

GrapeVine



55+

RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows May & Jun 2023 Program Guide

nature photos taken by Greg H., RMSS member



Jean, Ken, and Greg



Mountain Bluebird



Coots



Jam Session

Whether walking the dykes with our Natural Beauty group or attending a Jam Session, RMSS centres are connecting adults 55+ with a happy, healthy life.

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 May 22



Pitt Meadows

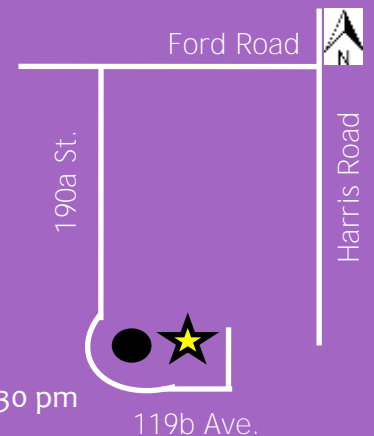
Seniors Activity Centre

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 May 22



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
Administrative Coordinator, Nancy Markham
 604-467-4593; nancy@rmssseniors.org
Activity Coordinator, Carmen Tischer
 604-477-0425; carmen@rmssseniors.org
Outreach Coordinator, Bev Schmahmann
 604-380-0516; info@rmssseniors.org
PM Facility Coordinator, Marcia de Vega
 604-457-4771; pmsc@rmssseniors.org
Volunteer Coordinator, Kara Matthew
 604-380-0517; kara@rmssseniors.org
Caregiver Connection Coordinator, Raman Narang
 604-380-0516; raman@rmssseniors.org
Bookkeeper, Eva Todd eva@rmssseniors.org
You Connect Coordinator, Vanessa De Freitas
Kitchen Coordinator, Grace Nunnikhoven
Kitchen Staff: Paula, Katereh, Leah, Marisela
Support Staff: Robyn, Sandra
MR Facility Attendants: Devon, Mojgan
PM Facility Attendant: Sally

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A MESSAGE FOR YOU

I can't describe how delighted I am to see our centres so full of energy, people, smiles and laughs again. It's even better than I remember it in the "pre-C word" days.

Each day, I have the great pleasure of working with the most incredible staff and volunteers anyone could ask for. Every one of them have been working so tirelessly behind the scenes to get our buzz back while focusing on meeting the growing needs of our membership.

It is important that we help you navigate and explore all there is to offer to live your lives to the fullest as an Older Adult. Back in January, we requested your help to complete a survey to help us learn about what we were doing well, what we need to work on and what you would like to see more of. 266 people completed the survey (which is almost triple the number of our last survey!!) and on the next two pages we have some of the results to share with you. Overall, people are happy and feel a sense of inclusion and belonging at our centres. Almost 80% of survey participants took the time to make comments that helped us define some of the areas, you as members, would like to see us fine tune such as:

1. Vegetarian/Vegan/Gluten Free Meals (check out the carrot symbol on the menu that denotes there is a veggie hot option in addition to the usual veg options)
2. Orientation, tours & meet ups for new members
3. Activity group ambassadors to help new members get acquainted to a new activity
4. Many activity ideas (already some in the works!)
5. Board of Directors' visibility
6. Parking at Maple Ridge Activity Centre
7. Evening & weekend openings (this has already been actioned; check out our new hours!)

Keep your eyes peeled in the next couple of months as we work on new initiatives to incorporate more of these suggestions.

RMSS centres are constantly evolving and adjusting to the world around us. We find ourselves quietly or sometimes not so quietly pivoting, exposing the gaps in services that need to be filled and putting new ideas into action so we can serve you and our community better. As we continue to grow and welcome new members each day, let us open our hearts and find a seat at our regular table for someone new.

I would also like to take this opportunity to extend a warm welcome to new RMSS staff members Mojgan & Devon (evening/weekend facility attendants at Maple Ridge) and Leah (Kitchen Worker).



Maria Perretta

Executive Director, Ridge Meadows Seniors Society

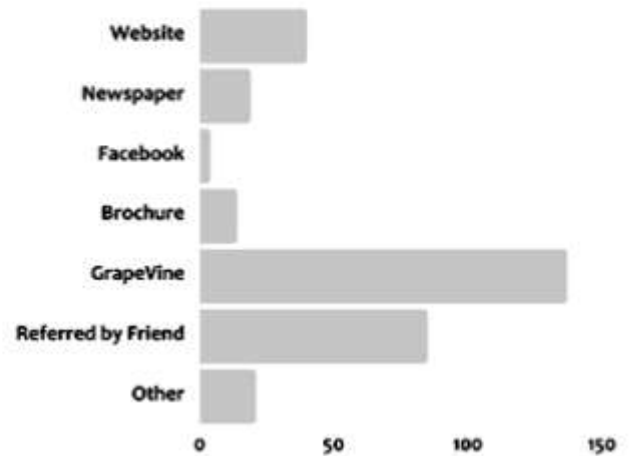
RMSS Membership Survey January 2023

266 Results Collected via Paper & Online

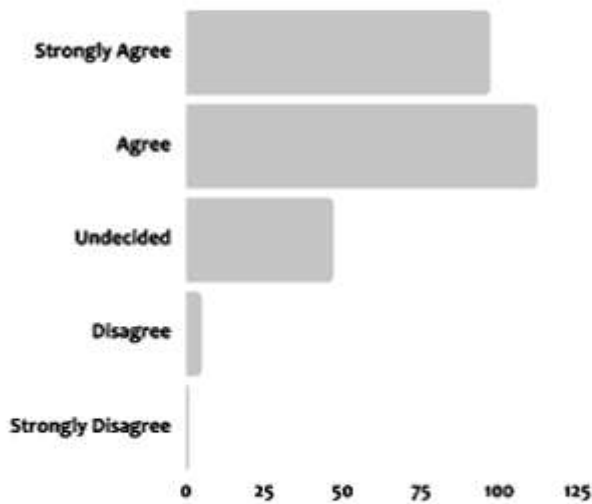
Which Activity Centre do you frequent?



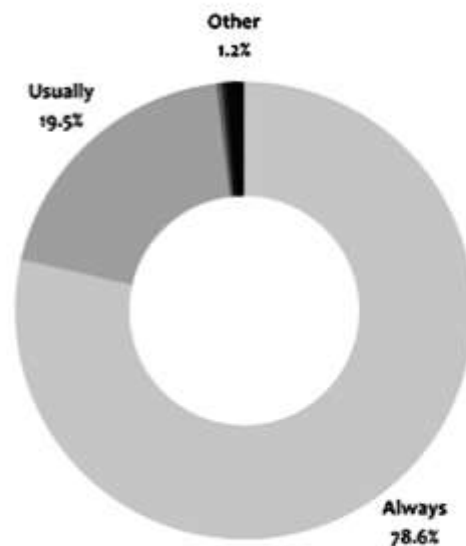
How did you find out about the programs and services offered at our centres?



