	24 Grief Support Info Session <div style="background-color: #e0e0ff; padding: 2px;">Foot Care w/ Gigi & Emma (by appt.)</div>	25
26	27 	28 	29 Bolly X \$5 Drop-In	30 Street Smarts for Seniors Info Session	31 	





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 40-41.

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

MONTH AT A GLANCE - APRIL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 
<SOME EXTENDED HOUR PROGRAMMING BEGINS> < 50/50 sales resume in May >						
2	3 BUS TRIP Dance Fit \$5 Drop-In	4 CRAFT SALE 	5 F.I.T. BIT FREE DEMO	6 Trivia Choose to Move Info Session	7  GOOD FRIDAY RMSS CLOSED	8 
9  EASTER SUN/MON RMSS CLOSED	10 	11 Advanced Tai Chi	12 	13 Wellness Workshop: Light, Lean & Luscious BUS TRIP	14 Absolute Hearing <i>(by appt.)</i>	15 Jam Session
16	17 	18 Bee Pollination Info Session Painting & Collage	19 	20 Street Smarts for Seniors Info Sessions 10 - Card Crib	21 	22 Self-Defence for Seniors Workshop
23 30	24 Foot Care w/ Vilma <i>(by appt.)</i>	25 Advance Care Planning Info Session	26 	27 Wellness Workshop at PM: Personal Planning	28 	29 Karaoke

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

FUNCTIONAL FITNESS For ALL fitness levels

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

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

BE Strong Stay STRONG

➔ **Wednesdays 9:00am-9:45am**
\$2.00 Drop-in!
Ongoing drop-in starting March 22

For more information go to reception,
 or www.rmsseniors.org

F.I.T. BIT For ALL fitness levels
TRAINING
INDIVIDUALIZED

Are you looking for small group fitness training?
A class that focuses on how YOU move?
That allows for personalized attention?
Then F.I.T. BIT is for YOU!

After a group warm-up, work out at different stations.
 Address your upper/lower body (front & back), core, and, of course, cardio!
 Adela will adapt YOUR work out to YOUR ability from high intensity to chair.

FREE DEMO!!! Apr 5 12:15-1:00pm
 (pre-register at reception or call 604-467-4993)

Then \$30 / 4 classes (pre-registered):
 April 19, 26, May 3, 10
 (registration opens Mar 15)
 (Min. 8 registered to proceed; Class is capped at 15.)



Functional Fitness at PM will become a drop-in program starting Mar 22!

MR is starting a new F.I.T. BIT program. Details above and in our Fitness Feature. (pg. 36)

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 Apr 10

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 Apr 7 & 10



PROGRAM INFORMATION - Fitness

DANCE FITNESS CLASSES: (pre-registered)

BOLLYX:

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

Instructor: Adela

Inspired by the heart-pumping energetic rhythms of Bollywood, India's film industry, **BollyX** is a fitness class for those who love to dance. Modified for those who need low impact movements, a dynamic and effective cardio workout is nonetheless achieved.

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

\$5 DROP-IN Mar 29

Sess #3: Apr 5, 12, 19, 25

reg. opens Mar 8



DANCE FIT:

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	

\$5 DROP-IN Apr 3

Sess #3: Apr 17, 24, May 1, 8

reg. opens Mar 27



SPECIALTY CLASS: (pre-registered)

F.I.T. BIT: **NEW!**

Fun Individualized Training

Cost: \$30 / 4 classes (pre-reg.; min 8 to proceed; max 15)

Instructor: Adela

This smaller class is designed to allow for individualized training from the instructor. Personal training within a group setting. Multiple stations addressing specific muscle groups, adapted for YOUR current level, whatever that may be.

Weekday	Time	Centre	Room	Cost	Of Note
Wed	12:15-1:00pm	MR	Hall C	\$30/4 classes	

FREE DEMO APR 5!

Sess #1: Apr 19, 26, May 3, 10

reg. opens Mar 8



Pre-register at MR reception for free demo - space is limited to 30 for the demo, 15 for the class.

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 Apr 7 & 10
**Wed	10:15-11:00am	PM	Main Hall	\$2 drop-in	This is Chair Fit Level 1



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



Once Functional Fitness complete its current session of pre-registered classes, it will continue as a weekly drop-in.

FUNCTIONAL FITNESS:

Cost: \$2 drop-in (effective Mar 22)

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	PM	Main Hall	\$20/4 classes	Pre-reg ends Mar 15
Wed	9:00-9:45am	PM	Main Hall	\$2 drop-in	Starts Mar 22



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 Apr 10
Tue	1:15-2:00pm	PM	Main Hall	\$2 drop-in	Add'l weekly class
Thu	11:30-12:15pm	PM	Main Hall	\$2 drop-in	



GENTLE HATHA YOGA:

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

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

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

Instructors: MR: Virginia / 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 Apr 10



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 Mar 21 & Apr 25

Sess #3: Mar 21, 28, Apr 4, 11 reg. opens Mar 7

Sess #4: Apr 25, May 2, 9, 16 reg. opens Apr 11



PROGRAM INFORMATION - Mind & Body Fitness

MIND & BODY FITNESS CLASSES:

MEDITATION & HEALING TOUCH:

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

Instructor: Bev

Enjoy a guided meditation and receive healing touch on your shoulders and back.

