

GrapeVine



55+



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows Jul & Aug 2023 Program Guide

RMSS - PM centre won 3rd for their PM Day Parade entry



Frank & Fred - congratulations!



The one and only Ms Nancy!



Deb, Lyn, Ingrid



Edith

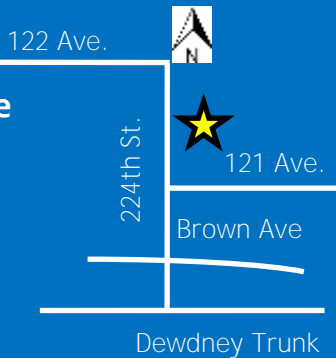
**Frank & Fred: winners of Super Seniors Snooker Tournament Lower Mainland!
& Celebrating 20 years of Ms Nancy making life at RMSS crazy fun!** (photos by Vanessa)

FACILITY INFO

Maple Ridge

Seniors Activity Centre

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



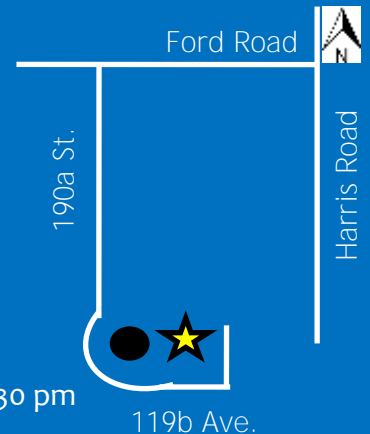
Member Services

Monday - Thursday 9:00 am - 7:30 pm
Friday 9:00am - 3:30pm
Saturday 10:00am - 3:30pm
Closed July 1 & 3, August 7

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 July 1 & 3, August 7



www.rmssseniors.org



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



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

GOALS:

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


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Kitchen Supervisor, Grace Nunnikhoven (*on leave*)
Acting Kitchen Supervisor, Paula Brandys
Kitchen Staff: Katereh, Leah, Tessa
Support Staff: Jackie, Sandra
MR Facility Attendants: Devon, Mojgan
PM Facility Attendant: Sally

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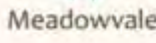

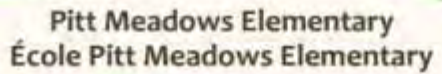

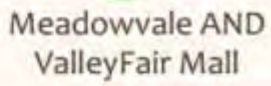








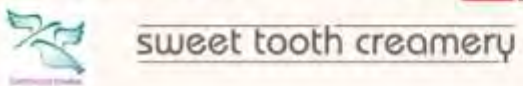


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A MESSAGE FOR YOU



Ridge Meadows Seniors Society
thank the following partners for
supporting Seniors Week 2023

Thank You


Gifts donated from RM Thrift Store



Maple Ridge Chorus

BUS TRIPS



Skagit Valley Tulip Festival photos submitted by Irene N. Gorgeous!!!



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 references federally accepted ID (i.e. passport). Trip cost does NOT include medical insurance; that is your responsibility. For more information inquire at reception.



Fri Jul 14

WILD FLOWERS BLOOMING!

\$120

MR 10:00am-4:15pm

PM 10:15am-4:00pm

SOME SEATS MAY STILL BE AVAILABLE

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 Aug 27 BARD ON THE BEACH - As You Like It

\$160

MR 11:15am-5:45pm

PM 11:30am-5:30pm

SOME SEATS MAY STILL BE AVAILABLE

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

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 Aug 4****MOUNT BAKER (USA)****\$150**

MR 8:00am-8:00pm

PM 8:15am-7:45pm

Mount Baker has amazing views in summer especially from Artist Point. At more than 5,000 ft. above sea level this area is typically buried under snow and closed October through June. Lunch included.

USA travel documents requiredLevel: Moderate**Registration opens Jun 29***Wed Aug 30****CARR HOUSE - SPENCER MANSION****\$170**

MR 7:00am-8:00pm

PM 7:15am-7:45pm

Celebrate two British Columbian iconic art properties on a guided tour of Emily Carr's birthplace, the Carr House. Enjoy lunch at the Bard & Banker and a guided tour of Spencer Mansion, home of the Art Gallery of Greater Victoria!

additional \$36 ferry fee for 64 years and underLevel: Easy**Registration opens Jul 25***Tue Sep 12****CHIHULY GARDEN AND GLASS (USA)****\$130**

MR 8:00am-7:45pm

PM 8:15am-7:30pm

Chihuly Garden and Glass provides a look at the inspiration and influences that formed the career of artist Dale Chihuly. Food available for purchase during the trip.

