

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows Jan & Feb 2024 Program Guide



Anne, Rosie, Vivian, Joan, Jackie



Sandra & Ray enjoying PM event.

CONGRATULATIONS to Audrey H. for receiving the SFU 2023 Seniors Leadership Award for Outstanding Service and Community Education! And to our Line Dancers who represented RMSS at the Dancing in the Ridge contest and did brilliantly!

FACILITY INFO

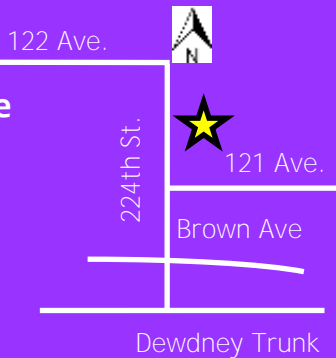
Maple Ridge

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 January 1 & February 19



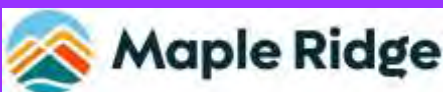
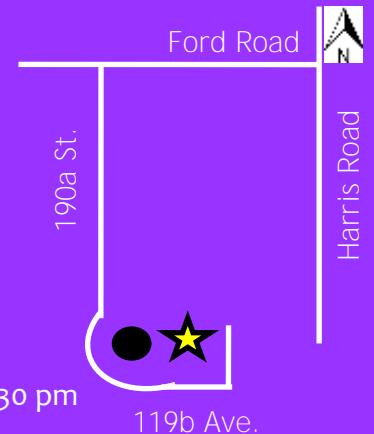
Pitt Meadows

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 January 1 & February 19



www.rmssseniors.org



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



VALUE STATEMENTS: We strive to ...

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

GOALS:

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

STAFF DIRECTORY:

Executive Director, Maria Perretta
 604-477-9985; maria@rmssseniors.org

Administrative Coordinator, Nancy Markham
 604-467-4593; nancy@rmssseniors.org

Activity Coordinator, Carmen Tischer
 604-477-0425; carmen@rmssseniors.org

Bookkeeper, Eva Todd eva@rmssseniors.org

Caregiver Connection Coordinator, Raman Singh
 604-380-0516; raman@rmssseniors.org

Events Coordinator, Katie Cowieson
 604-457-4771; katie@rmssseniors.org

Outreach Coordinator, Bev Schmahmann
 604-380-0516; info@rmssseniors.org

PM Facility Coordinator, Marcia de Vega
 604-457-4771; pmsc@rmssseniors.org

Transportation Coordinator, Joanne Meakin
seniorsbus@gmail.com

Volunteer Coordinator, Kara Matthew
 604-380-0517; kara@rmssseniors.org

YouConnect Coordinator, Vanessa De Freitas

Kitchen Supervisor, Grace Nunnikhoven

Kitchen Staff: Leah, Paula

Support Staff: Jackie, Joys, Robyn, Sandra

MR Facility Attendants: Devon, Mojgan

PM Facility Attendant: Sally

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A MESSAGE FOR YOU

I feel the beginning of a new year is a good opportunity to introduce myself to you as the Board President. I joined the Pitt Meadows Senior Centre as a volunteer, after retiring from RBC. I needed something to keep my mind engaged and meet new people. Working the Members Desk and joining the Board has achieved both goals.

Firstly, I have a huge thank you to both Don Mitchell and Fran Preston. Two individuals who gave 8 years to the Society and whose mark on the organization will be felt for years. We cannot thank them enough for their dedication and guidance in moving the Society forward.

The new Board has hit the ground running and hopefully you will see us throughout the two locations, participating in various activities and attending events. We will have our name badges on, so please don't hesitate to say hello and we look forward to speaking with members throughout the centres. I am trying to meet as many members as I can as soon as I can, but if you see me, before I see you, please say HI!!!

We don't anticipate major changes this year, except for the new software system, which is currently being installed. This was necessary as our current software was no longer being supported. We expect this will be short term pain for long term gain and the staff is working hard to ensure the impact to members will be as painless as possible. *(see software update on p. 47)*

Finally, I want to thank Maria Perretta, the staff and volunteers of the two centres. The delivery of our programs, activities and events does not happen without their hard work. When you get behind the scenes you are amazed at how much they accomplish and always with a smile.

The Board looks forward to a busy year with many activities, new events, and outings with the Bus, but our vision remains the same: Connecting adults 55+ with a happy, healthy life.

Happy New Year.

Karen Hjort-Olsen

Board President, Ridge Meadows Seniors Society



MEMBERSHIP INFORMATION

MEMBERSHIP INFORMATION

- ◆ Membership cost is \$35 and is valid for a full year.
- ◆ You must be 55+.
- ◆ A membership is required to sign up for bus trips.

◆ LIFETIME MEMBERSHIPS

A free membership is offered to members over the age of 90.

Lifetime members are still required to come into the centre to renew each year.



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



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!