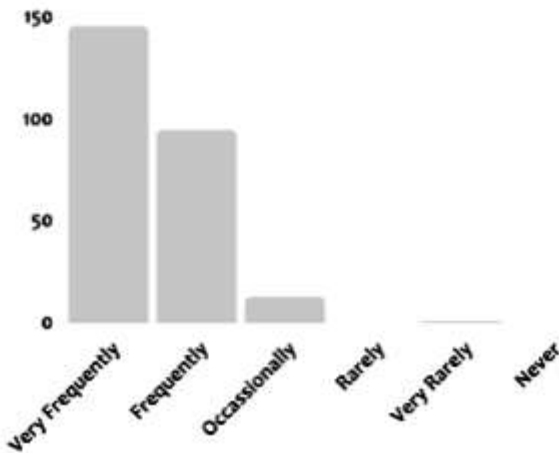
Does the centre create a sense of belonging in your life? Does it provide a connection for you in the community?



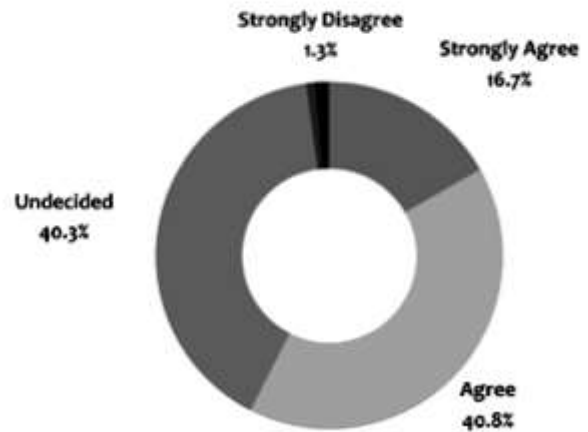
Do you find the staff and volunteers are welcoming when you arrive?



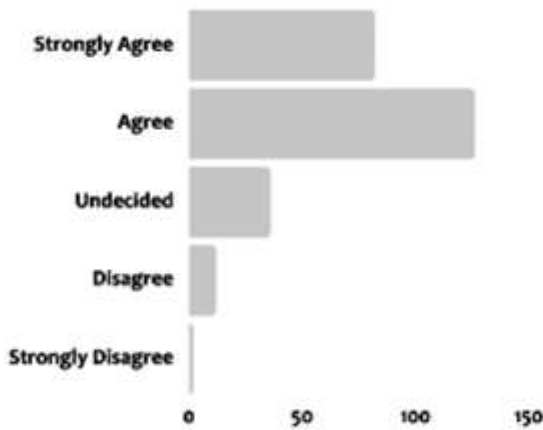
Do you find the staff are available, willing to listen, and provide satisfactory and timely answers to your queries?



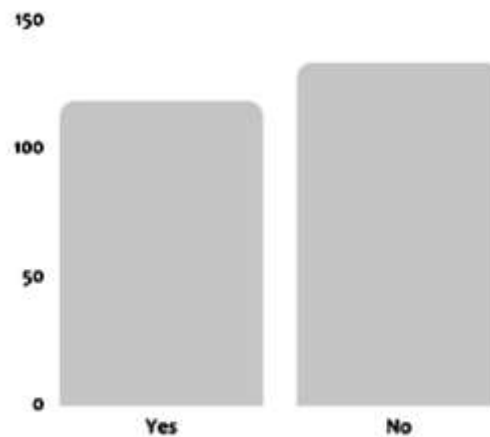
Do you feel at ease sharing concerns with board members?



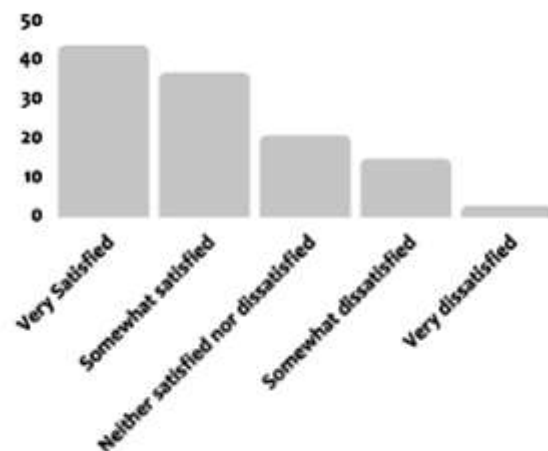
Are the activities, programs and services at the Seniors Centre meeting your needs?



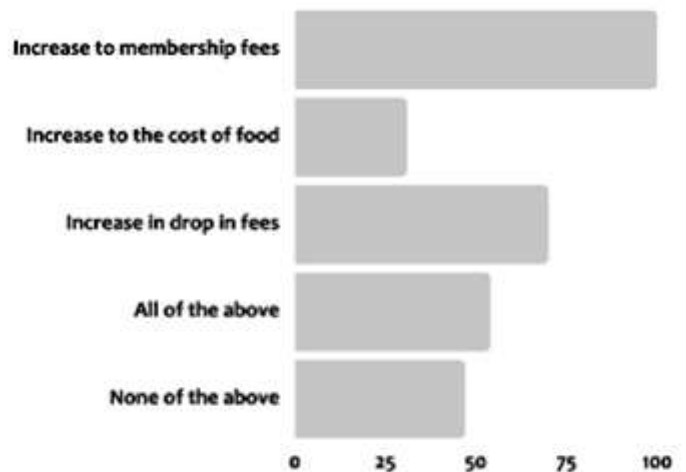
Do you purchase meals at the centre?



If yes, how satisfied are you with the menu and food options?

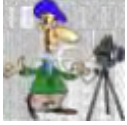


Costs related to the operations of the activity centres are rising. Which of the following increases would you support?



BUS TRIPS

Enjoy THE JOURNEY



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

PLEASE ARRANGE to be dropped off or CARPOOL to allow for regular daily program parking.

Please note: USA travel documents required includes Federally accepted ID (i.e. passport) and Proof of Vaccination. Trip cost does NOT include medical insurance; that is your responsibility. For more information inquire at reception.



Wed May 31

VICTORIA'S SECRET GARDENS

\$180

MR 7:00am-7:45pm

PM 7:15am-7:30pm

A call to all gardening enthusiasts. Join us in visiting three of Vancouver Island's lesser-known gardens. This tour will get your green fingers twitching!

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

Level: Easy

Registration opens May 2



Mon Jun 12

WEST VANCOUVER TRESTLE BRIDGE

\$130

MR 8:45am-5:30pm

PM 9:00am-5:15pm

Visit the newly opened West Vancouver Trestle Bridge with its sweeping views of the city and mountains. Enjoy an easy forest walk in beautiful Lighthouse Park with ocean views. Spend time in Horseshoe Bay. Lunch is served on Cypress Mountain.

Level: Moderate

Registration opens May 9

BUS TRIPS are often VERY popular and in high demand. When sold out, we keep a waitlist in case a duplicate tour is booked. Thank you for your patience. Registration begins at 9:00am.

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**Fri Jun 30 CHUCKANUT BAY CRAB CRUISE (USA)****\$180**

MR 2:45pm-10:45pm

PM 3:00pm-10:30pm

Join San Juan Cruises for a cruise around Chuckanut Bay while dining on the Northwest's finest Dungeness crab. Before the cruise tour the scenic Chuckanut Drive with viewpoint stops include Cove Road Inlet.