USA travel documents requiredLevel: Easy**Registration opens Aug 1***Mon Sep 18****SEA TO SKY GONDOLA****\$160**

MR 8:00am-5:00pm

PM 8:15am-4:45pm

Set between Shannon Falls and Stawamus Chief in Squamish, the Sea to Sky Gondola and its natural surroundings will take your breath away! Lunch included.

*Level: Easy**Registration opens Aug 15*

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



EXTREME HEAT AND WHAT TO DO TO STAY COOL!

In the summer of 2021, BC experienced unusually high atmospheric temperatures, with record daily high temperatures in numerous locations and near record highs experienced across much of the province. Extreme heat events pose a growing public health threat.

Extreme heat occurs when the outside or indoor temperatures are hotter than normal. The body usually cools itself by sweating but when its really hor sweating might not be enough to cool down the body.

Extreme temperatures affect everyone in different ways. If you are in the vulnerable category it may result in a heat related illness. If you are a child younger than 5 years, adult 65 years and older, have a chronic disease, especially congestive heart failure or work outside for a living you are part of the vulnerable population in relation to extreme heat.

Some ways to battle the heat are to plan activities in the early morning when its cooler, turn off lights that generate heat, use fans or air conditioning (is possible), try not to use the stove or oven. Move to a cooler place in the building or visit a cool place such as a shopping mall, library, community centre and movie theatre.

Keep your body cool by drinking beverages without caffeine or alcohol before you are thirsty. Take a cool shower or sponge bath. Place a wet cloth around your neck. Speak to your doctor if you take medicines like diuretics that make you lose wat

RMSS CENTRES ARE ALWAYS OPEN AS COOLING CENTRES DURING EXTREME HEAT WAVES.

CALL THE CENTRES TO FIND OUT THE HOURS WHEN NEEDED.

**MAPLE RIDGE
604-467-4993
PITT MEADOWS:
604-457-4771**

IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible.



Check on family members and neighbors.

Avoid strenuous activities.



Drink plenty of fluids.

Watch for heat illness.



Watch for heat cramps, heat exhaustion, and heat stroke.

Wear light clothing.



Never leave people or pets in a closed car.



For more detailed information go to Fraser Health
<https://www.fraserhealth.ca/health-topics-a-to-z/sun-safety>

Submitted by the Maple Ridge, Pitt Meadows, Katzie Senior Network

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 - JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 CANADA DAY RMSS CLOSED
< 50/50 sales available at BOTH centres Jul 4 - 8! Winner drawn Jul 10! >						
2	3 RMSS CLOSED (in lieu of Canada Day)	4 Gentle Hatha Yoga \$5 Drop-In	5 	6 	7 Create Drop-In Art Studio	8 Badminton
9	10 Caregiver Walk & Coffee Stay Fit 3	11 Beginner French	12 Outreach Coffee & Support Alzheimer Soc. Workshop	13 Canasta/ Games	14 BUS TRIP	15 Jam Session
16	17 	18 	19 Meditation	20 Passport & Certification assistance	21 Foot Care w/ Gigi & Emma (by appt.)	22 Painting w/ Michelle
23 /	24 	25 Crafts Therapeutic Yoga	26 	27 Wellness Clinic	28 	29
/ 30	/ 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 page 40.
 You can also ask at reception or check our website at www.rmssseniors.org.

MONTH AT A GLANCE - AUGUST



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 	3 Alzheimer Soc. Workshop	4 BUS TRIP	5
< 50/50 sales available at BOTH centres Jul 31 - Aug 4! Winner drawn Aug 8! >						
6	7 BC DAY RMSS CLOSED	8 Collage & Painting	9 Outreach Coffee & Support	10 Passport & Certification assistance	11 Absolute Hearing (by appt.)	12
13	14 	15 Walking Club	16 Crafts	17 Silvertones	18 Crib	19
MAPLE RIDGE PROGRAMS IN CRAFT ROOM, SOCIAL ACTIVITY ROOM, LIBRARY CANCELLED, RELOCATED, OR RESCHEDULED. CALL AHEAD.						
20	21 Foot Care w/ Vilma (by appt.)	22 	23 	24 Chair Yoga	25 	26 Karaoke
27 BUS TRIP	28 Caregiver Walk & Coffee	29 	30 BUS TRIP 	31 Gentle Pilates		



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



**So what if you go to a 55+ activity centre?
Where else can you find a \$2 drop-in fitness class?**

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



THERAPEUTIC YOGA
Tue 6:30-7:30pm



Your wallet is getting enough of a workout these days - our prices let you get yours.

