

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows Sep & Oct 2023 Program Guide



Deborah, Sandra, Pat



Vivi, Rose, Paul, Wendy



PM Craft Ladies

RMSS' volunteers are the backbone of our centres. We value and appreciate all you do!

FACILITY INFO

Maple Ridge

Seniors Activity Centre

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

Member Services

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

Closed September 4 & 30, October 2 & 9



Pitt Meadows

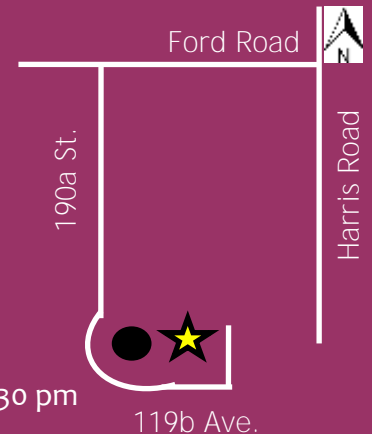
Seniors Activity Centre

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 - 9:00pm
Saturday 9:15am - 1:30pm

Closed September 4 & 30, October 2 & 9



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
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Activity Coordinator, Carmen Tischer
 604-477-0425; carmen@rmssseniors.org
Bookkeeper, Eva Todd eva@rmssseniors.org
Caregiver Connection Coordinator, Raman Narang
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Events Coordinator, Katie Cowieson
 604-457-4771; katie@rmssseniors.org
Outreach Coordinator, Bev Schmahmann
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PM Facility Coordinator, Marcia de Vega
 604-457-4771; pmsc@rmssseniors.org
Volunteer Coordinator, Kara Matthew
 604-380-0517; kara@rmssseniors.org
YouConnect Coordinator, Vanessa De Freitas
Kitchen Supervisor, Grace Nunnikhoven *(on leave)*
Acting Kitchen Supervisor, Paula Brandys
Kitchen Staff: Katereh, Leah, Marizel
Support Staff: Jackie, Sandra
MR Facility Attendants: Devon, Mojgan
PM Facility Attendant: Sally

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A MESSAGE FOR YOU



Ridge Meadows Seniors Society

12150 224th Street, Maple Ridge, B.C. V2X 3N8

Phone: 604-467-4593 Fax: 604-467-0848

www.rmssseniors.org

Dear Members,

I am happy to announce that Katie Cowieson has accepted the new Events Coordinator position at Ridge Meadows Seniors Society.

Commencing July 25th, Katie will be taking on the coordination of all current & new special events for the Society (i.e. Xmas parties, Pitt Meadows Day Parade, themed lunches, special teas & entertainment, Seniors Week, etc.) As you know Carmen has currently been responsible for most of these events. Along with our society, her position has grown tremendously. It is time to create a dedicated events role so we have the ability to offer more to our members.

The events coordinator role will also be responsible for a Lunch Buddies program. This new program will serve a need for seniors whom we have not yet seen return to our centres or that may be food insecure. The purpose of the Lunch Buddies Project is to bring back seniors and together, through a free social dining program intended to facilitate a sense of community, reduce isolation, and improve nutritional health for under-served seniors. We are thankful to Envision Financial, through First West Foundation, who has given us the grant funding for this program.

Katie is a local resident of Maple Ridge with experience leading large and small events, tournaments and fundraisers. She will be an excellent addition to our great team of volunteers and staff. Katie's office desk will primarily be at the Pitt Meadows Centre but she will be working on exciting new events for both of our senior activity centres.

On behalf of myself and the RMSS Board of Directors, I welcome Katie to our team!

Maria Perretta

Executive Director, Ridge Meadows Seniors Society



ANNUAL GENERAL MEETING

Ridge Meadows Seniors Society

Maple Ridge Seniors Centre

Wednesday, September 27 at 1pm

Please RSVP at Reception to book your seat.

AGM REPORT packages will be available for pick up from the office starting September 18, 2023

RMSS CENTRES WILL BE CLOSED on:



Mon, Sep 4 - Labour Day

Sat, Sep 30 - Day for Truth & Reconciliation

Mon, Oct 2 - in lieu of weekend STAT

Mon, Oct 9 - Thanksgiving Day





Are you ready, willing and able to serve as a Director on the RMSS Board?

- ⇒ Are you passionate about the RMSS vision of Connecting adults 55+ to a happy, healthy life?
- ⇒ Are you eager to promote the value of the RMSS services?
- ⇒ Do you enjoy working on projects & committees?
- ⇒ Do you have 15-20 hours a month to give in volunteer hours?

Answer YES to any of these questions? RMSS needs you! Put your name forward to serve on our Board of Directors- Now is the time!

Not your time to shine? Pass this along to someone you'd like to see on our board!
Contact the office for more information.



**RIDGE MEADOWS SENIORS SOCIETY
CODE OF CONDUCT**

For Members, Volunteers, Employees and Visitors

RMSS is a community-based registered non-profit organization dedicated to the seniors within the communities of Maple Ridge and Pitt Meadows. Participation in our programs is subject to the observance of our by-laws, policies and procedures and code of conduct.

Standards of Conduct:

- Treat all persons fairly and with respect, courtesy, honesty and integrity.
- Respect and promote the fundamental rights of all, without discrimination of any kind and irrespective of race, social status, ethnicity, colour, religion, gender, sexual orientation, age, marital status, ancestry, political affiliation or disability.
- All are encouraged to exercise good judgement, sportsmanship and compliance with the rules of any activity in caring for the safety of others as well as themselves.
- Contribute to a positive and healthy environment for members, volunteers, employees and visitors.
- Participants are required to comply with staff requests, directions or instruction acting in the performance of their duties.
- Act in a manner that will bring credit to RMSS and yourself.

Prohibited Conduct - The following types of conduct are specifically prohibited and may result in disciplinary actions:

- Aggressive behaviour, physical abuse, verbal abuse, threats, intimidation, harassment, avoid distracting or provoking an opponent, coercion and/or other conduct with threatens or endangers the health or safety of any person.
- Disorderly conduct or lewd conduct including disorder associated with alcohol or controlled substances.

➔ failure to comply with this Code of Conduct will result in disciplinary action.

Approved by the RMSS Board of Directors
September 18, 2012

**SAVE THE DATE!
RMSS WELCOME TOUR**



Join us for a facility tour, meet the RMSS Outreach Coordinator, Bev Schmahmann, learn more about us and enjoy a complimentary hot beverage!



www.rmssseniors.org



Two Locations and Times:

Pitt Meadows Activity Centre

19065 119B Ave, Pitt Meadows

Wednesday, October 4, 2023

10:00am - 11:00am

Maple Ridge Activity Centre

12150 224th Street, Maple Ridge

Thursday, October 5, 2023

10:00am - 11:00am



BUS TRIPS

Enjoy THE JOURNEY




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.



Tue Sep 12 **CHIHULY GARDEN AND GLASS (USA)** **\$130**


MR 8:00am-7:45pm PM 8:15am-7:30pm

SOME SEATS MAY STILL BE AVAILABLE

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.