**USA travel documents required*

*Level: Easy**Registration opens May 30***Fri Jul 14****WILD FLOWERS BLOOMING!****\$120**

MR 10:00am-4:15pm

PM 10:15am-4:00pm

The Cultus Lake Flower Festival is the hidden gem of Yarrow, BC. Surrounded by gorgeous flowers, marvel at the stunning views of Vedder Mountain. Enjoy a family style picnic lunch in this perfect summer setting.

*Level: Easy**Registration opens Jun 13***Sun Jul 23 BARD ON THE BEACH - As You Like It****\$160**

MR 11:15am-5:45pm

PM 11:30am-5:30pm

Celebrating its 34th season in 2023, Bard on the Beach is Western Canada's largest not-for-profit, professional Shakespeare festival. It's Shakespeare meets The Beatles with "As You Like It" set in Vancouver with a Beatlemania twist.

*Level: Easy**Registration opens Jun 20*

Remember to forward any trip photos to carmen@rmssseniors.org.
Be sure to include names if you want them added.



THE COMMUNITIES OF
RIDGE MEADOWS
CELEBRATE...YOU!!!

SENIORS WEEK



Two FREE pre-registered events to choose from:

Tue Jun 6 10:00-11:30am

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

Thu Jun 8 2:00-3:30pm

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



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.



Are you wanting a tour of one of our centres? To see what we're all about?

Come on by - or call ahead so we are waiting for you. Either one of our volunteer receptionists or a staff member will make themselves available.

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 - MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Stay Fit 3 Evenings	2 Tai Chi - Adv & Yoga Evenings	3 BUS TRIP OPEN HOUSE	4 BUS TRIP Pilates Evenings	5 THEMED LUNCH: Cinco de Mayo	6 Self-Defence for Seniors Workshop
< 50/50 sales available at BOTH centres May 1 - 6! Winner drawn May 8! >						
7	8 	9 	10 Canasta/ Games Evenings	11 Wellness Workshop: Chronic Pain Armchair Traveller: Egypt	12 Create Drop-In Art Studio	13 Badminton & Karaoke
14	15 Dance Fit \$5 Drop-In	16 	17 Crafts Cornhole Evenings	18 Chair Yoga at MR 	19 Foot Care w/ Gigi & Emma (by appt.)	20 Jam Session
21	22 VICTORIA DAY RMSS CLOSED	23 	24 	25 Wellness Clinic Navigating Transit Info Session	26 Variety Plus 	27 Variety Plus
28	29 BUS TRIP 	30 Gentle Hatha Yoga \$5 Drop-In	31 BUS TRIP			

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 page 44.
 You can also ask at reception or check our website at www.rmssseniors.org.

MONTH AT A GLANCE - JUNE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10 - Card CRIB	2 	3 Pitt Meadows Day Parade
< 50/50 sales available at BOTH centres Jun 5 - 10! Winner drawn Jun 12! >						
4	5 Book Club	6 CELEBRATING SENIORS EVENT -MR centre	7 Bolly X \$5 Drop-In	8 CELEBRATING SENIORS EVENT -PM centre	9 Wellness Workshop: Ageing in Place (Thursday)	10
11	12 BUS TRIP	13 Beginner French	14 	15 	16 Absolute Hearing (by appt.)	17 Jam Session
18	19 Foot Care w/ Vilma (by appt.)	20 	21 	22 Bee Pollination Info Session	23 	24 Karaoke Card-Making Workshop
25	26 Caregiver Walk & Coffee	27 	28 Caregiver Walk & Coffee	29 	30 BUS TRIP THEMED LUNCH: Canada Day	CANADA DAY RMSS CLOSED



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



YOGA For ALL fitness levels





**Are you looking for a yoga class?
We have many to choose from!**

Gentle Hatha Yoga (Bring a mat) 

Mondays & Thursdays at MR centre
Drop-in 3:30-4:15pm

Tuesdays at PM centre
Pre-registered 12:15-1:00pm

Chair Yoga 

Starting May 4

Thursdays at MR centre
Drop-in 2:15-3:00pm

Mondays at PM centre
Drop-in 10:15-11:00am

Tuesdays at PM centre
Drop-in 1:15-2:00pm

Thursdays at PM centre
Drop-in 11:30-12:15pm

Therapeutic Yoga 

Tuesdays at MR centre
Drop-in 6:30-7:15pm

(Bring a mat)

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

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





When flipping through the program schedule, if you see this shaded background, please note this is one of our newly offered programs.

Come check it out - invite a friend - support our instructors - participate in the after hours activities that members have been requesting.

On the following program pages, please note NEW! programs are shaded (in colour for those who view this online).




daytime program

evening program

Saturday program

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)

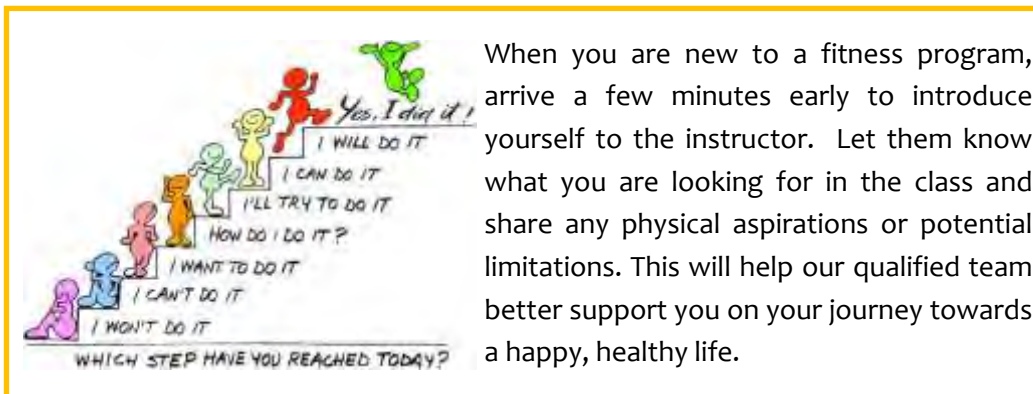
Instructors: Adela / Lori

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 May 22



When you are new to a fitness program, arrive a few minutes early to introduce yourself to the instructor. Let them know what you are looking for in the class and share any physical aspirations or potential limitations. This will help our qualified team better support you on your journey towards a happy, healthy life.



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 class May 22
Mon	6:30-7:15pm	MR	Hall C	\$2 drop-in	OPEN HOUSE May 3 6:30-7:30pm No class May 22



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 May 3 & Jun 7

Sess #4: May 10, 17, 24, 31

reg. opens Apr 26

Sess #5: Jun 14, 21, 28, Jul 5

reg. opens May 31



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 May 15 & Jun 26

Sess #4: May 29, Jun 5, 12, 19

reg. opens May 8

Sess #5: Jul 10, 17, 24, 31

reg. opens Jun 19



SPECIALTY CLASS: (pre-registered)

F.I.T. BIT:

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 B	\$30/4 classes	

Sess #2: (\$22.50/3 classees) May 17, 24, 31 reg. opens May 10



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	Halls B&C	\$2 drop-in	No class May 22
**Wed	10:15-11:00am	PM	Main Hall	\$2 drop-in	This is Chair Fit Level 1



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



FUNCTIONAL FITNESS:

Cost: \$2 drop-in

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	\$2 drop-in	



PROGRAM INFORMATION - Fitness

YOGA CLASSES:

CHAIR YOGA: **BACK at MR centre!**

Cost: \$2 / class (drop-in)
Instructors: PM: Adela MR: Leigha



A gentle movement class that incorporates breathing exercise and basic stretching while seated in a chair.