Meditation: focusing on mindfulness and awareness to achieve a mentally clear and emotionally calm and stable state.

Healing Touch: the gift of touch to allow energy to flow into the physical body, thus affecting physical, mental and emotional health.

Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-2:00pm	MR	Library Room	\$2 drop-in	Not on Apr 10
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	Not on Apr 10
Tue -Advanced	6:00-7:45pm	MR	Hall B	\$2 drop-in	Starting Apr 4
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	Not on Apr 7



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 Apr 10
Thu	1:00-2:30pm	PM	Main Hall	\$1 drop-in	
Fri	1:00-3:00pm	MR	Halls A&B	\$1 drop-in	Not on Apr 7

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	2:30-4:00pm	PM	Main Hall	\$1 drop-in	Later start time

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 Apr 10
Mon	1:15-3:30pm	PM	Hall B	\$1 drop-in	Not on Apr 10
Tue	8:45-11:00am	MR	Halls A&B	\$1 drop-in	Good practice time
Wed	11:30am-1:30pm	PM	Hall A	\$1 drop-in	
Fri	8:45-11:00am	MR	Hall A	\$1 drop-in	Not on Apr 7
Fri	11:00am-noon - Beginners*	MR	Hall A	\$1 drop-in	Not on Apr 7
Fri	1:15-3:30pm	PM	Main Hall	\$1 drop-in	Not on Apr 7

PROGRAM INFORMATION

SNOOKER: NEW! *Extended hours starting April; Note centres' hours on cover.*

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, **including lessons** (see pg. 29):

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	Month of Mar
Tue - Wed - Thu	9:00am-4:00pm	PM	Snooker	\$3 drop-in	
Tue - Ladies	2:00-4:00pm	MR	Snooker	\$4 drop-in	
Wed - Ladies	1:30-3:30pm	PM	Snooker	\$3 drop-in	
Fri - Ladies	9:00am-noon	MR	Snooker	\$4 drop-in	Not on Apr 7
Fri - Beginners	9:00am-noon	MR	Snooker	\$4 drop-in	Not on Apr 7

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	8:30-9:45am	PM	meet outside	free	
Tue	8:45-9:45am	MR	meet outside	free	
Thu	10:00am	MR	meet outside Panorama tower	free	*walker friendly; meets fair weather days

NATURAL BEAUTY: NEW!

FREE Info session on Bee Pollination Tue Apr 18 1:30-2:30pm
Call MR reception to register at 604-467-4993.

Sharing a love of the great outdoors, join fellow naturalist/photography enthusiasts. Meets twice monthly - once to share stories and photos, once to go on an excursion.

Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:30-3:30	MR	Craft Rm	\$1 drop-in	Mar 14, 28, Apr 11, 25



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 Apr 10
*Wed - Bridge "101"	10:30-11:30am	MR	Hall A	\$1 drop-in	Starting Mar 15
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
Fri - Partnership	12:30-4:00pm	MR	Hall C	\$1 drop-in	Not on Apr 7

***BRIDGE "101" (lessons):**

Running Mar 15 - Jun 28 weekly drop-in lessons will be offered Wednesdays 10:30-11:30am at MR centre. Cost \$1. **Each week, lessons build on principles taught the week before.**

CRIB:



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

Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00-4:00pm	MR	Hall C	\$1 drop-in	
*Thu	1:00-4:00pm	MR	Hall A	\$1 drop-in	*10-card CRIB; partner req'd; let us know if you need one; starts Apr 6
Fri	1:00-3:30pm	PM	Arts & Crafts	\$1 drop-in	Not on Apr 7

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	
Fri	noon-3:45pm	PM	Wellness Rm	\$1 drop-in	Not on Apr 7

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 Mar 29 & Apr 26

SCRABBLE:

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	10:00am-noon	PM	Common Area	\$1 drop-in	
Tue	12:45-3:30pm	MR	Library	\$1 drop-in	
Fri	12:45-3:30pm	MR	Library	\$1 drop-in	Not on Apr 7

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 Apr 6 (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 Mar 20, 27, Apr 3, 10
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$1 drop-in	Not on Apr 10
-int.	Tue	10:30-11:45am	MR	Hall C	Pre-registered	Reg opens Mar 14
Line Dance Fun!	Thu	10:30-11:45am	MR	Hall C	\$1 drop-in	



At MR centre, we are starting an evening painting & collage four week class. You will create a mixed media project. Pre-reg opens Mar 21. Details on pg. 27.

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). Both “Scenic Route” and “The Mavericks” are currently accepting new members.

