

# GrapeVine



## RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows Nov & Dec 2023 Program Guide



*Inset: Long time director Al and assistant director Doug*

**The Silvertones Choir has been singing and performing over 36 years!**

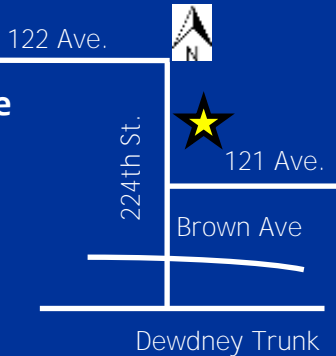
Various conductors, pianists, and singers have worked together to create many memorable performances.

### 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

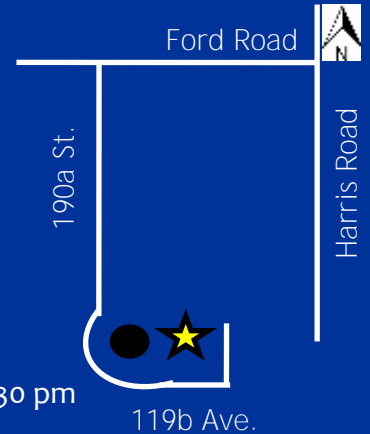
Saturday 10:00am - 3:30pm

**Closed November 11 & 13, December 25 & 26**

#### 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 November 11 & 13, December 25 & 26**



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



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



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

**GOALS:**

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

**STAFF DIRECTORY:**

**Executive Director, Maria Perretta**  
 604-477-9985; [maria@rmssseniors.org](mailto:maria@rmssseniors.org)  
**Administrative Coordinator, Nancy Markham**  
 604-467-4593; [nancy@rmssseniors.org](mailto:nancy@rmssseniors.org)  
**Activity Coordinator, Carmen Tischer**  
 604-477-0425; [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org)  
**Bookkeeper, Eva Todd** [eva@rmssseniors.org](mailto:eva@rmssseniors.org)  
**Caregiver Connection Coordinator, Raman Narang**  
 604-380-0516; [raman@rmssseniors.org](mailto:raman@rmssseniors.org)  
**Events Coordinator, Katie Cowieson**  
 604-457-4771; [katie@rmssseniors.org](mailto:katie@rmssseniors.org)  
**Outreach Coordinator, Bev Schmahmann**  
 604-380-0516; [info@rmssseniors.org](mailto:info@rmssseniors.org)  
**PM Facility Coordinator, Marcia de Vega**  
 604-457-4771; [pmsc@rmssseniors.org](mailto:pmsc@rmssseniors.org)  
**Volunteer Coordinator, Kara Matthew**  
 604-380-0517; [kara@rmssseniors.org](mailto:kara@rmssseniors.org)  
**YouConnect Coordinator, Vanessa De Freitas**  
**Kitchen Supervisor, Grace Nunnikhoven**  
**Kitchen Staff: Leah, Marizel, Paula**  
**Support Staff: Jackie, Joys, Robyn, Sandra**  
**MR Facility Attendants: Devon, Mojgan**  
**PM Facility Attendant: Sally**

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## A MESSAGE FOR YOU

In the last Grapevine RMSS announced the farewell of two of our long term, esteemed board members Don Mitchell and Fran Preston. I would like to express my deepest gratitude for their service and dedication these past 8 years. Their selfless contributions have made a profound difference in the lives of the seniors we serve and have assisted to elevate Ridge Meadows Seniors Society to new heights. Their presence in this volunteer capacity will be missed but their legacy will continue to inspire and guide us. The departure of both Don and Fran also signals the beginning of a new chapter for RMSS. I have no doubt they will continue to walk the path paved by our previous directors. It's my pleasure to announce our new board of directors:

Karen Hjort-Olsen - President  
 Bobbi Duncan - Vice President  
 Gayle Lyons- Secretary  
 Richard Newman - Treasurer  
 Margaret Attwell - Director  
 Angie Hodgkins - Director  
 Patricia Gordon - Director  
 Deborah Jamieson - Director



(back) Karen, Deborah, Bobbi, Margaret, Gayle  
 (front) Angie, Richard, Patricia

### **New Software**

I would like to announce that our current software program, which we lovingly call YouConnect, is being discontinued by our software provider. They feel it no longer serves the needs of its clients; we are the last organization still using it.

Over the last year key staff and board members spent time investigating the best suited program for the needs of our members, volunteers, and staff. With that, I would like to inform you about the upcoming change to our recreation software which we anticipate will bring improvements and enhancements to our services. As valued members, we believe it is essential to keep you informed and involved in this project as it continues to develop.

Our organization has always strived to offer you the best possible experience when it comes to participating in recreational activities. In line with our commitment to continually enhance our services, we have made the decision to officially transition to a new recreation software system in February 2024. Our aim is to streamline the member registration process, activity check-in experience, and provide a more user-friendly platform.

As a member, you will continue to use your FOB to check into each of the activities you are attending. However, rather than having a “wallet” of “money on account” you will pre-purchase a “10 drop-in pass”. Each time you tap into a class it will deduct a session from your pass.

**Con't next pg.**

For our volunteers, we understand that change can sometimes be challenging particularly when it comes to adapting to new technology. Therefore, we are committed to providing you with comprehensive support throughout this transition. Our staff will be available to answer any questions or concerns you may have and will provide tutorials and training sessions to ensure a smooth and hassle-free experience.

The cost associated with this transition is considerable, but we are pleased to be the recipient of a \$96,000 grant to ease this burden. We are so grateful for this funding contribution through the Government of Canada's Community Services Recovery Fund investing in systems and processes of local non-profits.

**As we move forward, we will be updating you on the next steps or changes and will send out more information about how this change may affect you.** For now, continue to enjoy using your FOB as you have been. We sincerely appreciate your understanding and cooperation during this process. We believe that this change will ultimately enhance your overall experience, making it more convenient and enjoyable. Should you have any questions or concerns at any stage, please do not hesitate to reach out to me. Your satisfaction and continued engagement are of utmost importance. Thank you for your ongoing support and participation in RMSS's recreation and support programs. We look forward to serving you better through our new software system.