GENTLE PILATES
Thu 6:30-7:15pm



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

Maple Ridge Seniors Activity Centre
12150 224 St. **55+**

JOIN NOW 




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



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)

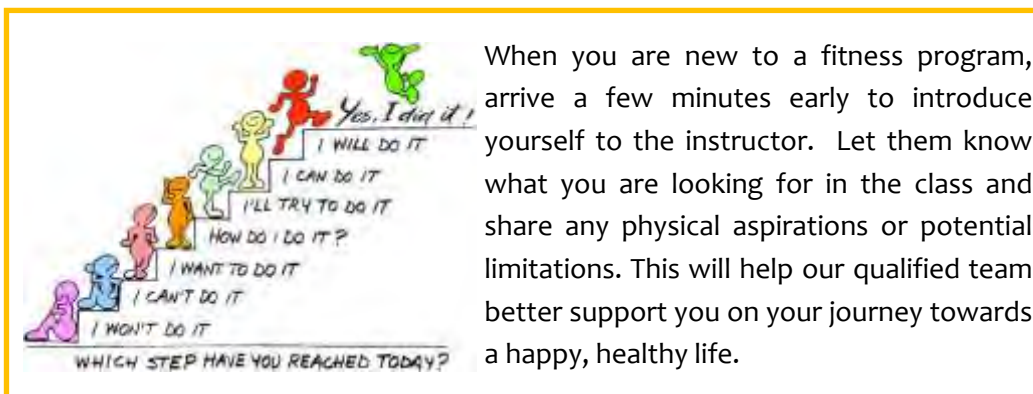
Instructors: Tammy (for Adela) / Lori

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 Jul 3 & Aug 7



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 Jul 3 & Aug 7
Mon	6:30-7:15pm	MR	Hall C	\$2 drop-in	No class Jul 3 & Aug 7



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	On summer hiatus



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	Not in August

\$5 DROP-IN Jun 26

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	On summer hiatus



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 Jul 3 & Aug 7 Jul 26 will run 10:15-11:00am
**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:** Kelli (for 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 Jul 3 & Aug 7
Tue	1:15-2:00pm	PM	Main Hall	\$2 drop-in	
Thu	11:30-12:15pm	PM	Main Hall	\$2 drop-in	
Thu	2:15-3:00pm	MR	Hall C	\$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

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 Jul 3 & Aug 7



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 Jul 4 & Aug 8

Sess #6: Jul 4, 11, 18, 25 reg. opens Jun 20

Sess #7: Aug 8, 15, 22, 29 reg. opens Jul 25



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	No class Aug 15



So what is the difference between YOGA and PILATES?

While both focus on body/mind/breath, benefit your core and flexibility, and they complement one another, there are differences. (Taken from www.verywellfit.com)

YOGA

- A mind/body discipline
- Can be focused on spirituality
- Teaches mindfulness, awareness and focus
- Breath is taken in/out through nose
- Works on stretching and flexibility as a means toward mindful movement

PILATES

- A mind/body discipline
- Focused on improving core strength
- Uses balance, stability, flexibility in movements
- Breath is taken in through nose, exhaled through mouth to maintain activated core
- Works on improving daily movement mechanics

PILATES CLASS:

GENTLE PILATES:

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	



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 Jul 3, Aug 7 & Aug 14
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 Jul 3 & Aug 7
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
Mon	5:30-7:30pm	MR	Halls A&B	\$1 drop-in	Not on Jul 3 & Aug 7
Sat	10:30am-12:30pm	MR	Halls A&B	\$1 drop-in	Not on Jul 1



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	Not on Aug 16

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 Jul 3 & Aug 7
Thu	1:00-2:30pm	PM	Main Hall	\$1 drop-in	On summer hiatus
Fri	1:00-3:00pm	MR	Halls A&B	\$1 drop-in	

ICELESS CURLING:

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



An adaptive way to curl suited to standing, assisted, even sitting. No 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 Jul 3 & Aug 7
Mon	1:15-3:30pm	PM	Hall B	\$1 drop-in	Not on Jul 3 & Aug 7
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 - <i>Beginners*</i>	MR	Hall A	\$1 drop-in	
Fri	1:15-3:30pm	PM	Main Hall	\$1 drop-in	

PROGRAM INFORMATION

SNOOKER:

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

For regular playtime &/or more information:

MR centre: call Clive @ 604-790-6026

PM centre: call John @ 604-720-7020



Weekday	Time	Centre	Room	Cost	Of Note
Mon - Thu	8:45am-7:30pm	MR	Snooker	\$4 drop-in	Not on Jul 1 & 3 and Aug 7
Fri	8:45am-4:00pm				
Sat	10:00am-3:00pm				
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
Thu	10:00am-noon	MR	Library Rm	\$1 drop-in	Jul 6 & 20, Aug 3 & 17



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 Jul 3 & Aug 7
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 Not on Aug 16
Fri - Partnership	12:30-4:00pm	MR	Hall C	\$1 drop-in	

CANASTA:

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



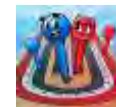
Now offered on Thursday afternoons - check it out!