Package includes: Admission Chihuly Garden/Glass / Escorted entry / Seattle Center / All fees and taxes / Relief Driver

**USA travel documents required* *Level: Easy* *Registration opens Aug 1*



Mon Sep 18 **SEA TO SKY GONDOLA** **\$160**

MR 8:00am-5:00pm PM 8:15am-4:45pm

SOME SEATS MAY STILL BE AVAILABLE

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.

Package includes: Sea to Sky Gondola ticket / Lunch Watershed Grill / Shannon Falls / Squamish River Walk / All fees and taxes

Level: Easy *Registration opens Aug 15*

BUS TRIPS

Enjoy THE JOURNEY



Thu Oct 26

BOWEN ISLAND

\$140

MR 8:00am-6:00pm

PM 8:15am-5:45pm

Tour Bowen island with a local step-on guide to Orchard Historical Society and Lighthouse Lane. Visit Killarney Lake, the Bowen Island Museum and Village Square for a delicious lunch at Artisan Eats.

Package includes: Bowen Island Museum / Local Step-On Guide / Lunch at Artisan Eats / Village Square / Killarney Lake escorted walk / Orchard Historical Society

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

Level: Easy

Registration opens Sep 19



Tue Oct 31

QUEEN OF PEACE MONASTERY

\$140

MR 8:15am-5:15pm

PM 8:30am-5:00pm

This Dominican Nun's Monastery is located at the base of Cloudburst Mountain in the Squamish Valley. Meet Sister Claire, witness the sisters singing their morning hymns and visit the monastery's chapel and unique gift shop. Lunch by the river in Squamish.

Package includes: Queen of Peace Monastery Tour / Dominican Nun's Daily Singing / Lunch at the Watershed Grill / Squamish River Walk

*Level: **Moderate*** (stairs in monastery)*

Registration opens Sep 21

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.

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

Hello Members,

I am overjoyed to be your new Events Coordinator and have been busy brainstorming and working on ideas for the near future. I'd like to invite you all to provide recommendations and tell me what you would like to see moving forward. Your ideas and feedback are important and valuable to me; no thought is too small. I have enjoyed making connections over the last few weeks with you and hearing your stories. This has not only helped inspire me but also made me feel so welcome - thank you!

For the past 7 years I have lived in Maple Ridge. Watching the community grow and change has been a wonder. Community service has always been in my heart, a passion my husband and I hope to pass onto our 3 children. They keep the house busy and full of joy!

I have experience in planning and carrying out events of all sizes. To quote Steve Jobs "The only way to do great work is to do what you love". With that, our first event in Maple Ridge will be Oktoberfest while in Pitt Meadows we will be bringing back Pie and Ice Cream. Please consider joining me for some delicious dessert & conversation. And for something new, check out Music Bingo (pg. 29)!

Keep an eye on the GrapeVine for the latest and greatest information.

Best wishes,

Katie Cowieson
Events Coordinator




PIE AND ICE CREAM

Price \$ 4.00
Includes a hot beverage

PITT MEADOWS SENIORS CENTRE
19065 119B AVE, PITT MEADOWS

BRING A FRIEND!!

TUESDAY, SEPTEMBER 26TH
FROM 1 PM TO 3:00 PM



Join Us For: **OCTOBERFEST THEME LUNCH**

Friday, October 27th
11:30 am to 1 pm

Maple Ridge Seniors Centre
12150 224th Street Maple Ridge.

Regular price lunch for \$8.50
Menu to be announced.
Get ready to Yodle!!

Food Music Bar Open

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.

Not a member?
Want to give us a try?
You are welcome to join
in 1-2 drop-in activities
before committing to
membership



Are you wanting a tour of one of our centres? To see what we're all about? Attend a welcome tour (see pg. 5) to meet a staff member, learn about what we do, the programs we offer, and meet others who are new to RMSS.

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 - SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Caregiver Connection	2 
<p>< 50/50 sales available at BOTH centres Sep 5 - 9! Winner drawn Sep 11! ></p> 						
3	4 LABOUR DAY RMSS CLOSED	5 	6 Coffee & Outreach Support	7 Silvertones 	8 Create Drop-In Art Studio	9 Rhythm & Reach
10	11 Caregiver Walk & Coffee Stay Fit 3	12 BUS TRIP: Chihuly Garden & Glass	13 F.I.T. Bit FREE DEMO 	14 Tech Info Session DANCE YOUR BUNS OFF FREE DEMO at PM	15  Book Club Crib	16 Jam Session
17	18 BUS TRIP: Sea to Sky Gondola	19 Info Session: Living Life to the Full 	20 DANCE YOUR BUNS OFF FREE DEMO at MR Safety in the Home Info Session	21 Wellness Workshop: Chronic Pain 	22 <div style="background-color: #d9e1f2; padding: 5px; display: inline-block;"> Foot Care w/ Gigi & Emma (by appt.) </div>	23 Cardmaking at PM
24	25 	26  Therapeutic Yoga	27 <div style="border: 2px dashed black; padding: 5px; display: inline-block;">  ANNUAL GENERAL MEETING </div>	28 Wellness Workshop: Hearing Armchair Traveller: South Africa	29 	30 <div style="background-color: #cccccc; padding: 5px; display: inline-block;"> NAT'L DAY FOR TRUTH AND RECONCILIATION RMSS CLOSED </div>


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 44-45.

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

MONTH AT A GLANCE - OCTOBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 RMSS CLOSED (in lieu of Sep 30 STAT)	3 Info Session: Scams/Frauds 	4 	5  Gentle Pilates	6 	7 Badminton
< 50/50 sales available at BOTH centres Oct 3 - 7! Winner drawn Oct 10! >						
8	9 THANKS- GIVING RMSS CLOSED	10 Walking Club 	11 Meditation	12  TRIVIA Peace of Mind Planner Info Session	13 Peace of Mind Planner Info Session	14 Cardmaking at MR
15	16 	17 Collage & Painting: 4 wk session	18 Crafts	19 ShakeOut Advance Care Planning Info Session	20 Absolute Hearing (by appt.)	21 
22	23 Foot Care w/ Vilma (by appt.)	24 CRAFT SALE Info Session: Scams/Frauds 	25 	26 BUS TRIP: Bowen Island Wellness Workshop: Sexual Health	27 OKTOBERFEST Theme Lunch	28 Karaoke
29	30 Music 	31  BUS TRIP: Queen of Peace Monastery				



PLEASE NOTE THE CALENDAR IS NOT ABLE TO INCLUDE ALL PROGRAMMING. IT IS A SAMPLING OF WHAT IS AVAILABLE

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




RHYTHM & REACH

Looking for a Saturday morning fitness class to start your weekend off right?

After your morning coffee and before your "to-do"s begin, get your heart pumping followed by a full body stretch. Take care of you so you can take care of the rest.

cardio & 

Saturdays (starting Sep 9)
9:30-10:15am
\$2 drop-in

Give us a try before committing to \$35 annual membership.

For more information, contact carmen@rmssseniors.org.