Warm regards,

Maria Perretta

Executive Director, Ridge Meadows Seniors Society



## SAVE THE DATE!

### RMSS WELCOME TOUR

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



**Two Locations and Times:**

<b>Pitt Meadows Activity Centre</b>
19065 119B Ave, Pitt Meadows
Wednesday, November 8, 2023
10:00am - 11:00am
<b>Maple Ridge Activity Centre</b>
12150 224th Street, Maple Ridge
Thursday, November 9, 2023
10:00am - 11:00am

VARIETY PLUS PRESENTS

# A Canadian CHRISTMAS



**December 1st & 2nd at 2pm**

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

**TICKETS  
\$12 EACH**

**DOOR PRIZES!  
REFRESHMENTS!**

FOR MORE INFORMATION:  
[Facebook.com/VarietyPlus](https://www.facebook.com/VarietyPlus)  
Phone: (604) 467-4993



Presented by Variety Plus and Ridge Meadows Seniors Society



**TICKETS SALES BEGIN NOV 1**



# EVENTS

**CELEBRATE  
WORLD KINDNESS WEEK  
WITH RANDOM ACTS OF KINDNESS**  
Mon Nov 13th - Friday Nov 17th

Have coffee with friends!  
Send Flowers  
Volunteer  
Pay it Forward  
Reach Out

Stay Tuned For More Details!!!

**PIE AND ICE CREAM**  
NOVEMBER 28TH FROM 1:00 PM TO 3:00PM

PITT MEADOWS SENIORS CENTRE  
19065 119B AVE PITT MEADOWS

\$4 Includes a slice of Pie, Ice Cream and hot a beverage.

**Christmas with Ridge Meadows Seniors Society**

Join us as we celebrate Christmas Cheer with entertainment, a sing-along, delicious treats and door prizes.

Tickets \$6  
Tickets Available Starting On: Nov 7th  
More Details To Come!!

With generous support from the PM Craft Ladies

Thur Dec 7th  
2:00 - 3:30 pm  
PM Centre

19065 119B Ave  
Pitt Meadows  
604 457 4771

With generous support from the MR Craft Ladies

Tues Dec 12th  
2:00 - 3:30 pm  
MR Centre

12150 224 St  
Maple Ridge  
604 467 4993



## BUS TRIPS

*Enjoy* THE JOURNEY

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

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

Please note: USA travel documents required 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 Dec 8**

**THE SINGING CHRISTMAS TREE**

**\$130**

MR 3:30pm-10:15pm

PM 3:45pm-10:00pm

Enjoy the Singing Christmas Tree choir as the tree lights up with 80 singers. Actors, dancers, musical soloists are all part of the festivities. Vancouver's biggest celebration and a highlight of the Christmas season. Enjoy dinner at the historic Sylvia Hotel overlooking English Bay.

**Package includes:** Sylvia Hotel dinner, Early Entrance Broadway Church, and Performance

*Level: Easy*

*Registration opens Oct 31*



**Wed Dec 13**

**BUTCHART GARDENS CHRISTMAS LIGHTS**

**\$170**

MR 10:45am-9:45pm

PM 11:00am-9:30pm

Bundle up and stroll through the Twelves Days of Christmas display, a dazzling array of twinkling lights and festive fare.

**Package includes:** Admission to Butchart Gardens, Pacific Dinner Buffet (BC Ferries), Sydney By the Sea

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

*Level: Easy*

*Registration opens Nov 7*

**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](mailto:carmen@rmssseniors.org).  
Be sure to include names if you want them added.



**TAKE-AWAY TURKEY DINNER** LIMIT of 2 PER PERSON

Pre-order your TAKE-AWAY meal  
Nov 27 - Dec 13

MR centre: 604-467-4993  
PM centre: 604-457-4771

Place order from the centre where you will pick up.

**Meal: \$10.00**  
**Dessert: \$2.00**



**Pick up meal(s) on Fri Dec 22 11:30am-1:00pm**  
*Limited dine-in available*

**REMEMBER TO “FALL BACK”  
BY TURNING BACK  
YOUR CLOCK  
ONE HOUR ON NOVEMBER 5.**



**REMEMBER TO STAY HOME  
WHEN FEELING UNWELL**



**SNOW DAY?**



This winter, when in doubt, listen to the morning news / radio. If you hear that schools in Maple Ridge & Pitt Meadows are closed, you'll know RMSS centres are as well.  
\*and/or check your email, Facebook or Instagram.




## 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. 4) 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 - NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <b>Dance Your Buns Off</b> \$5 drop-in	2 	3 <b>Caregiver Connection</b>	4 <b>Rhythm &amp; Reach</b>
< 50/50 sales available at BOTH centres Nov 4-10! Winner drawn Nov 14! >						
5 	6 	7 <b>Info Session:</b> Financial Planning (1 of 2) “Longevity”	8 <b>Welcome Tour at PM</b> 	9 <b>Welcome Tour at MR</b> ..... <b>Trivia at MR</b>	10 <b>Passport &amp; Certification Assistance</b>	11 <b>REMEMBRANCE DAY</b> RMSS CLOSED
12	13 RMSS CLOSED (in lieu of Nov 11 STAT)	14-16 <b>NATIONAL KINDNESS WEEK</b>			17  <b>Book Club</b>	18 <b>Jam Session @ PM</b>
19	20  ..... <b>Stay Fit 3</b>	21 <b>Info Session:</b> Financial Planning (2 of 2) “Four Pillars”	22 	23 <b>Wellness Workshop:</b> Falls Prevention	24 <b>Painting at PM</b> <b>Absolute Hearing (by appt.)</b>	25 <b>Jam Session @ MR</b>
26	27 <b>Caregiver Walk &amp; Coffee</b>	28  <b>Pie &amp; Ice Cream</b>	29 <b>Info Session:</b> Medication Awareness 	30 <b>Info Session:</b> The Dementia Journey		

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



# PROGRAM INFORMATION - Fitness

## 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.



**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

**GENTLE PILATES**  
Thu 6:30-7:15pm

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

More information:  
604-467-4993  
www.rmsseniors.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.