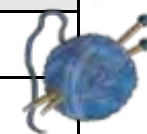
Weekday	Time	Centre	Room	Cost	Of Note
Mon	2:00-3:30pm	MR	Lounge	\$1 drop-in	Mar 6, 20, Apr 3, 17
Wed	10:00-11:30am	MR	Library Room	\$1 drop-in	Currently at capacity
Fri	10:00am-noon	MR	Craft Rm	\$1 drop-in	Mar 3, 17, 31, Apr 14, 28

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:

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	Not Apr 7


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	Snooker 8:45am - 7:30pm	Stay Fit 3 8:30 - 9:15
Snooker 8:45am - 7:30pm	Snooker 8:45am - 7:30pm	Snooker 8:45am - 7:30pm	*Tech Help 9:00 - noon	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
		Chair Fit 10:00 - 10:45	**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	Ukulele 10:15 - 11:45	Line Dance Fun 10:30 - 11:45	Chair Fit 10:00 - 10:45
	*Line Dance - Int 10:30 - 11:45	*BollyX 11:15 - noon	Silvertones 10:00 - 11:30	**Book Club 10:00 - noon
*Dance Fit 11:15 - noon		*F.I.T. BIT 12:15 - 1:00	**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	Hawaiian Dance 12:30 - 1:30	**Caregiver Connection
Meditation 1:00 - 2:00	Crib 1:00 - 4:00	Social Bridge 1:00 - 4:00	Crib - 10 card 1:00-4:00	Partnership (Bridge) 12:30 - 4:00
Chair Tai Chi 1:30 - 2:30	Beading 1:30 - 3:30	Variety Plus 1:00-4:00	Mah Jong 1:00 - 3:30 <i>(starts Apr 6)</i>	Scrabble 12:45 - 3:30
Line Dance - Beg 1:30 - 2:45	Ladies Snooker 2:00 - 4:00	Mexican Train 1:30 - 4:00	Games 1:30 - 3:30	Carpet Bowling 1:00 - 3:00
**Book Club 2:00 - 3:30	*Painting/Collage 5:45 - 7:45pm	Tai Chi 2:00 - 3:30	Gentle Hatha Yoga 3:30 - 4:15	Create 1:30 - 3:30
Gentle Hatha Yoga 3:30 - 4:15	Tai Chi (Advanced) 6:00 - 7:45pm <i>(starts Apr 4)</i>	*Snooker Lessons 6:30 - 7:30pm	Karaoke 12:00 - 3:00pm <i>(Sat. starts Apr 1)</i>	Karaoke 2:00 - 4:00 <i>(ends March 24)</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 1/2 9:00 - 9:45	Walking Club 8:30 - 9:45	Functional Fitness 9:00 - 9:45	Walking Club 8:30 - 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	*Painting Lessons 9:00 - 11:30
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	
LUNCH SERVED 11:30am - 12:30pm				
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	Chair Yoga 1:15 - 2:00	Ballet 2:00 - 3:00	**Armchair Traveller 1:30 - 2:30	
**Caregiver Connection	Iceless Curling 2:30 - 4:00	Meditation 2:45 - 3:45	Ladies Snooker 1:30 - 3:30 (Wednesday)	**Jam Session 10:00 - 11:30am (Sat. starts Apr 1)
	*Beginner Conversational French 6:00 - 7:00pm (starts in June)	Flamenco 3:00 - 4:00		*Snooker Lessons 10:00 - 11:00am (Sat.)

**A special THANK YOU to the PM Community Foundation.
They have awarded the Harold Sutton Grant worth \$3500 to the
PM Seniors Activity Centre to be used towards seniors programming.**

PROGRAM INFORMATION - Music

JAM SESSION: **NEW!** *For details see pg. 26*

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

A new program! Bring your instrument and favourite songs.



Weekday	Time	Centre	Room	Cost	Of Note
Sat	10:00-11:30am	PM	Lounge	\$1 drop-in	Apr 1, 15, May 6, 20

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	Mar 3, 10, 17, 24
Sat	12:00-3:00pm	MR	Lounge	\$1 drop-in	Apr 1, 8, 22, 29



Karaoke is moving to Saturdays starting April 1 - and that's no foolin'!

Program time will change as well. (Note time above.) See you high noon! (Not on Apr 15)

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.** 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)

Both regular and beginners classes offered.



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.



Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00-4:00pm	MR	Hall C	none	currently at capacity

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	12:30-2:45pm	PM	Wellness Rm	\$2 by appt	Not on Apr 10
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 happening March & April. For appointments call: MR centre 604-467-4993 or PM centre 604-457-4771. **See pg. 27 for details.**

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	Mar 9, 23, Apr 13, 27






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

THINGS YOU DON'T WANT TO MISS!




wellness workshop



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.

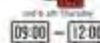


Presented by Seniors' Health and Wellness Institute

Thursday, March 9 10:00-11:00am
 FREE - pre-registration required. Call 604-457-4771

Remember to visit the
AW Wellness Clinic!