Saturdays
9:30 - 10:15am
Pitt Meadows Seniors Activity Centre
19065 119B Ave., Pitt Meadows
604-457-4771




PROGRAMS YOU SHOULD KNOW:

RHYTHM & REACH

Tammy started this class years ago and is now back teaching it **SATURDAYS!**

DANCE YOUR BUNS OFF

A fun addition to our Dance Fit class offerings will be offered at both centres. FREE DEMOS on Sep 14 & 20.

F.I.T. BIT

Miss smaller class sizes?

Want more one on one teaching?

Try this class! FREE DEMO Sep 13.

EVENING/WEEKEND FITNESS

Still at work? We offer three evening classes and one weekend class.



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:


RHYTHM & REACH:

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

Instructors: Tammy

Offering easy to follow choreographed, low impact cardio moves to get your heart pumping followed by a full body stretch. A great combo to start your weekend off right!

***Bring:** a mat

Weekday	Time	Centre	Room	Cost	Of Note
 Sat	9:30-10:15am	PM	Main Hall	\$2 drop-in	No class Sep 2 & 30



STAY FIT 1/2:

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

Instructors: Tammy / 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); 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 Sep 4, Oct 2, 9



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 Sep 4, Oct 2, 9
Mon	6:30-7:15pm	MR	Hall C	\$2 drop-in	No class Sep 4, Oct 2, 9



PROGRAM INFORMATION - Fitness

DANCE FITNESS CLASSES: (pre-registered)

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	No class Sep 4, Oct 2, 9

\$5 DROP-IN Sep 11, 18, 25

Sess #6: Oct 16, 23, 30, Nov 6 reg. opens Sep 6



DANCE YOUR BUNS OFF

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

Instructor: Lilly

Dance Your Buns Off is a great way to work out in this user friendly dance class. Using varied dance styles, Lilly will help you maintain your healthy lifestyle. Enjoy the music and the ease of motion. You'll have so much fun, you won't believe you are working out!

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

FREE DEMO!!! Sep 20

Sess #1: Oct 4, 11, 18, 25

reg. opens Sep 6



Weekday	Time	Centre	Room	Cost	Of Note
Thu	10:15-11:00am	PM	Main Hall	\$20/4 classes	

FREE DEMO!!! Sep 14

Sess #1: Sep 21, 28, Oct 5, 12

reg. opens Sep 6

\$5 DROP-IN Oct 19

Sess #2: Oct 26, Nov 2, 9, 16

reg. opens Oct 12



Read Lilly's bio on pg. 15.

SPECIALTY CLASS: (pre-registered)

F.I.T. BIT:

Fun Individualized Training

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

Instructor: Julia

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	11:15am-noon	MR	Hall B	\$30/4 classes	Not on Sep 27

FREE DEMO!!! Sep 13

Sess #3: Sep 20, Oct 4, 11, 18

reg. opens Sep 6

\$7.50 DROP-IN Oct 25



PROGRAM INFORMATION - Fitness

CHAIR and FUNCTIONAL FITNESS CLASSES: (for Chair Tai Chi go to pg. 18)

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 Sep 4, 27, Oct 2, 9
**Wed	10:15-11:00am	PM	Main Hall	\$2 drop-in	This is Chair Fit Level 1



We welcome Lilly to our instructor team. Lilly is skilled in multiple fitness fields and offers energy, enthusiasm & inspiration. She teaches **Dance Your Buns Off** (pg. 14) and is part of our subbing roster.

It all began at the age of 3 with ballet lessons and over the years Lilly has enjoyed dancing through life while training in the health and wellness industry. Teaching group fitness classes began as a hobby but soon become a way of life. Now semi-retired, Lilly shares her passion for dance and fitness with a very diverse population. BCRPA certifications in group fitness, yoga, and weight training have been a part of her healthy lifestyle for over 20 years. Lilly believes that one should keep on moving in order to keep on moving.



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:

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

Instructors: PM: Virginia / Kelli **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 Sep 4, Oct 2, 9
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 Sep 4, Oct 2, 9



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 Sep 12 & Oct 17 **Sess #8:** Sep 12, 19, 26, Oct 3 reg. opens Aug 29
Sess #9: Oct 17, 24, 31, Nov 7 reg. opens Oct 3



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	



Fitness class endorsements:

*I want to say how much I enjoy the **Therapeutic Yoga** class on Tuesday evening. This class is so beneficial for mind, body and spirit. Kelli incorporates a pre-class discussion on how we are feeling and our particular individual needs. It is a valuable tool to a senior's physical and mental health. And Kelli is an amazing instructor. It's such a good class! Thank you. - **Debra V.***

*My best friend and I joined the Seniors Society last September, and started to attend both **Chair Fit** and the **Tai Chi** classes. We've not only enjoyed both, we've made many new friends and noticed physical benefits as well. For me, specifically, I had a car accident when I was 18 years old that left me with scar tissue between my shoulder blades, which bothered me whenever I exerted myself or got tired... it's been part of my life for 50 years. I have found that since about 3 months ago, the discomfort in that area has lessened and now is completely gone. I credit Julia's **Chair Fit** program with giving me more flexibility and less pain and improving my overall health. The **Tai Chi** program has provided an improvement in balance, control, and concentration, and is just a pleasant experience overall. Thank you, Julia, Wayne, Dina, Berna, and the Seniors Society! - **Joan G.***



PILATES CLASS:

GENTLE PILATES:

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

Instructor: MR: Leigha

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

* **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, emotionally calm and stable state.

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

Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-2:00pm	MR	Library Room	\$2 drop-in	No class Sep 4, Oct 2, 9
Wed	2:45-3:45pm	PM	Arts & Crafts	\$2 drop-in	No class Sep 27



TAI CHI/QIGONG:

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

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

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

Weekday	Time	Centre	Room	Cost	Of Note
Mon -Chair	1:30-2:30pm	MR	Social Activity	\$2 drop-in	No class Sep 4, Oct 2, 9
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	No class Sep 27
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	No class Sep 4, Oct 2, 9
Sat	10:30am-12:30pm	MR	Halls A&B	\$1 drop-in	Not on Sep 30

PROGRAM INFORMATION - Sports

CARPET BOWLING:

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

A variant of lawn bowling, learn the skill of curving a weighted bowl. Open to newcomers.



Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:00pm	MR	Halls A&B	\$1 drop-in	No class Sep 4, Oct 2, 9
Thu	1:00-2:30pm	PM	Main Hall	\$1 drop-in	
Fri	1:00-3:00pm	MR	Halls A&B	\$1 drop-in	

ICELESS CURLING:

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

An adaptive way to curl suited to standing, assisted, even sitting. No 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	No class Sep 4, Oct 2, 9
Mon	1:15-3:30pm	PM	Hall B	\$1 drop-in	No class Sep 4, Oct 2, 9
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	
Fri	1:15-3:30pm	PM	Main Hall	\$1 drop-in	



Thank you to Gary H., both RMSS and Men's Shed member, who helped fix a manufacturing issue with our badminton equipment. We appreciate your time and service.

What is 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.