## AEROBIC CLASSES:

### RHYTHM & REACH:

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

**Instructors:** Tammy

Rhythm and Reach is 30 minutes of easy to follow and FUN choreography followed by 15 minutes of "feel good" stretch and relaxation on the mat. A great combo to start your weekend off right!

**\*Bring:** a mat

Weekday	Time	Centre	Room	Cost	Of Note
<b>NEW!</b> Sat	9:30-10:15am	PM	Main Hall	\$2 drop-in	No class Nov 11



## PROGRAM INFORMATION - Fitness

### AEROBIC CLASSES:

#### STAY FIT 1/2:

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

**Instructor:** 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.

**\*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
Fri	9:00-9:45am	PM	Main Hall	\$2 drop-in	



#### STAY FIT 2/3:

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

**Instructor:** Tammy

This class starts with 25 minutes of easy to follow low impact cardio, 10 minutes of strength training, and 10 minutes of standing stretch for a "Total Fit" class. Adaptive to both Stay Fit 2 & 3.

**\*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	9:00-9:45am	PM	Main Hall	\$2 drop-in	No classes Nov 13, Dec 25



#### 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 (also provided).

Weekday	Time	Centre	Room	Cost	Of Note
M - W - F	8:30-9:15am	MR	Halls B&C	\$2 drop-in	No classes Nov 13, Dec 25
Mon	6:30-7:15pm	MR	Hall C	\$2 drop-in	No classes Nov 13, Dec 25



# 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 Nov 13, Dec 25

**\$5 DROP-IN Nov 20**      **Sess #7:** Nov 27, Dec 4, 11, 18      reg. opens Nov 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	No class Dec 27

**\$5 DROP-IN Nov 1**      **Sess #2:** Nov 8, 15, 22, 29      reg. opens Oct 25



**\$5 DROP-IN Dec 6, 13, 20**

Research study opportunity.

More details on bulletin boards at centres.



Are you:

- 65 years of age or older
- Interested in participating in a clinical study evaluating a new therapy designed to **enhance your natural immunity?**

To learn more about a clinical trial opportunity, please contact us

Email: [info@isstudy.ca](mailto:info@isstudy.ca)

Phone: 1-877-223-8637

[www.qubiologics.com/clinical-trials/resilience-study](http://www.qubiologics.com/clinical-trials/resilience-study)

# 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 Nov 13, Dec 25
<b>**Wed</b>	10:15-11:00am	<b>PM</b>	Main Hall	\$2 drop-in	This is Chair Fit Level 1



### FUNCTIONAL FITNESS:

**Cost:** \$2 drop-in

**Instructor:** Tammy

Maintaining muscle mass is pivotal to healthy aging. Learn intentional movement to stretch and strengthen, preserve and protect the muscles and functions used daily. Functional strength training exercises followed by 10 minutes of seated stretches. For ALL fitness levels.

\* **Bring:** *nothing additional required*

Weekday	Time	Centre	Room	Cost	Of Note
Wed	9:00-9:45am	<b>PM</b>	Main Hall	\$2 drop-in	



Recently, Colombe invited her CRIB friends to come play one sunny evening at the family farm in east Maple Ridge.

Thank you for the lovely evening!



# PROGRAM INFORMATION - Fitness

## YOGA CLASSES:

### CHAIR YOGA:

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

**Instructors:** **PM:** Virginia / Kelli

**MR:** Adela / 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 Nov 13, Dec 25
Tue	1:15-2:00pm	PM	Main Hall	\$2 drop-in	No class Dec 26
Thu	11:30-12:15pm	PM	Main Hall	\$2 drop-in	No class Dec 7
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 Nov 13, Dec 25



#### 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 Nov 21**

**Sess #10:** Nov 21, 28, Dec 5, 12 reg. opens Nov 7



## 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 Dec 26



#### 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 Nov 13, Dec 25
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	No class Nov 13, Dec 25
Tue -Advanced	6:00-7:45pm	MR	Hall B	\$2 drop-in	No class Oct 31
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	No class Dec 29



### 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 Nov 13, Dec 25
Sat	10:30am-12:30pm	MR	Halls A&B	\$1 drop-in	Not on Nov 11

## PROGRAM INFORMATION - Sports

### CARPET BOWLING:

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

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



Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:00pm	MR	Halls A&B	\$1 drop-in	Not on Nov 13, Dec 25
Thu	1:00-2:30pm	PM	Main Hall	\$1 drop-in	Not on Dec 7 & 28
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	Not on Dec 26

### 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 Nov 13, Dec 25
Mon	1:15-3:30pm	PM	Hall B	\$1 drop-in	Not on Nov 13, Dec 25
Tue	8:45-11:00am	MR	Halls A&B	\$1 drop-in	Not on Dec 26
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	



Congratulations to our Maple Ridge carpet bowlers who recently won 3rd prize at the Kennedy Seniors Centre tournament in North Delta!

## PROGRAM INFORMATION

### SNOOKER:

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

For regular playtime &/or more information:

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

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



Weekday	Time	Centre	Room	Cost	Of Note
Mon - Thu Fri Sat	8:45am-7:30pm 8:45am-4:00pm 10:00am-3:00pm	MR	Snooker	\$4 drop-in	Not on Nov 11 & 13 Dec 25 & 26
Mon & Wed	9:00am-4:00pm	PM	Snooker	\$3 drop-in	Not on Nov 13, Dec 25
Tue - Ladies	2:00-4:00pm	MR	Snooker	\$4 drop-in	Not on Dec 26
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	Not on Dec 26
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	Meets Nov 2 & 16, Dec 7, 21

## PROGRAM INFORMATION - Cards & Games

### BRIDGE:

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



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

Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:45pm	PM	Hall B	\$1 drop-in	Not on Nov 13, Dec 25
Wed - ACBL	12:30-4:00pm	MR	Hall A	\$1 drop-in	
Wed - Social	12:30-3:30pm	MR	Craft Rm	\$1 drop-in	No partner required
Fri - Partnership	12:30-4:00pm	MR	Hall C	\$1 drop-in	

### CANASTA:

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



Now offered on Thursday afternoons - check it out!