Two Locations and Times:

Pitt Meadows Activity Centre

19065 119B Ave, Pitt Meadows

SECOND WEDNESDAY MONTHLY

10:00am - 11:00am (Jan 10 & Feb 14)

Maple Ridge Activity Centre

12150 224th Street, Maple Ridge

SECOND THURSDAY MONTHLY

10:00am - 11:00am (Jan 11 & Feb 8)

www.rmssseniors.org

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.



EVENTS



**TICKETS GO ON SALE : WEDNESDAY, JANUARY 3
BINGO IS BACK!!**

\$10 gets you 5 cards
additional cards may be purchased

<p>Friday, January 19, 2024 10:30am - 12 noon</p> <p>PITT MEADOWS ACTIVITY CENTRE 19065 119b Avenue, Pitt Meadows (604) 457-4771</p>	<p>Tuesday, February 6, 2024 1:30pm - 3:00pm</p> <p>MAPLE RIDGE ACTIVITY CENTRE 12150 224th Street, Maple Ridge (604) 467-4993</p>
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WILD WEST THEME LUNCH

FRIDAY, JANUARY 26TH

MAPLE RIDGE SENIORS ACTIVITY CENTRE

12150 224TH STREET
MAPLE RIDGE
604-467-4993

SADDLE UP FOR A ROOTIN' TOOTIN' GOOD TIME

REGULAR PRICE FOR LUNCH
MENU TO BE ANNOUNCED
NO TICKET REQUIRED

THE SALOON (BAR) IS *OPEN*

**This year, the last Friday of each month, the MR centre's bar will be open during lunch.*

Going Bananas Social & Golden Spoon Banana Bread Contest

CONTEST

Friday, Feb 23
12:30pm - 2:30pm

Enter your banana bread for a chance to win the prestigious "Golden Spoon" title!

To participate and for all the sweet details, speak with or email our Events Coordinator, Katie Cowieson, katie@rmssseniors.org

Tickets Sales Begin on Feb 1
\$6

Pitt Meadows Activity Centre
19065 119b Ave, Pitt Meadows
(604) 457-4771

PIE AND ICE CREAM

TUESDAY, JANUARY 30TH
&
TUESDAY, FEBRUARY 27TH

FROM 1:00 PM TO 3:00 PM

PITT MEADOWS SENIORS CENTRE
19065 119B AVE PITT MEADOWS

\$4 INCLUDES A SLICE OF PIE & A HOT BEVERAGE

NEED A RIDE FOR JANUARY ?
BOOK THE BUS!!!
Leaving MR Centre at 1:45 return by 3:15.
Cost: \$6 + cost of pie
Prepay reception by: Jan 23rd

EVENTS

THANK YOU!

FOR SUPPORTING
THE CHRISTMAS 2023 SOCIAL

REAL CANADIAN SUPERSTORE | Qualicare Home Care | save on foods

VINTAGE WEST | ALISON PARKER | NOFRILLS | LFM | Maple Ridge Garden Club

THE MR CRAFT LADIES | CANADIAN TIRE | STARBUCKS COFFEE | THE PM CRAFT LADIES



Gayle L. and Cheryl G.



PM Craft sales table at our recent Christmas Event.

**SAVE THE DATE:
FOR THE LOVE
OF ART**

RMSS is organizing an art exhibition to showcase the creativity of its members. Members can submit their artwork in various forms for the exhibition. Contact Katie at 604-457-4771 or katie@rmssseniors.org for more information.

SAT MAR 23RD
PITT MEADOWS CENTRE
1 PM TO 3 PM
MORE TO COME!

PLEASE NOTE:

RMSS CENTRES WILL BE CLOSED ON:

MON JAN 1 for NEW YEARS DAY and

MON FEB 19 for FAMILY DAY



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.



Wed Feb 14 NORTHWEST FLOWER & GARDEN SHOW (USA) \$140

MR 7:45am-8:15pm

PM 8:00am-8:00pm

The Washington State Convention Centre in Seattle hosts the 2024 Northwest Flower and Garden Show. Take 4 hours free time to explore six acres of flowers, plants, gardens, exhibits, participate in seminars and many other features.

Package includes: Admission to Northwest Flower & Garden Show, 4 hours free time at show, Haggen Ferndale, Burlington, relief driver, all fees and taxes. Meal options available at your cost.

*USA travel documents required

Level: Easy

Registration opens Jan 9



Tue Mar 12 TOURIST IN YOUR OWN TOWN \$140

MR 8:45am-6:15pm

PM 9:00am-6:00pm

Take the Aqua Bus on a narrated cruise of False Creek, stroll through the Bloedel Conservatory, and visit Hycroft Manor for a guided tour and lunch in the elegant dining room. Enjoy a neighbourhood coach tour of Gastown and Chinatown and board the West Coast Express at Waterfront to Mission City. (Enjoy shuttle will drive guests from Mission to RMSS centres.)

Package includes: Hycroft Manor Lunch, Aqua Bus Cruise, West Coast Express, Coach Tour, Bloedel Conservatory

Level: Easy

Registration opens Feb 6

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.



Tue Mar 26 FRASER RIVER DISCOVERY TOUR

\$170

MR 8:45am-4:00pm

PM 9:00am-3:45pm

Discover the Mighty Fraser and see the working river at its finest including an informational stop at the discovery Centre prior to boarding! 2.5-hour voyage up to the Douglas island Wildlife Preserve as well as to the mouth of the Pitt River. Get your cameras ready for this narrated educational tour!