Interested? Contact AlouetteMensShed@outlook.com



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 Sep 4, 30 Oct 2, 9
Fri	8:45am-4:00pm				
Sat	10:00am-3:00pm				
Mon & Wed	9:00am-4:00pm	PM	Snooker	\$3 drop-in	Not on Sep 4, Oct 2, 9
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	

See pg. 35 for the Caregiver Walk & Coffee program available at both centres. Register with Raman @ 604-380-0516

WALKING CLUBS:

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

Weekday	Time	Centre	Room	Cost	Of Note
Tue/Thu	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	Sep 7, 21, Oct 5, 19



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 Sep 4, Oct 2, 9
Wed - ACBL	12:30-4:00pm	MR	Hall A	\$1 drop-in	Not on Sep 27
Wed - Social	12:30-3:30pm	MR	Craft Rm	\$1 drop-in	No partner required Not on Sep 27
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	1:30-4:00pm	MR	Lounge	\$1 drop-in	Now on Thursdays



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	1:30-4:00pm	MR	Lounge	\$1 drop-in	
Fri	12:45-3:00pm	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 Sep 27 or Oct 25

SCRABBLE:

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	10:00am-noon	PM	Arts & Crafts	\$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	Only on Oct 12
Thu	10:00-11:00am	MR	Lounge	\$2 drop-in	Coming Nov 9



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 Sep 4, Oct 2, 9
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$1 drop-in	Not on Sep 4, Oct 2, 9
-int.	Tue	10:30-11:45am	MR	Hall C	Pre-registered	Runs Sep 12 - Nov 28 *min 2 years exp.
Line Dance Fun!	Thu	10:30-11:45am	MR	Hall C	\$1 drop-in	



Notes from the Library

The Needle-in-a-Haystack lending library in Maple Ridge is now self-serve!
Place your returns and donations directly on the shelves.

Small donations of suitable books, puzzles, CDs/DVDs are welcome.

Please do not bring tattered, soiled or out-of-date items.

We do not accept heavy coffee table books – reference materials such as encyclopedias or dictionaries – incomplete puzzles – magazines – VHS or cassette tapes.

(The RM Hospice Thrift store accepts these and other large quantity items.)



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 8:45 - 7:30	Stay Fit 3 8:30 - 9:15
Snooker 8:45 - 7:30	Snooker 8:45 - 7:30	Snooker 8:45 - 7:30	**Wellness Clinic 9:00 - noon	Snooker 8:45 - 4:00
Table Tennis 8:45 - 11:00	Table Tennis 8:45 - 11:00		Tech Help 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	**Natural Beauty 10:00 - noon	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		*Dance Your Buns Off 11:15 - noon	**Trivia 10:00 - 11:00	**Book Club 10:00 - noon
Meditation 1:00 - 2:00	Crib 12:30 - 3:30	*F.I.T. Bit 11:15 - noon	Line Dance Fun 10:30 - 11:45	**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	**Caregiver Connection 1:00 - 2:30	Partnership (Bridge) 12:30 - 4:00
Line Dance - Beg 1:30-2:45	Pins & Needles 1:30 - 3:30	Variety Plus 1:00 - 4:00	Mah Jong 1:00 - 3:30	Scrabble 12:45 - 3:30
**Book Club 2:00 - 3:30	Ladies Snooker 2:00 - 4:00	**Caregiver Walk 1:30 - 2:30	Canasta/Games 1:30 - 4:00	Carpet Bowling 1:00 - 3:00
Gentle Hatha Yoga 3:30 - 4:15	*Collage/Painting 3:00 - 5:00	Mexican Train 1:30 - 4:00	Chair Yoga 2:15 - 3:00	Create 1:30 - 3:30
Badminton 5:30 - 7:30pm	Tai Chi (Advanced) 6:00 - 7:45pm	Tai Chi 2:00 - 3:30	Gentle Hatha Yoga 3:30 - 4:15	Badminton (Sat) 10:30am-12:30pm
Stay Fit 3 6:30 - 7:15pm	Therapeutic Yoga 6:30 - 7:30pm		Gentle Pilates 6:30 - 7:15pm	Karaoke (Sat) 12:30 - 3:00

PROGRAMS AT PITT MEADOWS – week at a glance

Fitness class information and descriptions on next pages. Some programs listed are *pre-registered and **others may not occur each week. Inquire at reception or check our website for more details.

MON	TUE	WED	THU	FRI
Stay Fit 1/2 9:00 - 9:45	Walking Club 8:30 - 9:45	Functional Fitness 9:00 - 9:45	Walking Club 8:30 - 9:45	Stay Fit 1/2 9:00 - 9:45
Snooker 9:00 - 4:00	Snooker (Wed) 9:00 - 4:00	Crafts 9:30 - 11:30	**Trivia 10:00 - 11:00	
COFFEE SHOP OPEN 9:15-11:15am; 12:30-3:00pm				
**Caregiver Connection 9:30 - 11:00	Scrabble 10:00 - noon	Chair Fit 1 10:15 - 11:00	*Dance Your Buns Off 10:15 - 11:00	Tai Chi 10:15 - 11:15
Chair Yoga 10:15 - 11:00	*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				
Line Dance - Beg 11:30 - 12:30	Create 1:00 - 3:30	Whist 1:00 - 3:00	Carpet Bowling 1:00 - 2:30	Games 12:45 - 3:00
Tech Help 1:00 - 3:15	Mah Jong 1:00 - 3:30	Ukulele 1:00 - 2:30	**Armchair Traveller 1:30 - 2:30	Crib 1:00 - 3:30
Bridge 1:00 - 3:45	Chair Yoga 1:15 - 2:00	Ladies Snooker 1:30 - 3:30		Table Tennis 1:15 - 3:30
Table Tennis 1:15 - 3:30	Iceless Curling 2:30 - 4:00	Ballet 2:00-3:00		Rhythm & Reach 9:30 - 10:00 (Saturdays)
**Caregiver Walk & Coffee 1:30 - 2:30	In the works! A book club, more tech help, painting classes. Drop-in French will resume later this fall.	Meditation 2:45 - 3:45		**Jam Session 10:00 - noon (Saturdays)
		Flamenco 3:00 - 4:00		*Cardmaking 10:30am - noon (Saturday)

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	At capacity
Fri	10:00am-noon	MR	Craft Rm	\$1 drop-in	Sep 1, 15, Oct 6, 20

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	Craft Sale (pg. 31)
Wed	9:30-11:30am	PM	Arts & Craft	\$1 drop-in	

CREATE:

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



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

Weekday	Time	Centre	Room	Cost	Of Note
NEW! Tue	1:00-3:30pm	PM	Arts & Craft	\$1 drop-in	
Fri	1:30-3:30pm	MR	Craft Rm	\$1 drop-in	

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	10:00am-noon	PM	Lounge	\$1 drop-in	Sep 2, 16 & Oct 7, 21

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	12:30-3:00pm	MR	Lounge	\$1 drop-in	Not on Sep 30

SILVERTONES CHOIR:

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

The Silvertones are a fun group who love to sing golden oldies. Come weekly to share the love of singing or join in the performance choir as they entertain at various care homes and other venues.