Weekday	Time	Centre	Room	Cost	Of Note
Thu	1:00-4:00pm	MR	Lounge	\$1 drop-in	Not on Dec 28

### CRIB:

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	12:30-3:30pm	MR	Hall C	\$1 drop-in	Not on Dec 26
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	Not on Dec 26
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 Nov 29 or Dec 13

### SCRABBLE:

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	10:00am-noon	PM	Arts & Crafts	\$1 drop-in	Not on Dec 26
Tue	12:45-3:30pm	MR	Library	\$1 drop-in	Not on Dec 26
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	Coming in Jan
Thu	10:00-11:00am	MR	Lounge	\$2 drop-in	Only on 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. 14).

**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	Not on Dec 27
Flamenco	Wed	3:00-4:00pm	PM	Hall B	\$1 drop-in	Not on Dec 27
Hawaiian	Thu	12:30-1:30pm	MR	Hall C	\$1 drop-in	Not on Dec 28
Line Dance -beg.	Mon	11:30am-12:30pm	PM	Main Hall	\$1 drop-in	Not on Nov 13, Dec 25
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$1 drop-in	Not on Nov 13, Dec 25
-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	Not on Dec 28

### 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
<b>Stay Fit 3</b> 8:30 - 9:15	<b>Walking Club</b> 8:45 - 9:45	<b>Stay Fit 3</b> 8:30 - 9:15	<b>Snooker</b> 8:45 - 7:30	<b>Stay Fit 3</b> 8:30 - 9:15
<b>Snooker</b> 8:45 - 7:30	<b>Snooker</b> 8:45 - 7:30	<b>Snooker</b> 8:45 - 7:30	<b>**Wellness Clinic</b> 9:00 - noon	<b>Table Tennis</b> 8:45 - 11:00
<b>Table Tennis</b> 8:45 - 11:00	<b>Table Tennis</b> 8:45 - 11:00		<b>Tech Help</b> 9:00 - noon	<b>Ladies &amp; Beginners Snooker</b> 9:00-noon
<b>Chair Fit</b> 10:00 - 10:45	<b>Crafts</b> 9:30 - 11:30	<b>Chair Fit</b> 10:00 - 10:45	<b>**Natural Beauty</b> 10:00 - noon	<b>Chair Fit</b> 10:00 - 10:45
	<b>*Line Dance - Int</b> 10:30 - 11:45	<b>Ukulele</b> 10:15 - 11:45	<b>Silvertones</b> 10:00 - 11:30	<b>**Book Club</b> 10:00 - noon
<b>*Dance Fit</b> 11:15 - noon		<b>*Dance Your Buns Off</b> 11:15 - noon	<b>**Trivia</b> 10:00 - 11:00	<b>**Caregiver Connection</b> 10:30 - noon
<b>Meditation</b> 1:00 - 2:00	<b>Crib</b> 12:30 - 3:30	<b>ACBL (Bridge)</b> 12:30 - 4:00	<b>Line Dance Fun</b> 10:30 - 11:45	<b>Table Tennis - Beg</b> 11:00 - noon
<b>Carpet Bowling</b> 1:00 - 3:00	<b>Scrabble</b> 12:45 - 3:30	<b>Social Bridge</b> 12:30 - 3:30	<b>Hawaiian Dance</b> 12:30 - 1:30	<b>Partnership (Bridge)</b> 12:30 - 4:00
<b>Chair Tai Chi</b> 1:30 - 2:30		<b>Variety Plus</b> 1:00 - 4:00	<b>**Caregiver Connection</b> 1:00 - 2:30	<b>Scrabble</b> 12:45 - 3:30
<b>Line Dance - Beg</b> 1:30-2:45		<b>**Caregiver Walk</b> 1:30 - 2:30	<b>Mah Jong</b> 1:00 - 3:30	<b>Carpet Bowling</b> 1:00 - 3:00
<b>**Book Club</b> 2:00 - 3:30	<b>Ladies Snooker</b> 2:00 - 4:00	<b>Mexican Train</b> 1:30 - 4:00	<b>Canasta/Games</b> 1:00 - 4:00	<b>Create</b> 1:30 - 3:30
<b>Gentle Hatha Yoga</b> 3:30 - 4:15	<b>*Collage/Painting</b> 3:00 - 5:00	<b>Tai Chi</b> 2:00 - 3:30	<b>Chair Yoga</b> 2:15 - 3:00	<b>Badminton (Sat)</b> 10:30am-12:30pm
<b>Badminton</b> 5:30 - 7:30pm	<b>Tai Chi (Advanced)</b> 6:00 - 7:45pm		<b>Gentle Hatha Yoga</b> 3:30 - 4:15	<b>Jam Session (Sat)</b> 10:30am - noon
<b>Stay Fit 3</b> 6:30 - 7:15pm	<b>Therapeutic Yoga</b> 6:30 - 7:30pm		<b>Gentle Pilates</b> 6:30 - 7:15pm	<b>Karaoke (Sat)</b> 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	*Painting 10:00 - noon
<b>COFFEE SHOP OPEN 9:15-11:15am; 12:30-3:00pm</b>				
**Caregiver Connection 9:30 - 11:00	Scrabble 10:00 - noon	Chair Fit 1 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	
<b>LUNCH SERVED 11:30am - 12:30pm</b>				
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 12:30 - 2:45	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		<b>Rhythm &amp; Reach</b> 9:30 - 10:00 (Saturdays)
**Caregiver Walk & Coffee 1:30 - 2:30		Meditation 2:45 - 3:45		<b>**Jam Session</b> 10:00 - noon (Saturdays)
	Beg French 6:30 - 7:30	Flamenco 3:00 - 4:00		

## 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 a month.

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	Meets Nov 3 & 17, Dec 1 & 15

### 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) Not on Dec 26
Wed	9:30-11:30am	PM	Arts & Craft	\$1 drop-in	Not on Dec 27

### 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
Tue	1:00-3:30pm	PM	Arts & Craft	\$1 drop-in	Not Dec 26
Fri	1:30-3:30pm	MR	Craft Rm	\$1 drop-in	

### BEGINNERS CONVERSATIONAL FRENCH:

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

Let’s learn some beginner conversation French together such as phrases you might use in travel. Review nouns, verbs, pronouns.