***Bring:** nothing additional required

Weekday	Time	Centre	Room	Cost	Of Note
Mon	10:15-11:00am	PM	Main Hall	\$2 drop-in	No class May 22
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	
Thu	2:15-3:00pm	MR	Hall C	\$2 drop-in	NEW CLASS! Starts May 4



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

Cost: \$2 / class (drop-in)
Instructors: MR: Virginia / Jane

***Bring:** your own mat

Weekday	Time	Centre	Room	Cost	Of Note
M & Th	3:30-4:15pm	MR	Hall C	\$2 drop-in	No class May 22



at PMSC

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

***Bring:** your own mat

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

\$5 DROP-IN Apr 25 & May 30 **Sess #4:** Apr 25, May 2, 9, 16 reg. opens Apr 11
Sess #5: May 30, Jun 6, 13, 20 reg. opens May 16



PROGRAM INFORMATION - Fitness

YOGA CLASSES:

THERAPEUTIC YOGA:

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

Instructor: MR: Kelli

Carefully selected practices aimed at general physical (mobility, strength, flexibility) and emotional well-being (mood, energy, mental clarity). What to expect from each session: An initial check-in so that the class can be customized according to the moment's needs.

* **Bring:** your own mat

Weekday	Time	Centre	Room	Cost	Of Note
Tue	6:30-7:30pm	MR	Hall C	\$2 drop-in	OPEN HOUSE May 3 6:30-7:30pm



A very warm welcome to new instructors Kelli and Leigha! (Actually, both have been in the RMSS instructor fitness pool and have subbed classes at our centres.) :)

Join Leigha as she begins an afternoon Chair Yoga class at Maple Ridge AND a Thursday evening Pilates class.

Kelli is teaching Therapeutic Yoga on Tuesday evenings at MR.

Remember to bring a friend! (They can try the class for free!)

Learn more about these programs on our Fitness Feature (pg. 40)

PILATES CLASSES:

PILATES W/ PROPS:

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

Instructor: MR: Leigha

Pilates is breath based exercise and designed to help older adults maintain flexibility, strength and balance. Pilates is a form of exercise that emphasizes core strength, proper alignment and controlled movement. This is a beginner's class with adaptations for those at an intermediate level.

Props will be added to the class to add challenge and variety.

* **Bring:** your own mat

Weekday	Time	Centre	Room	Cost	Of Note
Thu	6:30-7:15pm	MR	Hall C	\$2 drop-in	OPEN HOUSE May 3 6:30-7:30pm



PROGRAM INFORMATION - Mind & Body Fitness / Sports

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 May 22
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 May 22
NEW! Tue -Advanced	6:00-7:45pm	MR	Hall B	\$2 drop-in	
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	



SPORTS:

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

An excellent form of exercise whether played for fun or aiming to win! Bring a friend. Call ahead to reserve your half hour court time. 604-467-4993. Equipment provided.



Weekday	Time	Centre	Room	Cost	Of Note
NEW! Mon	5:30-7:30pm	MR	Halls A&B	\$1 drop-in	OPEN HOUSE May 3 6:30-7:30pm
Sat	10:30am-12:30pm	MR	Halls A&B	\$1 drop-in	

PROGRAM INFORMATION - Sports

CORNHOLE:

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

A fun, challenging tossing game. Has become a professionally recognized sport. Bring a friend.



Weekday	Time	Centre	Room	Cost	Of Note
Tue	6:30-7:45pm	PM	Lounge	\$1 drop-in	
Wed	6:30-7:45pm	MR	Social Activity	\$1 drop-in	OPEN HOUSE May 3 6:30-7:30pm

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 May 22
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 May 26

ICELESS CURLING:

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

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	2:30-4:00pm	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 (balls provided) * paddles available for beginners



Weekday	Time	Centre	Room	Cost	Of Note
Mon	8:45-11:00am	MR	Hall A	\$1 drop-in	Not on May 22
Mon	1:15-3:30pm	PM	Hall B	\$1 drop-in	Not on May 22
Tue	8:45-11:00am	MR	Halls A&B	\$1 drop-in	
Wed	11:30am-1:30pm	PM	Hall A	\$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	Instruction available between 10am - noon
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 - Thu Fri	8:45am-7:30pm 8:45am - 4:00pm	MR	Snooker	\$4 drop-in	
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	
Fri - Beginners	9:00am-noon	MR	Snooker	\$4 drop-in	

WALKING CLUBS:



See pg. 33 for the new Caregiver Walk & Coffee program available at both centres. Register with Raman @ 604-380-0516

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:

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

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	May 9 & 23, Jun 13 & 27

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 May 22
Wed - Bridge "101"	10:30-11:30am	MR	Hall A	\$1 drop-in	Weekly drop-in lessons until Jun 28
Wed - ACBL	12:30-4:00pm	MR	Hall A	\$1 drop-in	
Wed - Social	12:30-3:30pm	MR	Craft Rm	\$1 drop-in	No partner required
Fri - Partnership	12:30-4:00pm	MR	Hall C	\$1 drop-in	Not on May 26

CANASTA:

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

Bring a partner - and a sandwich - and make an evening out of this great game.

Weekday	Time	Centre	Room	Cost	Of Note
 Wed	5:00-7:45pm	MR	Lounge	\$1 drop-in	OPEN HOUSE May 3 6:30-7:30pm

CRIB:


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

Weekday	Time	Centre	Room	Cost	Of Note
Tue	12:30-3:30pm	MR	Hall C	\$1 drop-in	May 23 relocated to Halls A/B
*Thu	12:30-3:30pm	MR	Hall A	\$1 drop-in	*10-card CRIB; partner req'd; let us know if you need one
Fri	1:00-3:30pm	PM	Arts & Crafts	\$1 drop-in	

GAMES:

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

A variety of games are available for play. MR Thu typically plays Rummikub (a tile version of rummy). PM Fri plays a variety of games. For Wed evening, bring a friend. Lots of game options. Join in the fun!

Weekday	Time	Centre	Room	Cost	Of Note
 Wed	5:00-7:45pm	MR	Lounge	\$1 drop-in	Bring a friend
Thu	1:30-3:30pm	MR	Lounge	\$1 drop-in	
Fri	noon-3:45pm	PM	Wellness Rm	\$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 May 31 & Jun 28

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 hiatus

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 14

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 May 22
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$1 drop-in	Not on May 22
-int.	Tue	10:30-11:45am	MR	Hall C	\$1 drop-in	Runs Jun 13 - Jul 25 *min 2 years exp.
Line Dance Fun!	Thu	10:30-11:45am	MR	Hall C	\$1 drop-in	



Would you be interested in attending a Wednesday evening dance cardio, line dance, or dance lesson at the Maple Ridge centre?

If so, please email carmen@rmssseniors.org. With enough interest, we'll see what we can do.