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. Accepting new members during September.



Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00-4:00pm	MR	Hall C	none	Not on Sep 27

PROGRAM INFORMATION

TECH HELP:

Cost: \$2.00 / by appointment

Volunteer: PM: John MR: Peter

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 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 Sep 4, Oct 2, 9
Thu	9:00am-noon	MR	Boardroom	\$2 by appt	Resumes Sep 21

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)

Foot Care: \$5 (by appointment)

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	Sep 14, 28 & Oct 12, 26



Check out our Wellness Workshops! (pg 29)



THINGS YOU DON'T WANT TO MISS!



TECH INFO SESSION






"10 Things that did not Exist 10 Years Ago"

This info session outlines the various technology tools that have been introduced over the last years. The "10 Things..." topic covers advancements that help seniors in daily tasks, i.e. online grocery and Amazon shopping, meeting with your doctor in an online appointment, listening to podcasts, streaming services, meal kits and ride sharing, and more!

at Maple Ridge centre:
Thursday, September 14
 10:00-11:00am
FREE: pre-register at 604-467-4993

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

resuming Sep 21

Thursdays
9:00am - 11:00am
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

55+



WELLNESS WORKSHOPS

Helping you take care of YOU!

**FREE FOR ALL 55+
CALL TO PRE-REGISTER**



Thu Sep 21 10-11am: Chronic Pain Management
-at Pitt Meadows; call 604-457-4771 to register

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.
Presented by June Clarity of Self-Management British Columbia

55+



Thu Sep 28 10-11am: Hearing Health
-at Maple Ridge; call 604-467-4993 to register

We will discuss how hearing loss can affect your overall health and well-being beyond just being unable to hear. We'll also address why hearing loss happens, ways to manage hearing loss, and communication improvement strategies.
Presented by Shaily Yuan of Phoenix Canada, Audiologist



Thu Oct 26 10-11:30am: Sexual Health
-at Maple Ridge; call 604-467-4993 to register

A registered nurse addresses physiological changes in men vs. women, menopause/menopausal changes in women, erectile dysfunction/age-related changes in men, how medical conditions and medications can impact sex, then segue into sex drive vs. the act of intimacy/touch/affection, and the risk of STIs.
Workshop presented by Rachel Nahn, RN of Proof of Care

Remember to visit our Wellness Clinic!




call us on Thursday
09:00 - 12:00

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



info session





**STREET SMARTS FOR SENIORS:
avoiding SCAMS and FRAUDS**

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

This info session will address both personal safety as well as how to protect yourself from SCAMS and FRAUDS. Equip yourself.

Learn from Ridge Meadows RCMP and the Crime Prevention Unit as they address this relevant topic. There will be time for Q&A.

Tue, Oct 3
10:00am-noon

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

FREE
pre-registration
required.

Tue, Oct 24
1:00-3:00pm

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

55+

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



October 30th MUSIC Bingo




Pitt Meadows Seniors Centre

19065 119b Ave, Pitt Meadows

11 am to noon

\$2.00 tickets

Available at reception
starting Tuesday, October 3rd

PRIZES TO BE WON



RMSS- Maple Ridge, 12150 224th Street Maple Ridge BC V2X 3N8 Tel. (604)467-4993 Web: www.rmsseniors.org

RMSS- Pitt Meadows, 19065 119B Ave Pitt Meadows BC V3Y 0E6 Tel. (604)457-4771

THINGS YOU DON'T WANT TO MISS!



DANCE YOUR BUNS OFF



KEEP GROOVIN'



Dance Your Buns Off is a great way to work out in this user friendly dance class. Using varied dance styles, Lilly will help you maintain your healthy lifestyle. Enjoy the music and the ease of motion. You'll have so much fun, you won't believe you are working out! (No dance experience required.)

FREE DEMOS!!!
Thu Sep 14 10:15-11:00am at PM
Wed Sep 20 11:15am-noon at MR

Then \$20 / 4 classes (pre-registered).
 See reception or the GrapeVine for details (registration opens Sep 6; more is registered to proceed)
 For more information, go to www.rmssseniors.org

Wednesdays
11:15am-noon
MR Seniors Activity Centre
12150 224 St. Maple Ridge
604-467-4993



Thursdays
10:15-11:00am
PM Seniors Activity Centre
19065 119B Ave. Pitt Meadows
604-457-4771



F.I.T. BIT

For ALL fitness levels

FUN TRAINING

INDIVIDUALIZED



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




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



FREE DEMO!!! Sep 13 11:15am-noon
 (pre-register at reception or call 604-467-4993)
 Then \$30 / 4 classes (pre-registered):
 Sep 20, Oct 4, 11, 18
 (not Sep 22; registration opens Sep 6)
 (Mins. 8 registered to proceed; class is capped at 15.)
 For more information, contact carmen@rmssseniors.org


Wednesdays
11:15am-noon
Maple Ridge Seniors Activity Centre
12150 224 Ave., Maple Ridge
604-467-4993






seasonal event





TRIVIA



WITH JOHN



Test your general knowledge - and learn to amaze (or possibly laugh) at yourself! The winner gets a prize!







Thu Oct 12
10:00-11:00am
Drop-in
Cost: \$2.00

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

Thu Nov 9
10:00-11:00am
Drop-in
Cost: \$2.00

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





seasonal event

ARMCHAIR TRAVELLER

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

SOUTH AFRICA
Thu Sep 28 1:30-2:30pm
 Reserve your spot by phone
 Cost: \$1.00

Join avid traveller Larry as he shares photos from his trip to South Africa!





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

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



THINGS YOU DON'T WANT TO MISS!



IT'S TIME FOR A CRAFT SALE!

TUESDAY OCT 24
10:00AM - 1:00PM

Before all the seasonal sales begin check out the MR Craft Ladies selection of hand knit baby clothes, blankies, dishcloths, slippers, sweaters, and more.



CASH ONLY



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




card making



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



CARDMAKING

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.

Min. 5 - Max. 12 participants
Cost: \$15 (includes supplies)

Card Crafters – bring your own class kit with paper trimmer, scissors and your favourite adhesives to help with sharing supplies

<p>Sat Sep 23 10:30-noon registration begins Aug 29</p> <p>PM Seniors Activity Centre 19065 119B Ave., Pitt Meadows 604-457-4771</p>	<p>Sat Oct 14 10:30-noon registration begins Sep 2</p> <p>MR Seniors Activity Centre 12150 224 St. Maple Ridge 604-467-4993</p>
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RMSS - Connecting adults 55+ with a happy, healthy life




collage & painting



Great job, Lori!



Collage show in hall

ART LESSONS

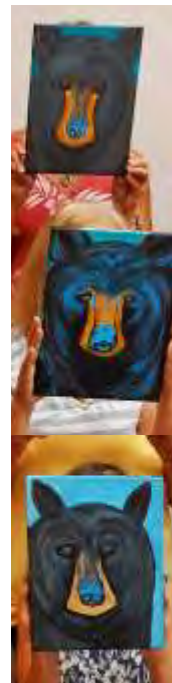
Mixed Medium Collage & Painting - anyone can do it!