Weekday	Time	Centre	Room	Cost	Of Note
Tue	6:30-7:30pm	PM	Arts & Craft	\$1 drop-in	Meets Nov 7 - Dec 19

## PROGRAM INFORMATION - Music

### JAM SESSION:

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

A new program! Bring your instrument and favourite songs. Now at MR. Enjoy weekly!



Weekday	Time	Centre	Room	Cost	Of Note
Sat	10:00am-noon	PM	Lounge	\$1 drop-in	Meets Nov 4, 18, Dec 2, 16
Sat	10:30am - noon	MR	Social Activity	\$1 drop-in	Meets Nov 25, Dec 9, 23

### 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 Nov 11, Dec 2

### 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	Not on Dec 21 or 28

### 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	Not meeting in December
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	Resumes Jan 17

# 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 Dec 18, 25
Thu	9:00am-noon	MR	Boardroom	\$2 by appt	Not on Dec 21, 28

## 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	Only on Nov 9, 23, Dec 14



Check out our Wellness Workshop! (pg 29)

# THINGS YOU DON'T WANT TO MISS!



**Get a Flu Shot**  
 Tue Nov 14  
 11:00am - 5:00pm

BECAUSE FLU SEASON IS COMING

Book your appointment starting Oct 17 at 604-467-4993.  
 Remember to bring your CareCard on Nov 14.

Please note: COVID-19 booster also available  
 When booking, specify if for both vaccines.

**GET YOUR FLU SHOT HERE:**  
 Maple Ridge Seniors Activity Centre  
 12150 224 St. Maple Ridge  
 604-467-4993

Courtesy of **SHOPPERS DRUG MART**



**wellness workshop**

**fraserhealth FALLS PREVENTION**

Do you know someone who has had a life altering fall?  
 As we age, the risk of falling increases exponentially.  
 This group presentation will provide some tips and tricks on how to reduce your risk of having a fall.

**NOTHING IS MORE VALUABLE THAN YOUR INDEPENDENCE  
 ...SO WHY RISK IT?**

**Thursday, November 23 10:00-11:00am**  
 FREE - pre-registration required. Call 604-467-4993

Remember to visit our Wellness Clinic!

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

09:00 - 12:00

55+



**TECH HELP**

KEEP LEARNING

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

Thursdays 9:00am - noon  
 MR Seniors Activity Centre  
 12150 224 St. Maple Ridge  
 604-467-4993

Mondays 12:30 - 2:45pm  
 PM Seniors Activity Centre  
 19065 119B Ave. Pitt Meadows  
 604-457-4771



RMSS volunteers, Jackie & Mary (left) and Bob and Kathy joined Volunteer Coordinator, Kara, (below) at a recent Seniors Activity and Volunteer Fair. Many attended and were impressed with all RMSS has to offer in both programs and volunteering opportunities. Well done, team!



# THINGS YOU DON'T WANT TO MISS!



## info session




### FINANCIAL PLANNING

Edward Jones  
A FREE two-part session

Retirement today is no longer a destination; it's a new journey. We explore how the journey unfolds, the patterns of people's experience (including the current cost of living strain), and the keys to thriving along the way.

Sess. 1 of 2 **Tue, Nov 7 10:00 - 11:00am**   
**LONGEVITY & THE NEW JOURNEY OF RETIREMENT**

Sess. 2 of 2 **Tue, Nov 21 10:00 - 11:00am**   
**FOUR PILLARS OF THE NEW RETIREMENT**

Presented as a community service by Colton Hope, Financial Planner with Edward Jones.  
**PRE-REGISTER AT 604-467-4993**

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

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



## info session




### STREET SMARTS FOR SENIORS: a discussion on the toxic drug issue

The MR Street Outreach Society connects with businesses & organizations to develop positive relationships with street engaged citizens and enhance the downtown experience for everyone. The program addresses community safety from all sides - with compassion, creativity, and knowledge exchange. Learn from peers as they share stories and experience.

**Tuesday, November 14 10:30am-noon**  
**FREE**  
**pre-registration required**  
**604-457-4771**

P/M Seniors Activity Centre  
19065 119B Ave.  
604-457-4771

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



## seasonal event




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

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



## seasonal event



### ARMCHAIR TRAVELLER

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

**PORTUGAL**  
**Thu Nov 16 1:30-2:30pm**

Reserve your spot by phone  
Cost \$1.00



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

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

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



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

# THINGS YOU DON'T WANT TO MISS!



## 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



**DROP-IN CLINIC DATE:**

**November**

Fri Nov 10 9:00-11:00am  
Maple Ridge Seniors Activity Centre  
12150 224 St, Maple Ridge



## IT'S TIME FOR OUR CHRISTMAS CRAFT SALE!

**TUESDAY DEC 5  
10:00AM - 1:00PM**

Has someone made the "nice list" just in time for Christmas? Check out the MR Craft Ladies selection of hand knit baby clothes, blankies, dishcloths, slippers, sweaters, gnomes, hedgehogs, and more.



**CASH ONLY**

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



## painting



Our next painting project

### PAINTING w/ Kimberley

**Two-part pre-registered class:**  
Part 1: Fri Nov 24 10:00am-noon  
Part 2: Fri Dec 1 10:00am-noon  
Maximum of 15 participants  
Cost: \$25 (includes supplies)  
registration begins Nov 3

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

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



## saturdays



## jam session

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.

**NEW!**

**1st & 3rd Saturdays  
10:00am-noon  
\$1.00 drop-in  
@ Pitt Meadows**

**2nd & 4th Saturdays  
10:30am-noon  
\$1.00 drop-in  
@ Maple Ridge**

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

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



MACDONALD MEECHAN NOTARIES

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



Lucy Meechan  
Notary Public, M.A.

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



Nicole MacDonald  
Notary Public, M.A.