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	Crafts 9:30 - 11:30	Chair Fit 10:00 - 10:45	**Wellness Workshops	Ladies & Beginners Snooker 9:00-noon
	*Line Dance - Int 10:30 - 11:45	Ukulele 10:15 - 11:45	Silvertones 10:00 - 11:30	Chair Fit 10:00 - 10:45
*Dance Fit 11:15 - noon		*BollyX 11:15 - noon	Line Dance Fun 10:30 - 11:45	**Book Club 10:00 - noon
Meditation 1:00 - 2:00	Crib 12:30 - 3:30	*F.I.T. BIT 12:15 - 1:00	**Caregiver Connection 1:00 - 2:30pm	**Caregiver Connection 10:30 - noon
Carpet Bowling 1:00 - 3:00	Scrabble 12:45 - 3:30	ACBL (Bridge) 12:30 - 4:00	Hawaiian Dance 12:30 - 1:30	Table Tennis - Beg 11:00 - noon
Chair Tai Chi 1:30 - 2:30		Social Bridge 12:30 - 3:30	Crib - 10 card 12:30-3:30	Partnership (Bridge) 12:30 - 4:00
Line Dance - Beg 1:30 - 2:45	Beading 1:30 - 3:30	**Caregiver Walk 1:00-2:00	Mah Jong 1:00 - 3:30	Scrabble 12:45 - 3:30
**Book Club 2:00 - 3:30	Ladies Snooker 2:00 - 4:00	Mexican Train 1:30 - 4:00	Games 1:30 - 3:30	Carpet Bowling 1:00 - 3:00
Gentle Hatha Yoga 3:30 - 4:15	*Painting/Collage 5:45 - 7:45pm	Tai Chi 2:00 - 3:30	Chair Yoga 2:15 - 3:00	Create 1:30 - 3:30
Badminton 5:30 - 7:30pm	Tai Chi (Advanced) 6:00 - 7:45pm	Canasta/Games 5:00 - 7:45pm	Gentle Hatha Yoga 3:30 - 4:15	Badminton 10:30am-12:30pm (Saturdays)
Stay Fit 3 6:30 - 7:15pm	Therapeutic Yoga 6:30-7:15pm	Cornhole 6:30 - 7:45pm	Pilates 6:30-7:15pm	Karaoke 12:00 - 3:00pm (Saturdays)

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
**Caregiver Connection 9:30 - 11:00	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				
Tech Help <i>(by appointment)</i>	Mah Jong 1:00 - 3:30	Whist 1:00 - 3:00	Carpet Bowling 1:00 - 2:30	Crib 1:00 - 3:30
**Caregiver Walk & Coffee 1:00-2:00	Chair Yoga 1:15 - 2:00	Ukulele 1:00 - 2:30	**Armchair Traveller 1:30 - 2:30	Games 1:00 - 3:00
Bridge 1:00 - 3:45	Iceless Curling 2:30 - 4:00	Ballet 2:00 - 3:00	Ladies Snooker 1:30 - 3:30 <i>(Wednesday)</i>	Table Tennis 1:15 - 3:30
Table Tennis 1:15 - 3:30	*Beginner Conversational French 6:00 - 7:00pm	Meditation 2:45 - 3:45		**Jam Session 10:00 - 11:30am <i>(Saturdays)</i>
PLEASE NOTE BELOW 	Cornhole 6:30-7:45pm	Flamenco 3:00 - 4:00		*Snooker Lessons 10:00 - 11:00am <i>(Saturdays)</i>

Please note NEW! programs are shaded (in colour for those who view this online).



daytime program



evening program



Saturday program

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 “The Mavericks” (books with movie adaptations - meet twice monthly). Both “Scenic Route” and “The Mavericks” are currently accepting new members.

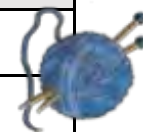
Weekday	Time	Centre	Room	Cost	Of Note
Mon	2:00-3:30pm	MR	Lounge	\$1 drop-in	May 1 & 15, Jun 5 & 19
Wed	10:00-11:30am	MR	Library Room	\$1 drop-in	Currently at capacity
Fri	10:00am-noon	MR	Craft Rm	\$1 drop-in	May 5 & 19, Jun 2 & 16

CRAFTS:

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

Drop in to our weekly craft groups where a shared passion for knitting, visiting, sharing ideas, and working on projects for sale at either centre occurs. You are also welcome to bring your ‘from home’ hobby craft. New to knitting? Someone will be happy to get you started.

Weekday	Time	Centre	Room	Cost	Of Note
Tue	9:30-11:30am	MR	Craft Rm	\$1 drop-in	
Wed	9:30-11:30am	PM	Arts & Craft	\$1 drop-in	



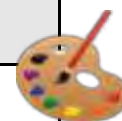
CREATE:

We are looking to start a Create drop-in studio at PM centre. Stay tuned for details.

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	



PROGRAM INFORMATION - Music

JAM SESSION:

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	May 6, 20, Jun 17

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
Sat	12:00-3:00pm	MR	Lounge	\$1 drop-in	Not on May 27



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

Volunteer: 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 May 22



Looking for more volunteers to help with tech issues - at both centres!!! Most questions are fairly basic. YOU are smarter than you think! Want to help? Contact Kara or Carmen (see staff directory pg. 2)

TAX CLINIC:

Cost: free, by appointment

If you are 55+ and qualify, free help is available. Book your appointment at MR centre for our month clinic (usually first Wednesday afternoon of the month). For more info call 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	May 11 & 25, Jun 8 & 22



Check out our Wellness Workshops! (pg)



THINGS YOU DON'T WANT TO MISS!

OPEN HOUSE!!!
Wed May 3
6:30-7:30pm
 Check out our evening programs

THERAPEUTIC YOGA
TAI CHI ADVANCED
STAY FIT 3
CORN HOLE
PILATES W/ PROPS
BADMINTON
CANASTA and other GAMES
SNOOKER

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

Open for \$2 drop-in evening fitness classes

THERAPEUTIC YOGA
 Tue 6:30-7:30pm
 NEW!

STAY FIT 3
 Mon 6:30-7:15pm
 NEW!

PILATES W/ PROPS
 Thu 6:30-7:15pm
 NEW!

JOIN NOW

More Information:
 604-467-4993
 www.rmsseniors.org

Maple Ridge Seniors Activity Centre
 12150 224 St. 55+

Try us once or twice for free before committing to annual membership of \$35.

CORNHOLE? BADMINTON?

A game in which small bags filled with dried corn are tossed at a target consisting of an inclined wooden platform with a hole at one end. This has become a worldwide official sport with pro players!

CORNHOLE - drop-in \$1
 at PM centre Tuesdays 6:30-7:45pm
 at MR centre Wednesdays 6:30-7:45pm

Racquets and shuttlecocks available. Book your half hour court time at 604-467-4993. Have some fun!

BADMINTON - drop-in \$1
 at MR centre:
 Mondays 5:30-7:30pm
 Saturdays 10:30-noon

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

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

55+

what's cooking?

JOIN US for these upcoming themed lunches

Friday, May 5 11:30am-1:00pm
CINCO DE MAYO
 Chicken Fajitas!

Friday, Jun 30 11:30am-1:00pm
CANADA DAY
 BBQ Chicken!

Regular meal prices apply.

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

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

THINGS YOU DON'T WANT TO MISS!



seasonal event

ARMCHAIR TRAVELLER

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

EGYPT
Thu May 11 1:30-2:30pm

Reserve your spot by phone
Cost \$1.00

Join avid traveller Larry as he shares photos from his recent trip to Egypt.