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
Oct 17, 24, Nov 7, 14 (Nov 14 on Oct 20)
Minimum of 8 participants
Cost: \$45 (includes most supplies)
(add'l easy to find supplies addressed in class)
registration begins Sep 12

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

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

Some samples of PM bears



create




Create Art Studio

Looking for a shared space to work on your art?
Whether you are a painter, sketcher, work in charcoal or ink this drop-in studio is ready for you and your muse.

Bring your project & supplies. We provide the space.

<p>Tuesdays 1:00-3:30pm \$1.00 drop-in</p> <p>PM Seniors Activity Centre 19065 119B Ave. Pitt Meadows 604-457-4771</p>	<p>Fridays 1:30-3:30pm \$1.00 drop-in</p> <p>MR Seniors Activity Centre 12150 224 St. Maple Ridge 604-467-4993</p>
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RMSS - Connecting adults 55+ with a happy, healthy life



Supporting families while promoting independence at home



Caregivers • Homemakers • Companions • Nurses

Talk to the Qualicare team about flexible options for AM/PM and 24/7 care, short or long term, help with errands and appointments, specialized care plans for dementia, ALS, Parkinson's, MS, palliative care, and more.

Together, we've got this

 **Qualicare**[®]
Home Care

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

www.qualicare.com



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.



WHEN
2nd Tuesday of the month
from 6:15 to 7:45 p.m.



WHERE
Ridge Meadows Seniors Activity Centre, 12150
224th Street, Maple Ridge



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



**Personal Touch
Hair Care**

Welcomes Leslie to our team
-bringing 42 years experience.

SALON: 604 467 8284
MON - THU 9:00 - 4:30pm, FRI until 4:00pm

LESLIE: 604 803 6694
WED & THU 9:00 - 4:30pm, FRI until 4:00pm

OPEN TO ALL - NEW CLIENTS WELCOME

**I am here to support
Pitt Meadows &
Maple Ridge Seniors**

- Veterans Affairs
- Commissioner of Oaths
- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS)
- Federal Taxes (CRA)
- Congratulatory messages



MARCDALTON MP
Member of Parliament for
Pitt Meadows - Maple Ridge

604.466.2761

marc.dalton@parl.gc.ca/marcdaltonmp.com



**Beez
foot care**



Vilma Baldoz-Abalos

Footcare Services

Certified Footcare Nurse / Registered Nurse

\$40 for approx. 15-20 minute appointment

Upcoming dates (Mondays): **Sep 18 & 25**
Oct 23 & 30
Nov 6 & 20

**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>
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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



Meet RMSS Outreach Coordinator Bev Schmahmann



Wed, Sept 6
&
Wed, Sept 20
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

AUTUMN LEARNING SERIES

Presented by Ridge Meadows Seniors Society
Caregiver Connection & Support Program



MAPLE RIDGE
SENIORS CENTRE

Safety in the home & Medication Awareness

September 20
November 29
1:00 PM - 2:30 PM

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



September 20, 2023: Safety in the Home - We provide detailed checklists of potential dangers both outside the home and in every room inside. We review fire hazards, medications, and childproofing your home.

November 29, 2023: Medication Awareness - The potential misuse of medications is a growing concern. Information about how seniors can interact with doctors and pharmacists to ensure safe and effective use of medication is presented.

Funded by the Government of British Columbia and managed by the United Way



Caregiver Connection & Support Presents: Peace of Mind Planner Session

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

Dates, Location & Times

Thursday October 12, 2023
Pitt Meadows Seniors Activity Centre 1:00 PM - 2:00 PM
Friday October 13, 2023
Maple Ridge Seniors Activity Centre 10:30 AM - 11:30 AM

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

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

ADVANCE CARE PLANNING

Presented by Ridge Meadows Seniors Society
Caregiver Connection & Support Program



PITT MEADOWS
SENIORS CENTRE
October 19th, 2023
9:30 AM - 11:00 AM

On October 19th we will have an Advance Care Planning Social Worker and Nurse from Fraser Health to talk about the various advance care planning tools including substitute decision-makers, Greensleeves, tips for starting advance care planning conversations, medical orders for scope of treatments, and much much more! This is a great time for Family and Friend Caregivers and anyone else to learn about the Advance Care Planning tools that are available to you and your loved ones!

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



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

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

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

Funded by the Government of British Columbia and managed by the United Way



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 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. Please follow our drivers' health and safety suggestions. Rate sheets are available from drivers and at the centres.</p>
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Contact Kara for more information about the service or volunteering: 604-380-0517



real

Real
Broker

P.A. "Doc" Livingston SRES*
Senior's Real Estate Specialist
Maple Ridge Resident for over 14 Years

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. With over 19 years of helping people just like you buy and sell real estate I have the experience and expertise to help you with all your residential Real Estate needs.

Drop me an e-mail and I will send you a copy of my latest news e-Magazine absolutely free.

P.A. "Doc" Livingston

Personal Real Estate Corporation

Email. doc@homehuntersbc.com

Web. www.homehuntersbc.com

Thinking about Selling?

You have Questions?
I have Answers.

Talk to "Doc"
604-787-7028

I make House Calls!

Let's have a coffee and see how I can help you.

See 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!

For many more read my online and Google reviews

Not meant to cause or induce breach of existing agency.



Protecting your family's future.

With over 28 years of experience, we pride ourselves on removing the burden of Probate. We deliver efficient and cost-effective Probate and Estate Administration services to our clients.

As longstanding members of the community, we develop and maintain ongoing relationships with clients. Our compassionate lawyers have the expertise to guide representatives through the complex area of Probate. Probate is required if the value of the estate is over \$25,000. We also assist with real estate transfers into a surviving joint tenant's name.

We advise our clients in all areas of estate planning to prevent unforeseen consequences or unequal results when a loved one passes.

Our lawyers help craft comprehensive and individualized estate plans by using such tools as:

- **Wills**
- **Trusts**
- **Enduring Powers of Attorney**
- **Representation Agreements**
- **Advanced Directives**
- **Committeeships**
- **Guardianships**
- **Advanced Planning and Advice for Incapacity**
(Asset protection and government benefits)

Winner of Maple Ridge Favorite Legal Services 2019 as well as repeat annual Winners of the Top Three Rated Awards.



www.meadowridgelaw.com



Rhonda Murray
Partner

Please contact our office to arrange a FREE initial consultation to learn more about how we can help secure your family's future.

**Tel: 604-477-1077 | Email: assistant@meadowridgelaw.com
Suite 650-22470 Dewdney Trunk Rd, Maple Ridge, BC V2X 5Z6**

Lisa Beare, MLA
Maple Ridge - Pitt Meadows

Bob D'Eith, MLA
Maple Ridge - Mission



PREMIER EBY VISITS MAPLE RIDGE & PITT MEADOWS

We were glad to welcome Premier David Eby to Maple Ridge & Pitt Meadows this summer. We had a busy day visiting with community groups and local businesses across our growing, vibrant, and hardworking community.