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304-12099 Harris Rd, Pitt Meadows, BC  
[www.macdonaldmeechannotaries.com](http://www.macdonaldmeechannotaries.com) **604.457.0050**



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# LOWER MAINLAND denture centre

## Why choose us?

- *Friendly and compassionate care*
- *Latest technology*
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- *Financing options Available*
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**604-457-3763**

***We can't wait to make you smile!***

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

C2 - 12460 191 St,  
Pitt Meadows, BC V3Y 2J2  
Located right behind shoppers \*

## OUTREACH SERVICES

### What is Seniors Outreach?

The Seniors Outreach Services Program provides support services to seniors in Maple Ridge & Pitt Meadows.

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



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



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](mailto: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 &amp; 4th Mondays 1:30pm - 2:30pm (Meet in front of main doors) <b>PITT MEADOWS</b> Activity Centre 19065 119B Ave 604-457-4771</p>	<p>2nd &amp; 4th Wednesdays 1:30pm - 2:30pm (Meet in front of main doors) <b>MAPLE RIDGE</b> 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](mailto: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](mailto:raman@rmssseniors.org)  
604-380-0516

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

## AUTUMN LEARNING SERIES

Presented by Ridge Meadows Seniors Society  
Caregiver Connection & Support Program

MAPLE RIDGE  
SENIORS CENTRE

Wed Nov 29

1:00-2:30pm

### MEDICATION AWARENESS

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







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



## DEMENTIA WORKSHOP

### Understanding and adapting to communication changes along the dementia journey



A person's ability to communicate will change over the course of the dementia journey. Learn how different types of dementia affect communication and discuss strategies for adapting to and coping with these changes.

**Free to attend. For caregivers.**

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

**WHEN**  
Thursday, November 30  
1 to 3 p.m.



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

\*Masks are optional.  
Learn more about safety protocols at [alzbcc.org/COVID-safety](http://alzbcc.org/COVID-safety)





## Seniors Helping Santa

Each year our volunteers fill bags for people in need. The group has an ongoing partnership with London Drugs which has a Christmas tree on display outside their Valley Fair Mall location. On the tree are three different tags with a list of eight items.

A total of 26 items go into each bag for a senior in need.

People wishing to donate may purchase the items on the tree tag and leave them at the store where they will be picked up and put into the gift bags by volunteers.

Seniors Helping Santa packed 250 bags for our Maple Ridge and Pitt Meadows seniors in 2022.

This year, the London Drugs Christmas tree will be up from November 12 - December 8. Donations may continue to be dropped off in store through December 23.



If you would like more information please contact Bev Schmahmann: [info@rmssseniors.org](mailto:info@rmssseniors.org) or phone 604-380-0516.

# Supporting families while promoting independence at home



Caregivers • Homemakers • Companions • Nurses

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

## Together, we've got this

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

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

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

**DEMENTIA WORKSHOP**

## Accessing dementia services and support



Navigating health-care systems and looking for support services can be overwhelming. Learn about community supports – including home care, respite and adult day programs – as well as how to address challenges in accessing them.

Free to attend. For caregivers and people living with dementia.

**WHERE**  
Maple Ridge Seniors Activity Centre  
12150 224 Street  
Maple Ridge

**WHEN**  
Tuesday, December 5  
2 to 4 p.m.

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

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




## 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  
@ Maple Ridge Seniors Activity Centre


## 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): Nov 6 & 20  
Dec 4 & 18  
Jan 22 & 29

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

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

# 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;"><b>Relief Drivers</b></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.                  Please follow our drivers' health and safety suggestions.                  Rate sheets are available from drivers and at the centres.</p>
---	--

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



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Maple Ridge Resident for over 14 Years

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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.

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

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](http://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](mailto: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*



**ACTIONS PROTECT PEOPLE, BC COMMUNITIES  
THIS RESPIRATORY ILLNESS SEASON**

The province and public-health officials are taking action to continue protecting people, communities and the health-care system this fall. When updated vaccines arrive in B.C., priority populations will be invited to book appointments first, followed by the general public. Vaccines will be readily available in participating pharmacies, as well as some clinics and doctor's offices throughout the province.

**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](http://bchousing.org)



Touring a local pharmacy to learn about their new ability to assess minor ailments free of charge.



Meeting with Fraser River Indigenous Society to learn about the work on the Anti-Racism Survey.

Our offices are proud to showcase rotating and curated art displays by the **Garibaldi Art Club**. We welcome you to stop by our offices to take a look!

**OUR COMMUNITY OFFICES CAN HELP WITH:**

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



**Bob D'Eith, MLA**

*Maple Ridge - Mission*

604-476-4530

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

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



LEGISLATIVE ASSEMBLY  
of BRITISH COLUMBIA


**Lisa Beare, MLA**

*Maple Ridge - Pitt Meadows*

604-465-9299


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

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



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**2023**



## ENCORE CAREERS

### Employment Program

**IDENTIFY SKILLS | RETIREMENT PLANNING | ENCORE CAREER BRIDGE**

#### PROGRAM ELIGIBILITY

- Canadian citizen, permanent resident, or protected person (under the Immigration and Refugee Protection Act, S.C. 2001, c.27) legally entitled to work in Canada;
- Living in British Columbia;
- Not actively participating in another provincially or federally funded labour market program;
- Currently Unemployed, or Precariously Employed;
- Age 55+

#### PROGRAM HIGHLIGHTS

- 6 weeks in-class training
- Individual customized support
- Home Based Jobs
- Gig Jobs
- Access to industry-specific training and certifications
- Link to further education
- Digital Literacy Skills
- Job Search Strategies in today's technological environment

**CONTACT US**  
 T. (604) 777-6099  
 E. [ttg@douglascollege.ca](mailto:ttg@douglascollege.ca)  
[www.douglascollege.ca/encore-careers](http://www.douglascollege.ca/encore-careers)