Weekday	Time	Centre	Room	Cost	Of Note
Thu	1:30-4:30pm	MR	Lounge	\$1 drop-in	New day and time; starting Jul 13

New day
& time!

CRIB:

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	12:30-3:30pm	MR	Hall C	\$1 drop-in	
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.

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	

PROGRAM INFORMATION - Cards & Games

MAH JONG:

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00-3:30pm	PM	Common Area	\$1 drop-in	Not in August
Thu	1:00-3:30pm	MR	Social Activity	\$1 drop-in	Not on Aug 18

MEXICAN TRAIN:

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



Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:30-4:00pm	MR	Lounge	\$1 drop-in	

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	Not on Aug 15
Fri	12:45-3:30pm	MR	Library	\$1 drop-in	Not on Aug 18

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 summer 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 12

Program	Weekday	Time	Centre	Room	Cost	Of Note
Ballet	Wed	2:00-3:00pm	PM	Hall B	\$1 drop-in	On summer hiatus
Flamenco	Wed	3:00-4:00pm	PM	Hall B	\$1 drop-in	On summer hiatus
Hawaiian	Thu	12:30-1:30pm	MR	Hall C	\$1 drop-in	Not in August
Line Dance -beg.	Mon	11:30am-12:30pm	PM	Main Hall	\$1 drop-in	On summer hiatus
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$1 drop-in	Not Jul 3 or in August
-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	Not in August



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. **Some programs are on summer hiatus. Call ahead.**

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		Stay Fit 3 8:30 - 9:15
Snooker 8:45am - 7:30pm	Snooker 8:45am - 7:30pm	Snooker 8:45am - 7:30pm	Snooker 8:45am - 7:30pm	Snooker 8:45 - 4:00
Table Tennis 8:45 - 11:00	Table Tennis 8:45 - 11:00		**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	Tech Help 10:00 - noon	Ladies & Beginners Snooker 9:00-noon
	Line Dance - Int 10:30 - 11:45	 Congrats, Jean!	**Natural Beauty 10:00 - noon	Chair Fit 10:00 - 10:45
*Dance Fit 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		**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		Partnership (Bridge) 12:30 - 4:00
	Pins & Needles 1:30 - 3:30	**Caregiver Walk 1:30-2:30	Mah Jong 1:00 - 3:30	Scrabble 12:45 - 3:30
	Ladies Snooker 2:00 - 4:00	Mexican Train 1:30 - 4:00	Canasta/Games 1:30 - 3:30	Carpet Bowling 1:00 - 3:00
Gentle Hatha Yoga 3:30 - 4:15	*Collage/Painting 3:00 - 5:00pm	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		Gentle Hatha Yoga 3:30 - 4:15	Badminton 10:30am-12:30pm (Saturdays)
Stay Fit 3 6:30 - 7:15pm	Therapeutic Yoga 6:30 - 7:30pm	Cornhole 6:30 - 7:45pm	Gentle Pilates 6:30 - 7:15pm	Karaoke 1:00 - 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. **Some programs are on summer hiatus. Call ahead.**

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	
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	 <p>Volunteers Don & Deb</p>	Crib 1:00 - 3:30
**Caregiver Walk & Coffee 1:30 - 2:30	Chair Yoga 1:15 - 2:00	Ladies Snooker 1:30 - 3:30		Games 1:00 - 3:00
Bridge 1:00 - 3:45	Iceless Curling 2:30 - 4:00	Meditation 2:45 - 3:45		Table Tennis 1:15 - 3:30
Table Tennis 1:15 - 3:30	**Beginner Conversational French 6:00 - 7:00pm	 <p>Another successful PM Day parade done!</p>	**Jam Session 10:00 - 11:30am <i>(Saturdays)</i>	
PLEASE NOTE BELOW 	Cornhole 6:30 - 7:45pm		*Painting 10:30am - 12:30pm <i>(Saturday)</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

BOOK CLUB:

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



“Scenic Route” (more dissection) meets Mondays and “The Mavericks” (books with movie adaptations) meet Fridays - both twice monthly.