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


55+



info session





STREET SMARTS FOR SENIORS

street-smart noun
the experience and knowledge necessary to deal with the potential difficulties or dangers of life in an urban environment

Are you looking to enhance personal safety and learn about crime prevention measures? There are steps that you can take to help prevent becoming a victim of crime. Please join the Ridge Meadows RCMP Crime Prevention Unit as they address this relevant topic. There will be time for Q&A.

Thu, Mar 30
11:00-3:00pm
PM Seniors Activity Centre
19065 119B Ave
604-457-4771

FREE
pre-registration
required.

Thu, Apr 20
10:00am-noon
MR Seniors Activity Centre
12150 224 St.
604-467-4993

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

55+



**RMSS CENTRES
WILL BE CLOSED on:**

Friday, April 7
(Good Friday)

Monday, April 10
(in lieu of Easter)





saturdays



jam session

WITH LENORA

Bring your instrument and favourite songs! All take turns leading while those who are able join in. If you want to watch or sing along, you are welcome to participate.

1st & 3rd Saturdays each month
starting April 1

10:00-11:30am

(includes a 10 minute break)

\$1.00 drop-in

For this to become a regular program, we'll need minimum 5 participants to attend. For April 1 & 15, call ahead to reserve your spot.



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

THINGS YOU DON'T WANT TO MISS!



wellness workshop

Let's talk about food!




LIGHT, LEAN & LUSCIOUS
Tips and Tricks to enhance your everyday meals

Topics to cover:
Community/balcony/windowsill gardens: Success with growing & drying herbs
Make ahead: A freezer is your best friend
Cooking for One: Planning is the key
Sharing: Cook with a friend

Eileen Dwillies has been teaching cooking and leading groups on food-oriented journeys since the mid - 70's. She is a former food editor of Western Living magazine, author of nine cookbooks and a featured chef of the TV series, Creative Cooking. She was, from its inception, the 'bread lady' at the Honey Farmers Market. Eileen retired in 2018 as the Executive Director of the Honey Farmers Market Society.

Thursday, April 13 10:00-11:00am
FREE - pre-registration required. Call 604-457-4771

Remember to visit the MR Wellness Clinic!



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

55+



painting & collage

"Cornflower" by Suzanne R.



"Postcard" by JoAnne



PAINTING LESSONS

Mixed Medium Painting & Collage - anyone can do it!
Norma Jean became an artist later in life. She is a member of the Garibaldi Art Club. Her art has been selected to represent the City of Maple Ridge. Join her relaxed/fun class and amaze yourself!

Four week pre-registered class:
Tuesdays 5:45-7:45pm
Apr 18, 25, May 2, 9
Minimum of 8 participants
Cost: \$45 (includes most supplies)
(easy to find add'l supplies addressed in class)
registration begins Mar 21

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

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

55+




FREE TAX PREP SERVICES

TO QUALIFY:

- ✓ Your household income is less than \$35,000 (individuals) or \$45,000 (couples)
- ✓ You have a basic income tax return
- ✓ You have less than \$1000 in interest income

Appointment required

Maple Ridge Centre Wednesdays (Mar 1 - May 3) 10:00am - 2:40pm 12150 224 St. 604-467-4993	Pitt Meadows Centre Thursdays (Mar 2 - 30) 9:00am - 2:30pm 19065 119B Ave. 604-457-4771
--	--

CALL TODAY

www.rmsseniors.org



wellness workshop




at PM centre

PERSONAL PLANNING

The wisdom of having a personal plan is emphasized. Representation Agreements, Powers of Attorney and Advance Directives are needed to express your wishes regarding personal care, certain financial matters and end of life care if you are no longer able to speak for yourself.

Presented by Seniors' Health and Wellness Institute

Thursday, April 27 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

55+



MACDONALD MEECHAN NOTARIES

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



Lucy Meechan
Notary Public, M.A.

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



Nicole MacDonald
Notary Public, M.A.

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304-12099 Harris Rd, Pitt Meadows, BC
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604.457.0050



MACDONALD MEECHAN NOTARIES

20% OFF

All Personal Planning Services (Wills, Powers of Attorney, Representation Agreements and Health Directives)

Must present this coupon at time of initial appointment.

Valid until May 31st, 2023



IT'S TIME FOR A CRAFT SALE!



TUESDAY APR 4
10:00AM - 1:00PM

The spring sale is here!
Check out the MR Craft Ladies selection of hand knit baby clothes, blankies, dishcloths, slippers, sweaters, and more.



OPEN TO ALL
CASH ONLY



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




SNOOKER LESSONS



Have you ever wondered how to play Snooker?
Peeked into our centres' Snooker rooms and wondered if you could learn?
Here is your chance!



Snooker Lessons will start with a **FREE DEMO** (open to ALL) to help you decide if you want to try some lessons. Lessons will be one hour, over five weeks, for \$15. RMSS membership is required for the lessons.