## WORKSHOP & EVENT DETAILS

- Nov 1:** **Variety Plus ticket sales for A Canadian Christmas begin** (see pg. 5)
- Nov 1:** **\*Seniors Network: Heads Up Guys - It's Tough to be a Man!**  
FREE; Wed Nov 1 1:00-2:30pm \*at Maple Ridge Library; [www.MensHealthRM.eventbrite.ca](http://www.MensHealthRM.eventbrite.ca)
- Nov 4-10:** **50/50 Ticket Sales** (see pg. 45)
- Nov 7:** **Info Session: Financial Planning "Longevity & the New Journey" Pt. 1 of 2** (see pg. 30)  
FREE; Tue Nov 7 10:00-11:00am at MR centre; to register (both dates) call 604-467-4993
- Nov 8/9:** **Welcome Tour at PM/MR** (see pg. 4)  
FREE; Wed Nov 8 10:00-11:00am at PM centre; Thu Nov 9 10:00-11:00am at MR centre
- Nov 9:** **Trivia** (see pg. 22 & 30)  
\$2.00; Thu Nov 9 10:00-11:00am at MR centre; drop-in
- Nov 10:** **Passport and Certification Service Clinic** (see pg. 31)  
FREE; 9:00-11:00am at MR centre; drop-in
- Nov 11:** **RMSS closed: Remembrance Day ALSO**
- Nov 13:** **RMSS closed: in lieu of weekend STAT**
- Nov 14-17:** **Event: National Kindness Week** (see pg. 6)
- Nov 14:** **Info Session: Street Smarts for Seniors - MR Street Outreach Society** (see pg. 30)  
FREE; 10:30am-noon at PM centre; pre-register 604-457-4771
- Nov 14:** **Flu & COVID booster shots** (see pg. 29)  
FREE; Tue Nov 10 11:00am-5:00pm at MR centre; to register call 604-467-4993
- Nov 16:** **Armchair Traveller: Portugal** (see pg. 30)  
\$2.00; Thu Nov 16 1:30-2:30pm at PM centre; reserve your spot at 604-457-4771
- Nov 21:** **Info Session: Financial Planning "The Four Pillars of New Retirement" Pt. 2 of 2** (see pg. 30)  
FREE; Tue Nov 21 10:00-11:00am at MR centre; to register (both dates) call 604-467-4993
- Nov 23:** **Wellness Workshop: Fraser Health Falls Prevention** (see pg. 29)  
FREE; Thu Nov 23 10:00-11:00am at MR centre; to register call 604-467-4993
- Nov 24:** **Workshop: Painting** (see pg. 31)  
\$25.00; Fri Nov 24 & Dec 1 (2 sessions) 10:00am-noon at PM centre; pre-register at reception
- Nov 27:** **Turkey Take-Away pre-order starts** (see pg. 8)  
\$10 meal; \$2 dessert; pick up on Dec 22; pre-order limit of 2; call reception
- Nov 28:** **Event: Pie and Ice Cream Social** (see pg. 6)  
\$4.00; Tue Nov 28 1:00-3:00pm at PM centre; drop-in
- Nov 29:** **Autumn Learning Series: Medication Awareness** (see pg. 36)  
FREE; Wed Nov 29, 1:00-2:30pm at MR centre; to register call 604-380-0516
- Nov 30:** **Workshop: Alzheimer Society presents - The Dementia Journey** (see pg. 36)  
FREE; Thu Nov 30, 1:00-3:00pm at PM centre; to register call 1-800-936-6033
- Dec 1/2:** **Variety Plus presents A Canadian Christmas** (see pg. 5)  
\$12.00; Fri Dec 1 & Sat Dec 2 2:00-4:00pm at MR centre; ticket sales from reception as of Nov 1
- Dec 4-9:** **50/50 Ticket Sales** (see pg. 45)
- Dec 5:** **Craft Sale** (see pg. 31)

## WORKSHOP & EVENT DETAILS

- Dec 5:** **Workshop: Alzheimer Society presents - Accessing Services** (see pg. 33)  
FREE; Tue Dec 5 2:00-4:00pm at MR centre; to register call 1-800-936-6033
- Dec 6:** **\*Seniors Network: Seniors Christmas Party with the Silvertones Choir**  
FREE; Wed Dec 6 1:00-2:30pm at \*Maple Ridge Library; [www.SeniorsChristmasTeaParty.eventbrite.ca](http://www.SeniorsChristmasTeaParty.eventbrite.ca)
- Dec 7:** **Event: Christmas at Pitt Meadows** (see pg. 6)  
\$6.00; Thu 2:00-3:30pm at PM centre; ticket sales begin Nov 7
- Dec 8:** **Bus Trip: Singing Christmas Tree** (see pg. 7)
- Dec 12:** **Event: Christmas at Maple Ridge** (see pg. 6)  
\$6.00; Tue 2:00-3:30pm at MR centre; ticket sales begin Nov 7
- Dec 13:** **Bus Trip: Butchart Gardens Christmas Lights** (see pg. 7)
- Dec 13:** **Turkey Take-Away pre-order ends**
- Dec 22:** **Turkey Take-Away** (see pg. 8)
- Dec 25:** **RMSS closed: Christmas Day ALSO**
- Dec 26:** **RMSS closed: Boxing Day**

### RMSS CENTRES WILL BE CLOSED on:

- Saturday, November 11 - Remembrance Day**  
**Monday, November 13 - in lieu of weekend STAT**
- Monday, December 25 - Christmas Day**  
**Tuesday, December 26 - Boxing Day**



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

**STILL 3 tickets for \$2!**

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

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

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

BRITISH COLUMBIA  
Maple Ridge centre licence #141225  
Pitt Meadows centre licence #141223



### To our 50/50 winners:

- September: Stina N. \$ 86.00 (PM)**  
**Sharon R. \$140.00 (MR)**
- October: Bev B. & Kay P. \$ 66.00 (PM)**  
**Sandra M. \$179.00 (MR)**

**Our next 50/50 sales run Nov 4-10 and Dec 4-9**

At PM: tickets available at reception

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

# AROUND TOWN



## Community Events

**Remembrance Day**  
Join us November 11 in 6x+hék \*nas (Spirit Square) with the ceremony lead by the Royal Canadian Legion.

**Christmas in Pitt Meadows**  
Kick off the holiday season on December 1 at our Christmas in Pitt Meadows event.

For details about upcoming events visit [pittmeadows.ca/events](http://pittmeadows.ca/events)



### Pitt Meadows Garden Club



Meets every 3rd Monday  
at 7:00  
12119 Harris Rd, Pitt Meadows, BC  
V3Y 1E9

For more info:

[pittmeadowsgardclub.ca](http://pittmeadowsgardclub.ca)

### Special Guests!



**Saturday, November 18, 10am-2pm**

Maple Ridge Library - 22470 Dewdney Trunk Road

What is a Repair Café? A place for YOU (and your friends and family and neighbours) to learn how to fix your broken bicycle, socks, jewelry, stuffed toy, kettle, alarm clock, picture frame and more using our tools, glue, yarn, and spare parts! Experienced volunteers can give you advice or lend a hand in the repair.