Visiting Community Services at their new home at Cornerstone Landing to see the wonderful work they do.

SHELTER AID FOR ELDERLY RENTERS (SAFER)

SAFER provides eligible seniors with monthly assistance to help with their monthly rent payments.

For more information call (604) 433-2218 or visit bchousing.org



Touring Pitt Meadows Plumbing, a local company that has been serving our community for generations.



At Ironworkers Local 97 we met with apprentices excited about amazing career opportunities here in BC.



Enjoying ice cream at Sweet Tooth Creamery with our Youth Council members.

OUR COMMUNITY OFFICES CAN HELP WITH:

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



Bob D'Eith, MLA

Maple Ridge - Mission

604-476-4530

bob.deith.MLA@leg.bc.ca

www.bobdeith.ca



LEGISLATIVE ASSEMBLY
of BRITISH COLUMBIA

Lisa Beare, MLA

Maple Ridge - Pitt Meadows

604-465-9299

lisa.beare.MLA@leg.bc.ca

www.lisabeare.ca

INFO SESSION! Tue Sep 19 10am! (MR centre)

INFO SESSION! Thu Sep 21 10am! (PM centre)



LIVING LIFE TO THE FULL
realize a connection to vitality

Mental Health workshop for Adults 55+

Join a Living Life to the Full course

Want to feel happier, have more energy, gain confidence, enjoy better relationships, feel less stressed and develop skills to deal with life's challenges?

Date and Time: INFO SESSION on Tue Sep 19 10:00-11:30am
8-WEEK SESSIONS on Tuesdays Oct 3 - Nov 21 10:00-11:30am

Cost: FREE (regular cost \$250.00)

Location: MAPLE RIDGE SENIORS ACTIVITY CENTRE
12150 224 ST. MAPLE RIDGE

To sign-up, contact: carmen@rmsseniors.org or phone 604-477-0425

Visit our website to find out more!

www.livinglifetothefull.ca & www.rmsseniors.org



KNOWLEDGE + SKILLS + CONFIDENCE
put life back in your life

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: Saturday's, October 21 until December 2, 2023
10:30am until 1:00pm

LOCATION: Ridge Meadows Seniors Society
12150—224 Street, Maple Ridge

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

Connect with us: @SelfManagementBC @SMPatUVic

Self-management BC programs follow a strict no-fee policy. For the health and convenience of other participants, please refrain from wearing fragrances in our workshops. Thank you!




Thank You

A heartfelt thank you to Steve and Hannie for their surprise gift... buckets of beautiful bouquets were brought to our Maple Ridge Centre for sharing with RMSS members, volunteers and staff! Thank you for your generosity; you truly made our day!



You are not alone
Grief Support Groups



Third Friday of every month
Time: 10am-11am
Starting October 20th
Pitt Meadows Seniors Centre



The Hospice Society is offering free, on-site grief support groups for seniors at the Pitt Meadows Seniors Activity Centre.

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



Please call Maureen at 604-463-7722 to register





MACDONALD MEECHAN NOTARIES

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



Lucy Meechan
Notary Public, M.A.

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



Nicole MacDonald
Notary Public, M.A.

A Proud Member of the Society of Notaries Public of BC



304-12099 Harris Rd, Pitt Meadows, BC
www.macdonaldmeechannotaries.com

604.457.0050



MACDONALD MEECHAN NOTARIES

20% OFF

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

Must present this coupon at time of initial appointment.

Valid until Dec 31st, 2023



LOWER MAINLAND denture centre

Please help us welcome our
newest team member -
Licensed Denturist **Jordan!**

He is accepting new patients!



Our Services:

- Complete & Partial Dentures
- Same day repairs & relines
- Implant Supported Dentures
- Flexible Partial
- Digital Dentures
- Soft Liner
- Precision Dentures
- Mobile Denture Services
- We come to you!!!**



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lowermainlanddenture.ca

**Complimentary
Consultation
No referral Needed!**

WORKSHOP & EVENT DETAILS

- Sep 4:** RMSS closed: *Labour Day*
- Sep 5-9:** 50/50 Ticket Sales (see pg. 45)
- Sep 6/20:** **Coffee & Seniors Outreach Support** (see pg. 36)
FREE; Wed Sep 6 & Wed Sep 20, 9:30-11:30am at PM centre
- Sep 6:** ***Seniors Network: Katzie History and Culture - Honouring our Elders**
FREE; Wed Sep 6 1:00-2:30pm *at Maple Ridge Library; www.katziehonouringelders.eventbrite.ca
- Sep 9:** **Rhythm & Reach begins** (see pg. 12)
- Sep 12:** **Bus Trip: Chihuly Garden and Glass** (see pg. 6)
- Sep 12:** **Info Session: Choose to Move** (see pg. 46) FREE; 1:30-2:30pm; pre-register 604-467-7422
- Sep 13:** **FREE DEMO: F.I.T. Bit** (see pg. 30)
- Sep 14:** **Tech Info Session: 10 Things that did not Exist 10 Years Ago** (see pg. 29)
FREE; Thu Sep 14 10:00-11:00am at MR centre; to register call 604-467-4993
- Sep 14/20:** **FREE DEMOS: Dance Your Buns Off** (see pg. 30)
Thu Sep 14 10:15-11:00am at PM centre; Wed Sep 20 11:15am-noon at MR centre
- Sep 18:** **Bus Trip: Sea to Sky Gondola** (see pg. 6)
- Sep 19:** **Info Session: Living Life to the Full** (see pg. 43)
FREE; Tue Sep 19 10:00-11:30am at MR centre; to register call 604-477-0425
- Sep 20:** **Autumn Learning Series: Safety in the Home** (see pg. 36)
FREE; Wed Sep 20, 1:00-2:30pm at MR centre; to register call 604-380-0516
- Sep 21:** **Wellness Workshop: Chronic Pain Management** (see pg. 29)
FREE; Thu Sep 21 10:00-11:00am at PM centre; to register call 604-457-4771
- Sep 23:** **Workshop: Cardmaking** (see pg. 31)
\$15.00; Sat Sep 23 10:30am-noon at PM centre; pre-register at reception
- Sep 26:** **Event: Pie and Ice Cream Social** (see pg. 8)
\$4.00; Tue Sep 26 1:00-3:00pm at PM centre; drop-in
- Sep 27:** **RMSS ANNUAL GENERAL MEETING** (see pg. 4)
- Sep 28:** **Wellness Workshop: Hearing Health** (see pg. 29)
FREE; Thu Sep 28 10:00-11:00am at MR centre; to register call 604-467-4993
- Sep 28:** **Armchair Traveller: South Africa** (see pg. 30)
\$1.00; Thu Sep 28 1:30-2:30pm at PM centre; to reserve your seat call 604-457-4771
- Sep 30/** **RMSS closed: Day for Truth & Reconciliation** ALSO
- Oct 2:** **RMSS closed: in lieu of Sep 30 STAT falling on weekend**
- Oct 3-7:** 50/50 Ticket Sales (see pg. 45)
- Oct 3:** **Info Session: Street Smarts for Seniors - Scams & Frauds** (see pg. 29)
FREE; Tue Oct 3 10:00am-noon at PM centre; to register call 604-457-4771
- Oct 3 -** **Workshop: Living Life to the Full** (see pg. 43)
- Nov 21:** FREE; Tuesdays (8 sessions) 10:00-11:30am at MR centre; to register call 604-477-0425
- Oct 4/5:** **Welcome Tour at PM/MR** (see pg. 5)
FREE; Wed Oct 4 10:00-11:00am at PM centre; Thu Oct 5 10:00-11:00am at MR centre