MR DEMO:	PM DEMO:
Wed Apr 12, 6:30pm Lessons: Apr 26, May 3, 10, 17, 24	Sat Apr 22, 10:00am Lessons: May 6, 13, May 20, 27, Jun 10
Call ahead to book your spot for the DEMO! Maximum number required for classes to proceed	

Wednesdays
6:30-7:30pm

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

Saturdays
10:00 - 11:00am

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




FREE PROGRAMS

CHOOSE TO MOVE PROGRAMS

Choose to Move - Information Session
50Y+
Are you an older adult looking for support and motivation to become physically active?
Attend this in-person information session to learn about the Choose to Move program. This program in partnership with SCRPA and the 'Active Aging Society' will help introduce the habit of physical activity into your daily life in ways that make sense for you. More information is available online at choose2move.ca. To confirm your attendance, pre-register at least 5 days prior to the start date and/or attend this Information Session. Space is limited, and it's FREE, register now!

Location: RMSS Pitt Meadows Seniors Activity Centre
19065 119B Ave, Pitt Meadows
Second Fl. Fee: FREE
Th: 10:15am-11:15am #11706 Apr 6

Choose to Move!
50Y+
In Choose to Move, you will receive individual and group support. You will work with an activity coach to develop and stick to a physical activity plan made just for you. You choose activities that you know you will enjoy and be able to do. With the help of your activity coach and support group, you will find the motivation and accountability you need to achieve your goals.
Pre-requisite: Attend the Information Session for assessment and health forms to be completed prior to starting the program and/or pre-register at least 5 days before the program start date. Space is limited.

Location: RMSS Pitt Meadows Seniors Activity Centre
19065 119B Ave, Pitt Meadows
Sessions: 7 Fee: FREE
Th: 10:15am-11:15am #11706 Apr 20-June 25

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






Choose to Move program Hosted at PM Seniors Activity Centre

REGISTRATION is through the Pitt Meadows Family Recreation Centre. For more information Email: jsenchyna@pittmeadows.ca or phone 604-465-2473

Choose to Move – Information Session
Age: 50+Y and up

Are you 50+ 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.

Lisa Beare, MLA

Maple Ridge - Pitt Meadows

Bob D'Eith, MLA

Maple Ridge - Mission



BC SENIORS GUIDES AVAILABLE!

COME VISIT OUR OFFICES TO PICK UP YOUR COPY TODAY!



COME & VISIT!

OUR OFFICES HAVE NEW EXHIBITS UP FROM THE GARIBALDI ART CLUB

YOU'RE WELCOME TO COME ANYTIME DURING OUR REGULAR OFFICES HOURS. IF YOU'RE UNSURE IF WE WILL BE OPEN JUST GIVE US A CALL!

WE LOOK FORWARD TO SEEING YOU!

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



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Come see or call us and plan a trip of a
lifetime!

KONINGS DAM
18-Day Circle Hawaii
OCT 7 - OCT 25, 2023
Vancouver Roundtrip.



DATES	PORT	ARRIVE	DEPART
DAY 1	Vancouver, B.C., CA		4 PM
DAY 2	Victoria, BC, CANADA	7 AM	4 PM
DAY 3 - 7	At Sea		
DAY 8	Port Allen, KAUAI, HAWAII, US	7 AM	4 PM
DAY 9	Hilo, HAWAII, US	10 AM	8 PM
DAY 10	Kailua-Kona, HAWAII, US	8 AM	6 PM
DAY 11	Mauui, HAWAII, US	8 AM	8 PM
DAY 12	Honolulu, HAWAII, US	7 AM	5 PM
DAY 13 - 17	At Sea		
DAY 18	Vancouver, B.C., CA	7 AM	

Expedia extra included:
**\$75 onboard
Spending Money!**

**Contact us for current
pricing and availability.**

CROWN PRINCESS
10-Night Alaska
SEP 5 - SEP 15, 2023
Roundtrip from Vancouver



DATES	PORT	ARRIVE	DEPART
DAY 1	Vancouver,		4 PM
DAY 2	At Sea		
DAY 3	Sitka, Alaska	12 PM	8 PM
DAY 4	Hubbard Glacier (Scenic Cruising)	11 AM	4 PM
DAY 5	Juneau, Alaska	8 AM	9 PM
DAY 6	Icy Strait Point, Alaska	8 AM	5 PM
DAY 7	Skagway, Alaska	7 AM	8 PM
DAY 8	At Sea		
DAY 9	Ketchikan, Alaska	8 AM	5 PM
DAY 10	At Sea		
DAY 11	Vancouver, Canada	7 AM	

Hosted by
Louis & Marilise Venter
Owners Expedia Cruises in Maple
Ridge/Pitt Meadows

- Expedia Extras included:**
- ✓ \$75 onboard spending money!
 - ✓ Beverage Package
 - ✓ Wi-Fi
 - ✓ Crew Appreciation
 - ✓ Welcome Aboard Cocktail Party

**Contact us for current
pricing and availability.**

Expedia Cruises in Maple Ridge/Pitt Meadows
Air, Land & Sea Vacations
604-380-0820 Toll-Free 1-888-787-7443
Unit 42 Haney Place Mall, 11900 Haney Place,
Maple Ridge, B.C. Canada V2X3J9

BC Reg #53577

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.) 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**

For more outreach info sessions, including Grief Support, see pg. 41.