Weekday	Time	Centre	Room	Cost	Of Note
Mon	2:00-3:30pm	MR	Lounge	\$1 drop-in	On summer hiatus
Fri	10:00am-noon	MR	Craft Rm	\$1 drop-in	Jul 7 & 21, Aug 4 & 25

CRAFTS:

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



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

Weekday	Time	Centre	Room	Cost	Of Note
Tue	9:30-11:30am	MR	Craft Rm	\$1 drop-in	Not on Aug 15
Wed	9:30-11:30am	PM	Arts & Craft	\$1 drop-in	

CREATE:

Create drop-in art studio will also be starting in Sep at PM centre on Tuesdays 1:00-3:30pm.

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

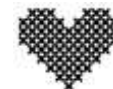


A drop-in studio for artists to convene, create, and collectively inspire. Do you sketch? Dabble in water colours? Play with pastels or colour in charcoal? Bring your project & supplies. We provide the space.

Weekday	Time	Centre	Room	Cost	Of Note
Fri	1:30-3:30pm	MR	Craft Rm	\$1 drop-in	Not on Aug 18

PINS & NEEDLES:

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



A shared space for you to work on your own needlecraft project: Beading? Cross stitch? Needlepoint? Knitting? Tatting? Bring that half-finished project - work alongside others with shared interest and talent.

Weekday	Time	Centre	Room	Cost	Of Note
NEW! Tue	1:30-3:30pm	MR	Lounge	\$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	Jul 15, Aug 5 & 19

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	1:00-3:00pm	MR	Lounge	\$1 drop-in	Not on Jul 1

Summer hours

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	Resumes Aug 17

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	On summer hiatus
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	Resumes Aug 30

PROGRAM INFORMATION

TECH HELP:

Cost: \$2.00 / by appointment

Volunteer: PM: John MR: Holly

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 Jul 3 & Aug 7
Thu	10:00am-noon	MR	Boardroom	\$2 by appt	

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	Jul 13 & 27; not in August



Check out our Wellness Workshops! (pg)



THINGS YOU DON'T WANT TO MISS!



TECH HELP



Tech Help is offered at both centres - and who doesn't need to ask for help sometimes?





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

Did you know that many of our requests for tech help are things that you might be able to assist with?

- i.e. setting up an email or Facebook account
- how to load and use an app
- how to adjust basic settings or hook up to Wifi

Ask our Volunteer Coordinator about the varied and rewarding opportunities available, including Tech Help!

Thursdays
10:00am - noon
Maple Ridge Seniors Activity Centre
12150 224 St. Maple Ridge
604-467-4993

Mondays
1:00 - 3:15pm
Pitt Meadows Seniors Activity Centre
19065 119B Ave. Pitt Meadows
604-457-4771



CORNHOLE? BADMINTON?



Bring a friend





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 10:30am-12:30pm



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

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







crafts



miniature beaded handbags by Anthea

Pins & Needles


A shared space for you to work on your own needlecraft project:
Beading? Cross stitch? Needlepoint? Knitting? Tatting?

Bring that half-finished project - work alongside others with shared interest and talent.

Tuesdays 1:30-3:30pm
\$1.00 drop-in

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






active living



Our Natural Beauty group enjoying a walk together.




NATURAL BEAUTY

Do you love the great outdoors?
Are you an observer of all the Natural Beauty around us?
Whether you are a backyard birder, cloud observer, or even a people watcher, this activity might be for you!
The group meets twice a month...enjoys outings or stays on site to share photos and stories.
Join this "naturalist/photography/enthusiast" active living group.

Carpooling offered on outdoor excursion days.
Open to all - aiming to meet all levels of accessibility.

NOW ON THURSDAYS!
Meets at the centre 1st & 3rd Thursday each month
10:00am-noon
\$1.00 drop-in

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



THINGS YOU DON'T WANT TO MISS!



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.

Tuesday evenings
6:00 - 7:00pm
Drop-in: Jul 11, 25 Aug 8
Cost: \$1
Bring pen and paper.
Maximum 10
Call ahead to reserve your spot
604-457-4771

Pitt Meadows Seniors Activity Centre
19065 119B Avenue, Pitt Meadows



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
summer dates
Jul 15, Aug 5 & 19
10:00-11:30am
(includes a 10 minute break)
\$1.00 drop-in



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



painting



July's painting project



PAINTING w/ Michelle

Michelle is offering a summer two-part session in which she will lead you step by step to produce your take on this image.
(Come fall, we are working to offer additional painting classes out of both centres from Garibaldi Art Club members.)