WORKSHOP & EVENT DETAILS

- Oct 9:** RMSS closed: *Thanksgiving*
- Oct 12:** *Trivia* (see pg. 30)
\$2.00; Thu Oct 12 10:00-11:00am at PM centre; drop-in
- Oct 12/13:** *Peace of Mind Planner Session* (see pg. 36)
FREE; Thu Oct 12, 1:00-2:00pm at PM centre; Fri Oct 13 10:30-11:30am at MR centre
- Oct 14:** *Workshop: Cardmaking* (see pg. 31)
\$15.00; Sat Oct 14 10:30am-noon at MR centre; pre-register at reception
- Oct 17:** *Flu Shot Reservations Open* (*Flu Shot Clinic will be on Tue Nov 14 11:00am-5:00pm at MR centre*)
- Oct 19:** *Info Session: Advance Care Planning* (see pg. 36)
FREE; Thu Oct 19 9:30-11:00am at PM centre
- Oct 21-
Dec 2:** *Workshop: Chronic Pain Management* (see pg. 29 & 43)
FREE; Saturdays (6 sessions) 10:30am-1:00pm at MR centre; to register call 1-866-902-3767
- Oct 24:** *Craft Sale* (see pg. 31)
- Oct 24:** *Info Session: Street Smarts for Seniors - Scams & Frauds* (see pg. 29)
FREE; Tue Oct 24 1:00-3:00pm at MR centre; to register call 604-467-4993
- Oct 26:** *Bus Trip: Bowen Island* (see pg. 7)
- Oct 26:** *Wellness Workshop: Sexual Health* (see pg. 29)
FREE; Thu Oct 26 10:00-11:30am at MR centre; to register call 604-467-4993
- Oct 27:** *Event: Oktoberfest Theme Lunch* (see pg. 8)
- Oct 30:** *Event: Music Bingo* (see pg. 29)
\$2.00; Mon Oct 30 11:00am-noon at PM centre; pre-purchase your ticket at PM reception
- Oct 31:** *Bus Trip: Queen of Peace Monastery* (see pg. 7)



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 4-6...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 9-10...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.

BRITISH COLUMBIA
Maple Ridge Centre 604-467-4993
Pitt Meadows Centre 604-457-4771



To our 50/50 winners:

July:	Grace L.	\$55.00 (PM)
	Peachie U.	\$55.00 (MR)
August:	Julia J.	\$57.00 (PM)
	Irene N.	\$78.00 (MR)

Our next 50/50 sales run Sep 5-9 and Oct 3-7

At PM: tickets available at reception

At MR: tickets available in lounge (mornings) and reception (afternoons)

AROUND TOWN

INFO SESSION! Tue Sep 12 1:30pm! (MR centre)

Choose to Move

FREE INFORMATION SESSION
September 12, 2023 @ 1:30 PM
Maple Ridge Seniors Activity Centre

Register for a FREE Information Session to determine whether Choose to Move (running September 29 - December 27) is right for you.

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

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

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

REGISTER FOR INFO SESSION #seniors
REGISTER FOR PROGRAM #seniors
mapleridge.ca/3484 or 604-467-7422

Learn more:
pfrederick@mapleridge.ca
choosetomove.ca



Indoor Pickleball

Interested in trying Beginner Pickleball? Participants will be introduced to the basics of the game and gain skills and knowledge to be able to navigate play to participate in the drop-in sessions.



Sessions start in October - Course ID #12089

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



The Day The Sun Danced



Berlin, October 1961

LESLIE MICHAEL

Congratulations to RMSS member Leslie Michael on the publication of his book! To learn more go to: [The Day The Sun Danced by Leslie Michael | The FriesenPress Bookstore](#)



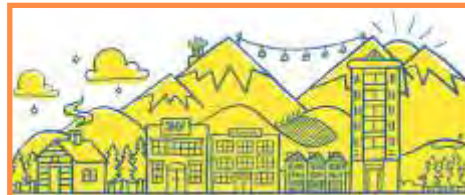
PARKINSON SUPERWALK

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.

1-800-668-3330 | events@parkinson.bc.ca



October 19th

10:19 am

This is the day millions of people worldwide will practise how to "Drop, Cover and Hold On" during Great ShakeOut Earthquake Drills.

If You Feel Shaking or Get an Alert:

If Possible	 DROP!	 COVER!	 HOLD ON!
Using Cane	 DROP!	 COVER!	 HOLD ON!
Using Walker	 LOCK!	 COVER!	 HOLD ON!
Using Wheelchair	 LOCK!	 COVER!	 HOLD ON!

Seniors' eye exam at no cost to you

Costs covered by provincial health care plan for eligible patients



Meadowtown Shopping Centre
 (778) 262-1193
 942 - 19800 Lougheed Highway

Conditions apply. Visit [specsavers.ca](https://www.specsavers.ca) for details.



W THE WESBROOKE SENIORS LIVING COMMUNITY

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 Independent Living...*

ALL INCLUSIVE RENTAL ACCOMMODATIONS:
 JUNIOR STUDIO, STUDIO, 1&2 BEDROOM SUITES

- Nutritious meals by certified chef
- Home of Pitt Meadows Senior Rec. Centre
- Spacious suites with full kitchens & appliances

*Assisted Living...
 The Care & Comfort You Deserve*
 Our Manor experience has...

- A registered 30 suite assisted living residence
- Certified nurse on staff
- 24 hr. staffing for security & comfort
- Services available for your individual needs
- Studios & 1 bedroom suite

CALL TODAY OR REGISTER ONLINE FOR YOUR PRIVATE SHOWING



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www.thewesbrooke.com
604.460.7006

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



CHEERS TO EIGHT YEARS! And THANK YOU both!

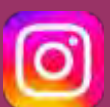
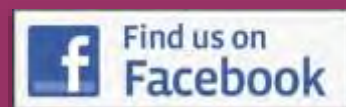


Whether representing RMSS in the community, advocating at city hall, promoting awareness of the programs and services of the society, sitting through countless board meetings, putting out figurative and literal fires, taking time to listen to members, bringing smiles and infectious laughter, rolling up sleeves to pitch in, these two volunteers have given generously and tirelessly. After eight years of serving on the RMSS board, President Don Mitchell and Vice-President Fran Preston are completing their maximum allowable number of consecutive years. With grateful hearts we thank you for ALL you have done for RMSS!

THANK YOU

RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2022/2023

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



facebook.com/rmssseniors