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





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.



Family Caregivers of British Columbia

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



United Way
Healthy Aging




**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




United Way
Family Caregivers of British Columbia

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**[®]
Home Care

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

www.qualicare.com

RMSS DRIVING SERVICE


NEED A RIDE? It's simple!



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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Duffy 604-466-9617	Duffy 604-466-9617 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

F.I.T. (Fun Individualized Training) BIT

Did you know that joining a small group training can help you get all the benefits of a regular group fitness class plus adding personalized attention?

With this in mind F.I.T. BIT was created.

What is F.I.T. BIT? It is a new class at Maple Ridge Seniors Activity Centre - big enough to be fun, but small enough to focus on how you move. It adds the benefits of personal training with the camaraderie of a group fitness class.

With equipment-based, customized exercises depending on your level, we will go through different stations, addressing upper and lower body, core and cardio, as well as the 4 basic movements: push, pull, squat and hinge.

Is F.I.T. BIT for me? This class is for everyone, as the workouts will be adapted to your unique needs, from chair to floor, and from low to high impact. It will be focused on time instead of repetitions so you will be able to go at your own pace.

If you want to stay active, work on your heart, strength, stability coordination and mobility, with personalized attention, while having fun, this class is for you!

When is F.I.T. BIT starting? We are having a free demo on April 5 at 12:15pm. The first set will start on April 19. Pre-registration will be required. This will help us to focus on progress.

Get all the benefits of this new program!



Adela has been teaching at RMSS for a number of years: Stay Fit 1/2, Chair Yoga, and BollyX Dance Fitness. Our members appreciate her excellent teaching and joyful spirit. They leave her classes feeling invigorated.

Adela also works as a personal trainer. F.I.T. BIT brings her personal training skill set to you.

F.I.T. BIT For ALL fitness levels

FUN INDIVIDUALIZED TRAINING

Are you looking for small group fitness training?
A class that focuses on how YOU move?
That allows for personalized attention?
Then F.I.T. BIT is for YOU!

After a group warm-up, work out at different stations. Address your upper/lower body (front & back), core, and, of course, cardio! Adela will adapt YOUR work out to YOUR ability from high intensity to chair.

FREE DEMO!!! Apr 5 12:15-1:00pm
(pre-register at reception or call 604-467-4993)

Then \$30 / 4 classes (pre-registered):
April 19, 26, May 3, 10
(registration opens Mar 15)
(Min. 5 registered to proceed; Class is capped at 15.)

For more information, contact carmen@rmssseniors.org

Wednesdays
12:15-1:00pm
Maple Ridge Seniors Activity Centre
12150 224 Ave., Maple Ridge
604-467-4993

55+



DO YOU THINK YOU NEED TO BE A NINJA TO FEEL SAFE?



SENIORS SELF-DEFENCE

What does self-defence look like for you?
 Feel empowered as you become self-aware - confident - competent.
 Trust the instincts that have helped you survive so far!

This course blends theoretical and scenario-based information along with practices you can implement within YOUR physical abilities using a cane or umbrella.
 *Some minimal movement/mobility/balance is an asset to taking this class.

Tim Short, is a retired RCMP member, law enforcement instructor and martial arts teacher. This program has been developed FOR seniors who want to feel empowered to walk in their communities without fear of personal harm or injury.

Saturday, Apr 22 12:00-3:00pm
 (includes a break)

\$40.00 - pre-registration required. Call 604-467-4993
 Minimum 8 registrations to proceed. (Max 10)

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




55+



Beez foot care



Vilma Baldoz-Abalos

Footcare Services

Certified Footcare Nurse / Registered Nurse

\$40 for approx. 15-20 minute appointment

Upcoming dates (Mondays): **Mar 13 & 20**
Apr 3 & 24
May 8 & 15

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

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

Alzheimer Society

BRITISH COLUMBIA

Caregiver support group



For people caring for someone living with dementia, a caregiver support group offers the chance to connect with others on the dementia journey and learn about dementia and community resources.

In-person caregiver support groups will return to Maple Ridge soon!

For more information or to register for an online support group, please call the First Link® Dementia Helpline at 1-800-936-6033.

Caregiver meetings at MR centre:
 Mar 14 & Apr 11 6:15 - 7:45pm (2nd Tuesday monthly)



seasonal event

ARMCHAIR TRAVELLER

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

A JAUNT THROUGH EUROPE
Thu Mar 9 1:30-2:30pm
 Reserve your spot by phone
 Cost: \$1.00



Join John as he takes us to Scotland, England (mainly London), Belgium, the Netherlands, Austria and Germany

Do you have a trip you would like to share?
 Email carmp@rmsseniors.org



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



hey Aigars!
 Gāzavā ēnēc!