Two-part pre-registered class:
Part 1: Tue Jul 18 6:30-8:30pm
Part 2: Sat Jul 22 10:30am-12:30pm
Maximum of 10 participants
Cost: \$25 (includes supplies)
registration begins Jul 4.

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

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



collage & painting



Great job, Lois!



Collage show 'n tell!

ART LESSONS

Mixed Medium Collage & Painting - 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 3:00-5:00pm
Aug 8, 15, 22, 29
Minimum of 8 participants
Cost: \$45 (includes most supplies)
(add'l easy to find supplies addressed in class)
registration begins Jul 11

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

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

THINGS YOU DON'T WANT TO MISS!



VARIETY PLUS





Having fun with MUSIC, DANCE and COMEDY!
 Wednesdays starting August 30

Variety Plus will be welcoming new members until Sep 27 to help with the production of our next show.

(Shows scheduled for Dec 1 & 2)

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



Wednesdays
 1:00 - 4:00pm

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





RMSS CENTRES WILL BE CLOSED on:



Saturday, July 1 and
Monday, July 3
(Canada Day)

Monday, August 7
(BC Day)





Volunteers Deb, Suzanne and Alana having fun at Pitt Meadows Day!



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!

SUMMER TIME HOURS

Most Saturdays
 1:00 - 3:00pm
 Drop-in \$1.00

Want to come from PM Centre? What about a karaoke carpool?

First visit FREE! Membership required thereafter.

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





MARC DALTON

MP | PITT MEADOWS—MAPLE RIDGE

POP-UP SERVICE CLINICS

Are you in need of help with:

- passport application or renewal
- document certification
- scams to avoid

Or do you require assistance with:

- Canada Pension Plan (CPP)
- Canada Revenue Agency (CRA)
- Guaranteed Income Supplement (GIS)
- Old Age Security (OAS)
- Employment Insurance (EI)
- Service Canada
- Citizenship and Immigration




Come on by and pick up a Canadian flag or pin



DROP-IN CLINIC DATES:

July

Thu Jul 13 1:30-3:30pm at Maple Ridge centre
 Thu Jul 20 9:30-11:30am at Pitt Meadows centre

August

Thu Aug 10 9:30-11:30am at Pitt Meadows centre
 Thu Aug 17 9:30-11:30pm at Maple Ridge centre






LOWER MAINLAND denture centre

Why choose us?

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



Complimentary Cleaning & Polish with every Consultation!

Our Services include:

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



604 457-3763

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

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

DEMENTIA WORKSHOP



Navigating the dementia journey: Living well with dementia

Explore the journey ahead with others who are going through similar experiences. Topics include: the brain and dementia, practical strategies to live well and how to access resources, so that people impacted by dementia have the confidence to navigate the journey ahead. Free to attend. For the general public.

WHERE
Pitt Meadows Seniors Activity Centre
19065 119 B Avenue
Pitt Meadows

WHEN
Wednesday, July 12 2023
1 to 3 p.m.

REGISTRATION
Pre-registration is required. Please call the First Link® Dementia Helpline: 1-800-936-6033

*Masks are optional. Learn more about safety protocols at alzbc.org/COVID-safety






**Meet RMSS Outreach Coordinator
Bev Schmahmann**



**Wed, July 12 & Wed, Aug 9
9:30am - 11:30am**

**@ RMSS
Pitt Meadows
Activity Centre**

Join the RMSS Outreach Coordinator for coffee and outreach support in the Pitt Meadows lounge, for an overview of resources on housing, transport, form filling, navigating the medical system, home support, food security and seniors related issues.

**RMSS Pitt Meadows Seniors Activity Centre
19065 119B Avenue, Pitt Meadows (604)457-4771**



BUTTONS & BOWS
LADIES FASHION ON CONSIGNMENT


22785 Dewdney Trunk Road
Maple Ridge BC V2X-3K4

E: buttonsandbowsLtd@gmail.com
P: 604-479-2697


Linda Bell
Owner

**Shop & Consign
Ladies Fashion
Local Art
Grad Event
Seniors Discount**





**Beez
foot care**



Vilma Baldoz-Abalos

Footcare Services
Certified Footcare Nurse / Registered Nurse

\$40 for approx. 15-20 minute appointment

Upcoming dates (Mondays): July 17 & 24
Aug 21 & 28
Sep 18 & 25

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

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

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



Through grant funding from Fraser Health and Sparc BC, RMSS has **FREE** cell phones available to help promote virtual health equity by connecting people to services. Contact Raman or Bev at 604-380-0516 to book an appointment.