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

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






Beginner Conversational French



WITH KATHY

Let's learn some Beginner Conversational French together.
We'll learn phrases you might use in travel.
We'll review nouns, verbs, pronouns.

Would be Tuesday evenings
6:00 - 7:00pm
Pre-registered: Jun 6, 13, 20, 27
Cost: \$10
Bring pen and paper.
Minimum 6 registered to proceed.
This could become a weekly drop-in.
Interested? Email carmen@rmsseniors.org

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



info session




NAVIGATING TRANSIT

When is the last time you took transit?
Have a question about how to use a bus to go shopping?
Wondering how to ride SkyTrain to Downtown Vancouver?
No matter if you took transit frequently during COVID, nor if you have never used the bus before, TransLink staff will be on hand to share tips and answer your questions about our accessible transit system in Metro Vancouver.

Presented by Travel Smart with TransLink

FREE pre-registration required.

Thursday, May 25 1:30-2:30pm

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



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




card making



Photo reflects samples of Ginny's cards.
Workshop will produce unique cards.



CARD MAKING

Ever wanted to try making your own cards?
Anyone can do it!

Ginny runs her own cardmaking business. She will help you create three all-occasion type cards (i.e. birthday, thinking of you, etc.). Make cards that show how much you care.

With sufficient interest, a monthly cardmaking/scrapping session could be offered from either centre.

Saturday 10:30-noon
June 24
Min. 5 - Max. 12 participants
Cost: \$15 (includes supplies)
registration begins May 11

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



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



THINGS YOU DON'T WANT TO MISS!



wellness workshop

CHRONIC PAIN MANAGEMENT

- ✓ Understand and manage symptoms
- ✓ Deal with stress and difficult emotions
- ✓ Learn to safely maintain physical activity and improve flexibility
- ✓ Communicate effectively with your health care team

Chronic conditions are broadly defined as long-term conditions and require ongoing medical care and lifestyle changes to manage and control. Self-management means having the skills and confidence to live well with one or more chronic conditions.

Learn about the FREE six session workshop starting May 20 at MR centre.

University of Victoria | Institute on Aging & Lifelong Health | Self-Management | BRITISH COLUMBIA

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

Remember to visit the MR Wellness Clinic!

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

09:00 - 12:00 **55+**



RMSS CENTRES WILL BE CLOSED on:
Monday, May 22
 (Victoria Day)

King Charles III will be coronated on Saturday, May 6 at 3:00am PST. He is the great-great-great-grandson of Queen Victoria.



wellness workshop

AGEING IN PLACE

Most older Canadians would prefer to stay in their homes as they age, but only one in four feel confident they will be able to do so. Ageing in place has advantages and presents challenges. To help you create the preferred lifestyle you envision, this workshop offers nine checklists of critical aspects to consider as you plan today, for the future you want to live tomorrow.

Presented by Seniors' Health and Wellness Institute

Thursday, June 8 10:00-11:00am
 FREE - pre-registration required. Call 604-467-4993

Remember to visit the MR Wellness Clinic!

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

09:00 - 12:00 **55+**



Karaoke PARTY

Whether you "fall to pieces" like Patsy Cline, tell us you were "born in the USA" like Bruce, or just want to share how you "get around" like those boys at the beach, Karaoke is your place to shine. Sing yourself, nudge others to, eat some snacks, perhaps drink a brew, there is LOTS OF FUN to be had!

Most Saturdays noon - 3:00pm Drop-in \$1.00

First visit FREE! Membership required thereafter.

Want to come from PMA centres? What about a Karaoke transport?

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

55+



Fraser Health has reminded us that our coffee shop baristas, kitchen staff, and Karaoke servers are NOT permitted to refill your cup or glass. When you get a refill, a fresh cup/glass will be provided.




VARIETY PLUS PRESENTS

**A SALUTE TO
BROADWAY**

NOW SHOWING
SOUTH PACIFIC
SINGING IN THE RAIN
BEAUTIFUL

NOW SHOWING
MY FAIR LADY
EVITA
CABARET

MAY 26 & 27 at 2pm



**DOOR PRIZES!
REFRESHMENTS!**

**MAPLE RIDGE SENIORS ACTIVITY CENTRE
12150 224TH ST, MAPLE RIDGE**

**TICKETS
\$12 EACH**

FOR MORE INFORMATION:
Facebook.com/VarietyPlus
Phone: (604) 467-4993

Presented by Variety Plus and Ridge Meadows Seniors Society




presentation



BEES & POLLINATION

**Do you love the great outdoors?
Are you an observer of all the Natural Beauty around us?**

Discover the importance of pollinators through the life cycle of native bees and learn bee identification. Understand issues impacting bees and how you can help. Try different varieties of honey and view our observation beehive with live honeybees.



A.R.M.S. (Alouette River Management Society) will present this fascinating topic. This is the same group that presented on the Painted Butterflies last year.


FREE - pre-registration required

**Thursday, June 22
1:30-2:30pm**

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



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

Ridge Meadows Seniors Society Caregiver Connection & Support Present:

Caregiver Walk & Coffee

Are you a family/friend caregiver who is caring for someone over 55? Come join us for some fresh air, conversation and coffee!

2nd & 4th Mondays 1:00pm - 2:00pm (Meet in front of main doors)	2nd & 4th Wednesdays 1:00pm - 2:00pm (Meet in front of main doors)
PM Activity Centre 19065 119B Ave 604-457-4771	MR Activity Centre 12150 224th Street 604-467-4993

To register or for more information please contact Raman at: 604-380-0516 or email: raman@rmssseniors.org




Seniors' High Tea Party

**Wednesday, June 7
1 pm - 2:30 pm**

Join us for a festive Senior Week Tea to celebrate the contributions of older adults to our families and communities! Participants are welcome to dress up and join in the fun that features refreshments, a performance by the Silvertones Choir, and a chance to win some great door prizes. This event is presented in conjunction with the Maple Ridge, Pitt Meadows, Katzie, Seniors Network.

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

Space is limited. Please register to reserve your spot. Refreshments will be served.

Maple Ridge Public Library
185-22130 Dewdney Trunk Road, Maple Ridge | 604.467.5017
www.mrl.ca




Beez foot care



Vilma Baldoz-Abalos

Footcare Services

Certified Footcare Nurse / Registered Nurse

\$40 for approx. 15-20 minute appointment

Upcoming dates (Mondays): **May 8 & 15
June 5 & 19
July 17 & 24**

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

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



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More information, visit us at:
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



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

May is Caregiver awareness month. Here are something things to know about a caregiver.

What is a caregiver? A caregiver is someone who provides care and support to another individual due to a physical or mental condition, illness, disability, or age-related issues. Family and Friend caregivers are providing a wide ranges of services including helping with daily activities such as bathing, dressing, eating, and medication management, as well as providing emotional support and companionship. Caregiving can be a challenging and rewarding role that requires a lot of time, energy, and dedication. It can involve a wide range of responsibilities and tasks, depending on the needs of the person being cared for. It is important for caregivers to take care of themselves and seek support when needed to avoid burnout and maintain their own well-being.



6 ways to support a caregiver: supporting a caregiver can be a great way to show your appreciation for the hard work and dedication they put into their caregiving role. Here are some ways you can support a caregiver.