## YEAR END GIVING at RMSS



Remember: when purchasing liquor at **Maple Ridge Liquor Store** (207 St.), **Kanaka Creek Liquor Store** (240 St.), and now at **Lougheed Liquor Store** (Harris Rd.) ask for the sales to be added to the RMSS account.

LET'S KICK OFF THE GIVING SEASON WITH

# GIVING TUESDAY

NOVEMBER 28, 2023

DONATE TO THE RIDGE MEADOWS SENIORS SOCIETY



Help support our programs, services and resources which assist seniors to live a happy, healthy life.

For more information about the Ridge Meadows Seniors Society visit us on the web: [www.rmssseniors.org](http://www.rmssseniors.org)



On November 28th



Scan here to donate

This gives RMSS 5% of those sales!

Also, any gifts to RMSS over \$25 qualify for a charitable donation tax receipt.

Thank you for supporting the work of RMSS!

## Donating is as Easy as Recycling!

Step 1:

Put your containers in sealed clear plastic bags. Bags and labels available for pick up at reception of both activity centre locations.



Step 2:

Put a label on each of your bags and drop them off. No sorting required! \*during depot business

Step 3:

Encorp will sort your containers and credit the Ridge Meadows Seniors Society account.

OR...

Print Your Own Labels!

If you already have your own bags you can print your own labels at the kiosk.

At the Express depot, use Ridge Meadows Seniors Society phone number 604-467-4993 to log in and print your own bag labels.





**ABSOLUTE**  
HEARING SERVICES INC

## Can You Hear it?

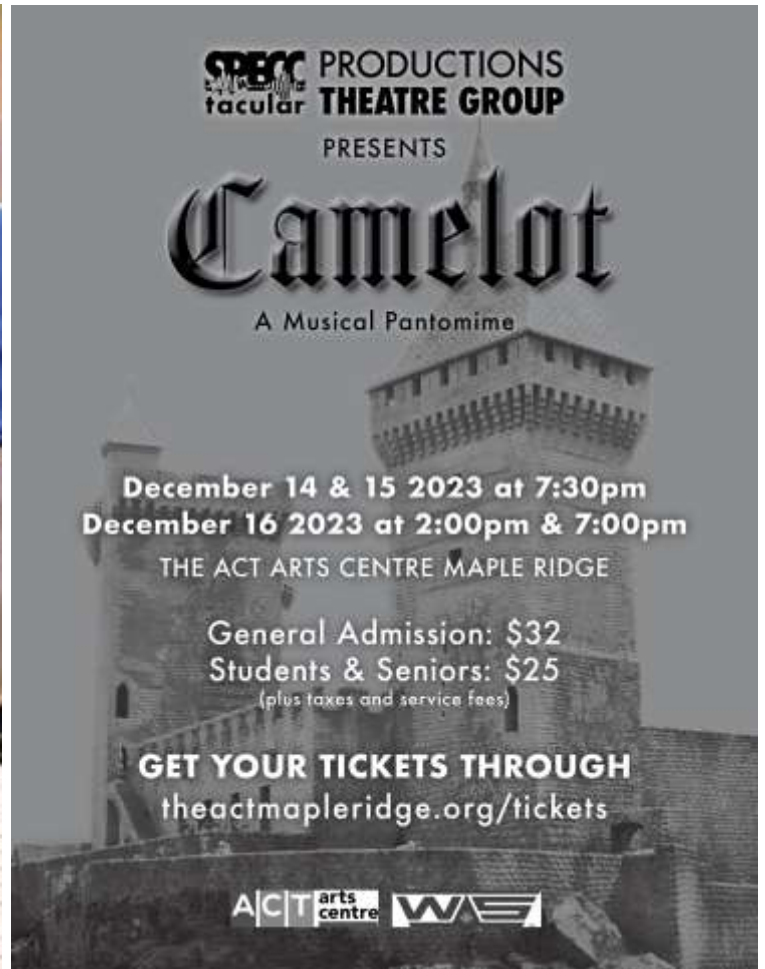
Mild high frequency hearing loss can prevent you from hearing birds chirping and rain falling

Book Your Hearing Test Today

**604-510-2299**

5501 - 204 St. Langley  
12150 - 224 St. Maple Ridge

[absolutehearing.ca](http://absolutehearing.ca)



**SPEC facular PRODUCTIONS THEATRE GROUP**  
PRESENTS

# Camelot

A Musical Pantomime

December 14 & 15 2023 at 7:30pm  
December 16 2023 at 2:00pm & 7:00pm

THE ACT ARTS CENTRE MAPLE RIDGE

General Admission: \$32  
Students & Seniors: \$25  
(plus taxes and service fees)

**GET YOUR TICKETS THROUGH**  
[theactmapleridge.org/tickets](http://theactmapleridge.org/tickets)

ACT arts centre WSE



# 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](http://specsavers.ca) for details.



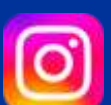
**OUR VISION**  
**Connecting adults 55+ with a happy, healthy life**



The cast and crew of Variety Plus invite you to their show *A Canadian Christmas*. (see pg. 5)  
 A team of 24 volunteers fulfill the following roles: performing on stage;  
 managing sound, light, & stage; arranging refreshments & door prizes;  
 preparing the backdrop; keyboard accompaniment, and more!  
 Are you looking for a creative outlet? Rehearsals for their spring show begin January 17.  
 They would especially like to welcome male singers/musicians. On with the show!

**RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2023/2024**

- President.....Karen Hjort-Olsen
- Vice-President.....Bobbi Duncan
- Secretary..... Gayle Lyons
- Treasurer.....Richard Newman
- Director..... Margaret Attwell
- Director..... Patricia Gordon
- Director.....Angie Hodgins
- Director.....Deborah Jamieson
- Director.....



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