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? 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



 **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!

<p>2nd & 4th Mondays 1:30pm - 2:30pm (Meet in front of main doors) PITT MEADOWS Activity Centre 19065 119B Ave 604-457-4771</p>	<p>2nd & 4th Wednesdays 1:30pm - 2:30pm (Meet in front of main doors) MAPLE RIDGE Activity Centre 12150 224th Street 604-467-4993</p>
--	--

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



 **Ridge Meadows Seniors Society Caregiver Connection & Support**

Are you caring for an adult 55+? Are you feeling overwhelmed?

Connect with other caregivers today. Share your concerns, find balance and receive emotional support. Learn new skills to help reduce caregiver stress.

FREE DROP-IN SUPPORT GROUP

Weekly at Maple Ridge Activity Centre
Weekly at Pitt Meadows Activity Centre
Also Available On Zoom

Drop-In includes:

- One to One Support & Telephone Support
- Circle of Care Support
- Monthly Educational Sessions for Caregivers to Learn New Tools & Resources

To Register or For More Info Contact:
Raman Narang, Caregiver Connection Coordinator
raman@rmssseniors.org
604-380-0516

Funded by the Government of B.C. and managed by United Way BC, in partnership with FCBC



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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**

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

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

Lisa Beare, MLA

Maple Ridge - Pitt Meadows

Bob D'Eith, MLA

Maple Ridge - Mission



JOIN US FOR SUMMER ICE CREAM SOCIALS!

We are hosting family-friendly events with complimentary ice cream from Sweet Tooth Creamery!

August 19
11AM
Harris Road
Park



August 26
11AM
Maple Ridge
Park

We have more fun planned throughout the summer - reach out to our community offices to sign up for our newsletters.

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



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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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can
come of
nothing*

KING LEAR

Show dates:
July 6, 7 and 8
 Mission Heritage Park
July 13, 14 and 15
 Pitt Meadows at Spirit Square
July 20, 21 and 22
 Maple Ridge on the Bandstand

Shows start at 7:00 pm
 Pre-show entertainment starts at 6:30pm

Directed by Cathie Young

EMERALD PIG
Theatrical Society
PRESENTS

Bard on the
BANDSTAND

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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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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!

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WORKSHOP & EVENT DETAILS

- Jul 1 & 3:** **RMSS closed: Canada Day**
- Jul 4-7:** **50/50 Ticket Sales** (see pg. 41)
- Jul 6:** **Natural Beauty** (see pg. 27)
\$1 drop-in; Thu Jul 6 10:00am-noon; NEW DAY & TIME
- Jul 12:** **Coffee & Seniors Outreach Support** (see pg. 31)
FREE; Wed Jul 12, 9:30-11:30am at PM centre
- Jul 12:** **Workshop: Navigating the Dementia Journey** (Alzheimer Society of BC) (see pg. 31)
FREE; Wed Jul 12, 1:00-3:00pm at PM centre; pre-register at First Link 1-800-936-6033
- Jul 13:** **Pop-Up Service Clinic: MP Dalton's office** (see pg. 29)
FREE; Thu Jul 13 1:30-3:30pm at MR centre
- Jul 14:** **Bus Trip: Wild Flowers Blooming** (see pg. 4)
- Jul 18/22:** **Workshop: Painting w/ Michelle** (see pg. 28)
\$25.00; Tue Jul 18 6:30-8:30 and Sat Jul 22 10:30am-noon at PM centre; reg. opens Jul 4
- Jul 20:** **Pop-Up Service Clinic: MP Dalton's office** (see pg. 29)
FREE; Thu Jul 20 9:30-11:30am at PM centre
- Jul 31 - Aug 4:** **50/50 Ticket Sales** (see pg. 41)
- Aug 3:** **Workshop: Healthy Brain Event** (Alzheimer Society of BC)
FREE; Thu Aug 3 1:00-3:00pm at MR centre; pre-register at First Link 1-800-936-6033
- Aug 4:** **Bus Trip: Mt. Baker** (see pg. 5)
- Aug 7:** **RMSS closed: BC Day**
- Aug 8:** **Workshop: Collage & Painting** (see pg. 28)
\$45.00; Tue Aug 8, 15, 22, 29, 3:00-5:00pm at MR centre; reg. opens Jul 11
- Aug 9:** **Coffee & Seniors Outreach Support** (see pg. 31)
FREE; Wed Aug 9, 9:30-11:30am at PM centre
- Aug 10:** **Pop-Up Service Clinic: MP Dalton's office** (see pg. 29)
FREE; Thu Aug 10 9:30-11:30am at PM centre
- Aug 14-19:** **Craft Room and Social Activity Room renovation** (see pg. 41)
- Aug 17:** **Pop-Up Service Clinic: MP Dalton's office** (see pg. 29)
FREE; Thu Aug 17 9:30-11:30am at MR centre
- Aug 17:** **Silvertones resume rehearsals** (see pg. 29)
\$1 drop-in; Thu Aug 17, 10:00-11:30am at MR centre
- Aug 27:** **Bus Trip: Bard on the Beach** (see pg. 4)
- Aug 30:** **Bus Trip: Carr House - Spencer Mansion** (see pg. 5)
- Aug 30:** **Variety Plus resumes rehearsals** (see pg. 25 & 29)
Wed Aug 30, 1:00-4:00pm at MR centre