1. Offer to help: ask the caregiver if there is anything you can do to help, such as running errands, cooking meals, or providing respite care.
2. Listen: Caregiving can be emotionally taxing, and caregivers may need someone to talk to. Be a good listener and offer emotional support.
3. Provide encouragement: Let the caregiver know they are doing a good job and their efforts are appreciated
4. Offer to give the caregiver a break: Caregiving can be a 24/7 job, so offer to take over caregiving duties for a few hours or even a day so that the caregiver can have a break and recharge.
5. Provide resources: offer information on local resources such as the RMSS Caregiver Connection Program, respite care providers, and home health agencies that can help the caregiver in their role.
6. Send a thoughtful gift: send a gift to the caregiver to show your appreciation, such as a bouquet of flowers or a gift certificate for a message.

7 ways how a caregiver can take care of themselves

1. Get support: Join RMSS Caregiver Connection support group to talk about the challenges of caregiving, get emotional support, and connect with other caregivers.
2. Take breaks: Take regular breaks from caregiving duties to relax, exercise, or engage in activities that are enjoyable and fulfilling.
3. Practice self-care: Take care of physical health by eating a healthy diet, getting enough sleep, and exercising regularly. Engage in activities that help you relax, such a meditation, yoga, or taking a warm bath.

(continued on next page)

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? 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:**



As part of your ongoing self-care, check out pg. 33 to learn more of our new Caregiver Walk & Coffee program.

(continued from pg. 36)

4. **Ask for help:** Don't be afraid to ask for help from family members, friends, or healthcare professionals to manage caregiving duties.
5. **Set boundaries:** Set limits on time and energy that you devote to caregiving, and learn to say no to requests or activities that you are unable or unwilling to do.
6. **Seek respite care:** Take advance of respite care services, such as hiring a professional caregiver, or using adult day program, to give yourself a break from caregiving responsibilities.
7. **Stay connected:** Stay Connected with friends and family, and continue to engage in hobbies or interests that bring you joy.

Remember, taking care of oneself is not selfish but rather a necessary step to ensure that caregivers can provide the best possible care for their loved ones.



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



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604.457.0050

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 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**

Relief Drivers Gillian: 604-476-2109 Joys: 604-726-8868 May be able to help when regular drivers not available	Priority is given to trips for medical purposes. Please follow our drivers' health and safety suggestions. Rate sheets are available from drivers and at the centres.
--	---

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



FITNESS FEATURE

NEW FITNESS CLASSES TO CONSIDER:

With ever increasing membership come additional programs to satisfy.

At Pitt Meadows, an additional Chair Yoga class has been added - now THREE weekly classes to choose from. If there is sufficient interest in an additional mat class, we can slot that in. We continue to look for another great fit for a cardio class offering.

At Maple Ridge, we will resume a Chair Yoga class (see pg. 16). Hopefully this afternoon class will better suit schedules. With the evening hall availability, Stay Fit 3, Therapeutic Yoga and Pilates w/ Props have started. (see pg. 13, 17, 29). (Thank you, Debbie, for offering another class!)

Let's meet Leigha and Kelli who are newer to the RMSS family of instructors.



I am a certified yoga and Pilates instructor with a passion for movement and teaching. With over 20 years experience, I combine the principles of yoga and Pilates to create a balanced and holistic practice.

I love to share my love of movement with others. When I am not teaching I enjoy participating in other instructors' classes, fitness related conferences and workshops, to help deepen my practice and knowledge of yoga and Pilates.

Leigha teaches Pilates w/ Props at MR centre on Thursdays from 6:30-7:15pm. Her focus for Pilates is incorporating breath with the movement and teaching that these can be incorporated into everyday life. This is a beginner class (with adaptations for those at intermediate level) that will involve both mat, standing exercises, and some provided props. (Bring your own mat.) The aim is a variety of movement, incorporating strength, stretch, and balance.

Starting Thursday, May 4 2:15-3:00pm, Leigha will also teach Chair Yoga at MR centre.

Kelli is committed to aiding people in the path of self-knowledge and exploration of their potential in every way. She has been engaged in an in-depth study and practice of Yoga and its philosophy for many years, and what started as a personal discipline became her life's purpose. Kelli offers therapeutic yoga techniques and energy healing practices to assist those who seek a more balanced life beyond work and daily demands.



*Therapeutic yoga classes aim to achieve specific goals. In this series, **Kelli** will carefully select and teach practices aimed at general physical (mobility, strength, flexibility) and emotional well-being (mood, energy, mental clarity) through nervous system regulation.*

When properly stimulated, the nervous system combats stiffness, regulates mood, increases energy, mobility and flexibility, manages stress and anxiety, and promotes hormonal balance - positively affecting every other body system. It is a win-win situation for all participants!

What to expect from each session: An initial check-in so that the class can be customized according to the moment's needs using conscious breathing to increase physical and mental resilience.

Lisa Beare, MLA

Maple Ridge - Pitt Meadows

Bob D'Eith, MLA

Maple Ridge - Mission



UPCOMING EVENTS

As the weather warms up and outdoor events begin again in our community, we are looking forward to connecting with you. We will be at:

- May 6 - Maple Ridge Farmers' Market
- May 21 - Maple Ridge Multicultural Day
- June 3 - Pitt Meadows Day
- June 3 - Maple Ridge Pride in the Park

We have more fun planned throughout the summer - to stay up to date reach out to our community offices to get on our newsletter lists.



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

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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.

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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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WORKSHOP & EVENT DETAILS