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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.



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Why choose us?

Compassionate care

Affordability

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Exceptional results



March is our 3rd year anniversary!!!

Book a complimentary consultation to receive a complimentary professional denture cleaning and a gift from us!

** Please mention this add, Month of March 2023 ONLY.*

Our Services include:



Complete & Partial Dentures / Implant Dentures / Digital Dentures

Same day repairs & relines / Soft Liner / Flexible Partial

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604 457-3763

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

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

WORKSHOP & EVENT DETAILS

- Mar 1:** ***Seniors Network: Senior Driver Re-Exam Info Session**
FREE; Wed Mar 1, 1:00-2:30pm *at Maple Ridge Library; to reg. www.SeniorDriver.eventbrite.ca
- Mar 6-10:** **50/50 Ticket Sales**
- Mar 8:** **Open Forum (see pg. 6)**
FREE; Wed Mar 8, 10:30am at PM centre
- Mar 9:** **Wellness Workshop: Sleep (see pg. 26)**
FREE; Thu Mar 9, 10:00-11:00am at MR centre; to register call reception 604-467-4993
- Mar 9:** **Open Forum (see pg. 6)**
FREE; Thu Mar 9, 1:30pm at MR centre
- Mar 9:** **Armchair Traveller: A Jaunt Through Europe (see pg. 37)**
\$1.00; Thu Mar 9, 1:30-2:30pm at PM centre; to register call reception 604-457-4771
- Mar 10:** **Grief Support Group Info Session (see pg. 41)**
FREE; Fri Mar 10 10:30-noon at MR centre
- Mar 16:** **Bus Trip: British Sweets & Eco Dairy (see pg. 4)**
- Mar 22:** **Winter Learning Series: Life Without Driving (see pg. 33)**
FREE; Wed Mar 22, 1:00-2:30pm at MR centre; to register call Raman 604-380-0516
- Mar 24:** **Grief Support Group Info Session (see pg. 41)**
FREE; Fri Mar 24 10:30-noon at MR centre
- Mar 30:** **Info Session: Street Smarts for Seniors (see pg. 26)**
FREE; Thu Mar 30, 1:00-3:00pm at PM centre; to register call reception 604-457-4771
- Apr 1:** **Jam Session (see pg. 26)**
\$1.00 drop-in; Sat Apr 1, 10:00-11:30am at PM centre; to register call reception 604-457-4771
- Apr 1:** **Karaoke (see pg. 24)**
\$1.00 drop-in; moves to Saturdays noon-3:00pm
- Apr 3:** **Bus Trip: Secret Cove - Sunshine Coast (see pg. 4)**
- Apr 4:** **Craft Sale (see pg. 29)**
- Apr 4:** **Advanced Tai Chi starts (see pg. 15)**
- Apr 5:** **F.I.T. BIT: Fun Individualized Training Fitness Class (see pg. 12 & 36)**
FREE DEMO; Wed Apr 5, 12:15 - 1:00pm at MR centre; to register call reception 604-467-4993
- Apr 5:** ***Seniors Network: Service Canada & CRA Pension Clinic**
FREE; Wed Apr 5, 1:00-2:30pm *at Maple Ridge Library; to reg. www.PensionClinic.eventbrite.ca
- Apr 6:** **Trivia (see pg. 19)**
\$2.00; Thu Apr 6, 10:00-11:00am at PM centre; to register call reception 604-457-4771
- Apr 6:** **Choose to Move Info Session (see pg. 29)**
- Apr 6:** **10-card Crib starts (see pg. 18)**
- Apr 7, 10:** **RMSS centres closed for Good Friday and Easter Monday**
- Apr 12:** **Snooker Lessons (see pg. 29)**
FREE DEMO; Wed Apr 12, 6:30-7:30pm at MR centre; to register call reception 604-467-4993

WORKSHOP & EVENT DETAILS

- Apr 13:** **Wellness Workshop: *Light, Lean & Luscious*** (see pg. 27)
FREE; Thu Apr 13, 10:00-11:00am at MR centre; to register call reception 604-467-4993
- Apr 13:** **Bus Trip: *Skagit Valley (USA) Tulip Festival*** (see pg. 5)
- Apr 18:** **Natural Beauty Presentation: *Bees & Pollination*** (see pg. 17)
FREE; Tue Apr 18, 1:30-2:30pm at MR centre; to register call reception 604-467-4993
- Apr 18:** **Painting & Collage classes** (see pg. 27)
\$45.00; Tue Apr 18, 5:45-7:45pm at MR centre; pre-register at reception
- Apr 20:** **Info Session: *Street Smarts for Seniors*** (see pg. 26)
FREE; Thu Apr 20, 10:00am-noon at MR centre; to register call reception 604-467-4993
- Apr 22:** **Snooker Lessons** (see pg. 29)
FREE DEMO; Sat Apr 22, 10:00-11:00am at PM centre, to register call reception 604-457-4771
- Apr 22:** **Workshop: *Self-Defence for Seniors*** (see pg. 37)
\$40.00; Sat Apr 22, noon-3:00pm at MR centre; pre-register at reception
- Apr 25:** **Info Session: *Advance Care Planning*** (see pg. 41)
FREE; Tue Apr 25, 10:00-11:30am at MR centre; to register call Raman 604-380-0516
- Apr 27:** **Wellness Workshop at PM: *Personal Planning Overview*** (see pg. 27)
FREE; Thu Apr 27, 10:00-11:00am at PM centre; to register call reception 604-457-4771