The RCMP celebrated Seniors Week



RMSS - ANNUAL GENERAL MEETING

WEDNESDAY, SEPTEMBER 27

Stay tuned for board nomination information



50
50
STILL 3 tickets for \$2!

TICKET SALES ARE BACK!

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 Jun 5-10...drawn Jun 12/23
 sold Jul 4-8...drawn Jul 10/23
 sold Jul 31-Aug 5...drawn Aug *8/23
 sold Sep 5-9...drawn Sep 11/23
 sold Oct 3-7...drawn Oct *10/23

sold Nov 4-10...drawn Nov *14/23
 sold Dec 4-9...drawn Dec 11/23
 sold Jan 8-13/24...drawn Jan 15/24
 sold Feb 5-10...drawn Feb 12/24
 sold Mar 4-9...drawn Mar 11/24

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

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



(pictured: Angie & June selling tickets during lunch)

To our 50/50 winners:

- May:** Diane D. \$66.00 (PM)
 Pauline F. \$171.00! (MR)
- June:** Lucie A. \$47.00 (PM)
 Joyce B. \$97.00 (MR)

Our next 50/50 sales run Jul 4-8 and Jul 31-Aug 5.



R.M.S.S.

THIS AREA UNDER CONSTRUCTION

The City of Maple Ridge in partnership with Ridge Meadows Seniors Society has been successful in securing grant funding to update two rooms at the Maple Ridge Seniors Activity Centre. **The week of August 14-19 activities that normally take place in the Craft Room and Social Activity Room (as well as the Library Room which will be used for storage) will either be postponed or moved to an alternate room**

Fresh paint and new flooring will be installed to continue to keep our centre bright, safe & clean for the many activities that take place in these two rooms.

In the resource area view the flooring and vote for your favourite paint colour!

Thank you to the Federal Government New Horizons Grant for Seniors for this \$25,000 in grant funding.

AROUND TOWN



Art Workshops

Interested in painting butterflies onto river stones or sketching outdoors? Register for our summer workshops today!



Workshops available July to August

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



RM HOSPICE SOCIETY SUMMER CONCERT

With Derek Barnett, Holly Krauchi, Su Claire & Angela Bell

Come be serenaded with songs from the 50s all the way to the 2000s. Don't forget to bring a chair and put on your dancing shoes



**ALBION COMMUNITY CENTRE
OUTDOOR AMPHITHEATRE**

Saturday July 29, 2023
Shows at 2:00pm & 6:00pm

Tickets \$10
Get your tickets online at: <http://shaketickets.wireto.com/shaketip>

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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



PARKINSON SUPERWALK

PITT MEADOWS/MAPLE RIDGE
Sunday, September 10
Hammond Community Centre
20601 Westfield Avenue

Donate or register online today!
www.parkinson.bc.ca/superwalk

Funds raised support over 15,000 British Columbians living with Parkinson's disease through education, programs, advocacy, and research contributions.



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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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- 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...

Sandra C. who has been a Pitt Meadows seniors member since 1997. While still located at the PM Family Rec Centre, Sandra helped with coffee, hosting functions, and she was an integral part of the steering committee that had the vision to relocate and develop the current location of PM Seniors Activity Centre. Her name, along with the rest of the steering committee, acknowledges the years of commitment and service. Sandra will be moving back to Ontario to be closer to family. Thank you for the legacy you have helped build. We'll do our best to honour it!



RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2022/2023

- President.....Don Mitchell
- Vice-President.....Fran Preston
- Secretary..... Susan Schenkeveld
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- Director..... Margaret Attwell
- Director..... Bobbi Duncan
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