- May 1-6:** **50/50 Ticket Sales** (see pg. 45)
- May 3:** **BollyX Drop-In** (see pg. 14)
\$5.00; Wed May 3, 11:15-noon at MR centre
- May 3:** ***Seniors Network: Dementia Friends** (presented by the Alzheimer Society of BC)
FREE; Wed May 3, 1:00-2:30pm *at Maple Ridge Library; www.DementiaFriendsRidge@eventbrite.ca
- May 3:** **OPEN HOUSE** (see pg. 29)
FREE; Wed May 3, 6:30-7:30pm at MR centre; to register call reception 604-467-4993
- May 4:** **Chair Yoga** returns weekly to MR (see pg. 12, 16)
\$2.00; Thu 2:15-3:00pm at MR centre
- May 5:** **Themed Lunch: Cinco de Mayo** (see pg. 29)
- May 6:** **Workshop: Seniors Self-Defence**
\$40.00; Sat May 6, 12:00-3:00pm at MR centre; pre-register at reception
- May 11:** **Wellness Workshop: Chronic Pain** (see pg. 31)
FREE; Thu May 11, 10:00-11:00am at MR centre; to register call reception 604-467-4993
- May 11:** **Armchair Traveller: Egypt** (see pg. 30)
\$1.00; Thu May 11, 1:30-2:30pm at PM centre; to register call reception 604-457-4771
- May 22:** **RMSS Closed: Victoria Day**
- May 25:** **Info Session: Navigating Transit** (see pg.30)
FREE; Thu May 25, 1:30-2:30pm at PM centre; to register call reception 604-457-4771
- May 26/27:** **VARIETY PLUS presents A Salute to Broadway** (see pg. 32)
\$12.00; Fri May 26 / Sat May 27, 2:00-4:00pm at MR centre; ticket sales start Apr 25
- May 31:** **Bus Trip: Victoria's Secret Gardens** (see pg. 6)
- Jun 5-10:** **50/50 Ticket Sales** (see pg. 45)
- Jun 6:** **SENIORS WEEK EVENT: Celebrating Seniors** (see pg. 8)
FREE; Tue Jun 6, 10:00-11:30am at MR centre; to register call reception 604-467-4993
- Jun 6:** **Beginner Conversational French** (see pg. 30)
\$10.00; Tuesdays Jun 6-27 at PM centre
- Jun 7:** **SENIORS WEEK EVENT: *Seniors Network: Seniors High Tea Party** (see pg. 33)
FREE; Wed Jun 7, 1:00-2:30pm *at Maple Ridge Library; www.celebrateseniorstea.eventbrite.ca
- Jun 8:** **SENIORS WEEK EVENT: Wellness Workshop: Ageing in Place** (see pg. 31)
FREE; Thu Jun 8, 10:00-11:00am at MR centre; to register call reception 604-467-4993
- Jun 8:** **SENIORS WEEK EVENT: Celebrating Seniors** (see pg. 8)
FREE; Thu Jun 8, 2:00-3:30pm at PM centre; to register call reception 604-457-4771
- Jun 12:** **Bus Trip: West Vancouver Trestle Bridge** (see pg. 6)
- Jun 22:** **Info Session: Bees & Pollination** (see pg. 30)
FREE; Thu Jun 22, 1:30-2:30pm at PM centre; to register call reception 604-457-4771
- Jun 24:** **Workshop: Card-making** (see pg. 30)
\$15.00; Sat Jun 24, 10:30am-noon at PM centre; pre-register at reception
- Jun 30:** **Bus Trip: Chuckanut Bay Crab Cruise (USA)** (see pg. 7)
- Jun 30:** **Themed Lunch: Canada Day** (see pg. 29)

WORKSHOP & EVENT DETAILS

50 **TICKET SALES ARE BACK!** **50**

STILL 3 tickets for \$2!



Tickets may be purchased from:
 MAPLE RIDGE coffee bar M-F 9:30am-1:00pm;
 MR reception 1:00pm until closing and Saturdays
 PITT MEADOWS reception desk M-F 9:30am-2:30pm
 Tuesdays until closing and Saturdays
 (sales weeks listed below)

sold May 1-6...drawn May 8/23	sold Nov 4-10...drawn Nov *14/23
sold Jun 5-10...drawn Jun 12/23	sold Dec 4-9...drawn Dec 11/23
sold Jul 4-8...drawn Jul 10/23	sold Jan 8-13/24...drawn Jan 15/24
sold Jul 31-Aug 5...drawn Aug *8/23	sold Feb 5-10...drawn Feb 12/24
sold Sep 5-9...drawn Sep 11/23	sold Mar 4-9...drawn Mar 11/24
sold Oct 3-7...drawn Oct *10/23	

The winning tickets will be drawn on the Mon (*Tue) of the following week.

Maple Ridge centre licence #141275
 Pitt Meadows centre licence #141273



12th Annual Rotary Duck Race
Help Support RMSS - Buy a Ticket Today!

In Centre ticket sales:
 9:45am - noon
 Wednesdays & Fridays
 May *10 & 12
 May *24 & 26
 May *31 & Jun 2
 June *14 & 16
 June *28 & 30
*PM centre on Wednesday dates only



DRAW DATE: AUGUST 13TH @ 1:30PM

GRAND PRIZE \$15,000 CASH
Maximum 50/50 payout will be \$37,500.00.
 50/50 only available online.




\$750.00 SAVINGS OFF A PAIR OF HEARING AIDS

SPRING sale

Offer valid until June 30, 2023

Call 604-510-2299




AROUND TOWN

Are you a 55+ senior & interested in playing snooker?

The Lower Mainland Seniors Snooker league consists of several teams from community seniors' centres in area such as Richmond, Burnaby, New Westminster, Delta, Coquitlam, Pitt Meadows & Maple Ridge.

You can view the league website at sites.google.com/view/lmseniornsnookerleague-2020

If you would like further information please contact Paul Scanlon, League President, at lmseniornsnooker@gmail.com or call 604-465-4511.



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.

2nd Tuesday of the month from 6:15 to 7:45pm
Maple Ridge: Maple Ridge Seniors Activity Centre

Registration: Please call the First Link® Dementia Helpline at 1-800-936-6033.

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Chronic Pain Self-Management Program

- ✓ Understand and manage symptoms
- ✓ Deal with stress and difficult emotions
- ✓ Learn to safely maintain physical activity and improve flexibility
- ✓ Communicate effectively with your health care team

FREE Six-Session Workshop for Adults with Any Kind of Ongoing Pain
Family Members and Friends Welcome

DATES/TIME: May 20, 2023 to June 24, 2023
Saturdays, 10:30 a.m. to 1:00 p.m.

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

TO REGISTER: 604 940 1273 or 1 866 902 3767 (toll-free)
www.selfmanagementbc.ca

Connect with us: [Facebook](https://www.facebook.com/SelfManagementBC) @SelfManagementBC [Instagram](https://www.instagram.com/SMPatNVC) @SMPatNVC

Self Management BC programs follow a strict code of ethics for the health and well-being of our participants. Please refrain from wearing fragrances in our workshop. Thank you!

University of Victoria | Institution Aging & Lifelong Health | Self-Management | BRITISH COLUMBIA

Self-Management BC is supported by the Province of British Columbia

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



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



To learn more about this program, attend our Wellness Workshop on May 11 (see pg. 31).



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

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

The Last Real Summer

Written by Canadian author Warren Graves, *The Last Real Summer* is a beautifully written, fascinating journey back to 1939. After Elizabeth Wharton loses her husband, she returns to her childhood home town to look back on her life, and question some of the biggest and perhaps hardest decisions she had to face while growing up in the early years of WWII. As her memories come flooding back, they come to life on the stage for us, pulling us into her story, and sharing an intimate peek into her past.

Running in **Pitt Meadows and Maple Ridge**
May 5 to 7 and May 12 to 14

For locations, showtimes, and tickets, please scan the QR code above, or visit our website www.emeraldpig.ca

Enjoy the show!

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

MAPLE RIDGE LIQUOR STORE
AT THE CORNER OF 207TH & LOUGHEED

KANAKA CREEK LIQUOR STORE
AT THE CORNER OF 240TH & KANAKA

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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- Absolute Hearing
- Beez Footcare

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

VOLUNTEER APPRECIATION!

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

I want to nominate...

Betty June (BJ) has been a member of the Silvertones Choir for 35 years! She tirelessly helps with contacting choir members, organizes the monthly song sheet books, and arranges ongoing performances within the community. (Actually a helper would be most welcome!) Her care and dedication to the choir (not to mention her family and friends!) are inspiring. Thank you, BJ - we value your heart & service!

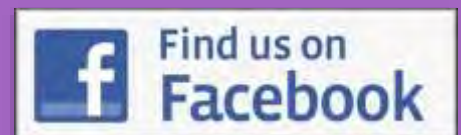


Some of the Silvertones Choir at a recent performance at Sunwood.



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
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- Director.....Angie Hodgins
- Director.....Gayle Lyons
- Director.....Richard Newman



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