Ridge Meadows Hospice Society and the Ridge Meadows Seniors Society Present:

YOU ARE NOT ALONE
GRIEF SUPPORT GROUPS

The Hospice Society is offering FREE grief support groups in partnership with the Ridge Meadows Seniors Society.

Grief support groups offer a comfortable, safe space to share your experiences of grief and loss and explore the emotional and social impact of the grieving process.

Drop -In Info Session
MARCH 10 & MARCH 24
10:30AM - 12PM

4 Week Session Runs
APRIL 14TH & 28TH
MAY 12TH & 26TH

Maple Ridge Seniors Activity Centre
12150 224th Street, Maple Ridge, BC

For more information please call
Rev: 604-380-0516




ADVANCE CARE PLANNING

Presented by Ridge Meadows Seniors Society
Caregiver Connection & Support Program



On April 25th we will have an Advance Care Planning Social Worker from Fraser Health to talk about the various advance care planning tools including substitute decision-makers, Greensleeves, tips for starting advance care planning conversations, medical orders for scope of treatments, and much much more! This is a great time for Family and Friend Caregivers and anyone else to learn about the Advance Care Planning tools that are available to you and your loved ones!

MAPLE RIDGE SENIORS CENTRE
APRIL 25, 2023
10:00 - 11:30 AM
HALL B

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





The importance of planning ahead before you are sick has never been clearer. COVID-19 and other unexpected events in our lives have reminded so many of us of our mortality and the benefits of planning in advance.

Many caregiver and their loved ones don't know where to begin, while others are unaware that we can have a say in our care.

Together, we will learn about the 5 steps of Advance Care Planning, allowing you, and the people who matter most to you, to be able to start and continue the Advance Care Planning process. Provided insights and resources will help you better understand how to share and document your wishes for future health and personal care.



AROUND TOWN

The Maple Ridge Lions Club
presents

Resources For HEALTH & PHYSICAL IMPAIRMENTS OPEN HOUSE

Hearing, Vision, Mobility & More

**DISABILITY IS
DIVERSE**



Come see what is there for you in services,
equipment, recreation, education.

Saturday, April 15, 2023: 1pm to 4pm
Ridge Meadows Seniors Activity Centre
12150 224th St Maple Ridge B.C.

For more details contact mapleridgelionsclub.org



Forever Learning Ongoing Motion
Earthday 2023

Flow

Saturday April 22, 2023 10am-2pm
Memorial Peace Park 224th Street in the heart of Maple Ridge
www.mrearthday.ca




Art Programs

Interested in painting butterflies
onto river stones or learning to
paint beautiful acrylic landscapes?
Register for our spring arts
programs starting March 7.



Workshops available April to June

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




**Government
of Canada** **Gouvernement
du Canada**

One-time top-up to the Canada Housing Benefit

The one-time top-up to the Canada Housing Benefit aims to help low-income renters with the cost of renting. You may be eligible for a tax-free one-time payment of \$500 if your income and the amount that you pay on rent qualify.

The Canada Revenue Agency (CRA) administers this one-time payment. To apply for this new federal one-time payment, you do not need to receive other housing benefits such as the Canada Housing Benefit, which is co-funded and delivered by the provinces and territories.

Applications are open until **Friday, March 31, 2023**.

Before you call To verify your identity, you'll need your:

- social insurance number (SIN)
- full name and date of birth
- complete address
- assessed tax return, notice of assessment or reassessment, other tax document, or be signed in to CRA My Account

Telephone ☎ 1-800-282-8079

**Need help? Book an appointment with Bev or Raman
604-380-0516**



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JR. Studios from \$2450/mth

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ALL INCLUSIVE RENTAL ACCOMMODATIONS:
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- Nutritious meals by certified chef
- Home of Pitt Meadows Senior Rec. Centre
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The Care & Comfort You Deserve

Our Manor experience has...

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- 24 hr. staffing for security & comfort
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- Studios & 1 bedroom suite

CALL TODAY OR REGISTER ONLINE FOR YOUR PRIVATE SHOWING



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Tell your friends! Tell your neighbours! "Put it on the RMSS account."



**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

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- Beez Footcare



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



THANK YOU

A picture is worth a thousand words. This caption: “Men Doing Laundry!”
At PM centre, Hank and Bob are “helping”. Bob is one of our reception volunteers.

RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2022/2023

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