Package includes: Paddlewheeler River Boat Tour, Discover the Fraser Lunch Cruise, Fraser River Discovery Centre, Westminster Quay Public Market *Level: Easy* *Registration opens Feb 13*



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

Include trip name and names of those in the photo.



Welcome, Joanne, Transportation Coordinator! Pictured here with Margaret on the inaugural Coquitlam Centre shopping trip.

Please note: Seniors Bus is not affiliated with Enjoy Tours.



Seniors Bus



FORT LANGLEY VILLAGE
Wednesday, February 21

COST \$15.00*

pre-pay at reception by noon Fri Feb 16
MINIMUM 15 PASSENGERS FOR TRIP TO PROCEED

- When was the last time you went "thrifting"?**
- Checked out an art gallery or boutique?**
- Enjoyed a fun coffee or ate lunch in a quaint cafe?**
- Explored Fort Langley National Historic Site?**

*this cost covers the return bus trip with stops at both Maple Ridge & Pitt Meadows centre; any additional costs are the participant's responsibility

ITINERARY:

- Maple Ridge centre 10:00am - 3:00pm
- Pitt Meadows centre 10:15am - 2:45pm
- Fort Langley Village 11:00am - 2:00pm

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



















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

This trip is affiliated with the Community Seniors Bus program.





MONTH AT A GLANCE - JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NEW YEAR'S DAY RMSS CLOSED	2 	3 	4 	5 Absolute Hearing (by appt.)	6 Rhythm & Reach
< 50/50 sales available at BOTH centres Jan 8-13! Winner drawn Jan 15! >						
7	8 	9 	10 Welcome Tour at PM 	11 Welcome Tour at MR	12 Dance Your Buns Off FREE DEMO	13 
14	15 Tech Help 	16 Info Session: Living Life to the Full Info Session: CDN Dental Health Benefits	17 	18 Info Session: Scams & Frauds	19  Book Club	20 Jam Session @ PM
21	22  Stay Fit 3 evenings	23 Info Session: MR Street Outreach Society 	24 	25  Wellness Workshop: Diabetes	26 Painting at PM Wild West Themed Lunch	27 Jam Session @ MR
28	29 Caregiver Walk & Coffee	30  Pie & Ice Cream	31 Passport & Certification Assistance 			

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 - FEBRUARY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Caregiver Connection	3 Workshop: Diabetes Self-Management
< 50/50 sales available at BOTH centres Feb 5-10! Winner drawn Feb 12! >						
4	5	6	7 Eyeglass Service & Repair	8 Welcome Tour at MR Trivia	9 	10 Painting Workshop: Beginner's Basics
11	12 Foot Care w/ Vilma (by appt.)	13 Info Session: Service CDN Therapeutic Yoga evenings	14 BUS TRIP: NW Flower & Garden Show	15 Armchair Traveller Gentle Pilates - evenings	16 Foot Care w/ Gigi & Yvette (by appt.)	17
18	19 FAMILY DAY RMSS CLOSED	20 Walking Club 	21 BUS TRIP: Fort Langley Village Info Session: Fitness Class	22 Wellness Workshop: Healthy Heart	23 Eyeglass Service & Repair 	24 Karaoke
25	26	27 Pie & Ice Cream	28 	29 Tech Help: Service CDN 		



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

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.

The annual renewal of Fitness Waivers is back. These are required and are only referenced in case of medical emergency. They are available at reception and in class . (N.B. It is two-sided.)



Ridge Meadows Seniors Society

EXERCISE PROGRAM WAIVER/RELEASE

Please note: In order to participate in any RMSS Exercise Program, this waiver/release must be signed. This confidential information is only disclosed to First Responders in the case of an emergency. How much information you choose to share is your benefit. As this form is updated annually, any previous copies are destroyed.

Name: _____ Birthdate: _____
 Address: _____ Sex: Male () Female ()
 Emergency Contact: _____
 Name: _____
 Phone: _____

Membership Renewal Date: _____

PHN (Personal Health Number): _____
 For the purposes of this waiver/release, the term "Exercise Program" refers to all exercise programs offered through Ridge Meadows Seniors Society (RMSS).

In consideration of the acceptance of the Exercise Program, the undersigned, for myself, my dependents, family, estate, heirs, assigns, hereby releases, discharges, holds completely harmless, and agrees to indemnify and hold RMSS, the organizers and sponsors of the Exercise Program, and their respective officers, employees, agents and volunteers (collectively called the "Organizers"), from any and all claims, demands, damages, liabilities, losses, damages or causes of action (including out-of-pocket expenses), injury, loss, injury, or damage to the person or property, including any expenses of any kind resulting from my participation in or attendance at the Exercise Program, whether arising by reason of the negligence of the Organizers or otherwise.

I confirm that I have agreed to participate in the Exercise Program after having consulted with my physician.



NEW FITNESS CLASS



Are you wishing there was a fitness class that catered to you? We want your input to design a class for those with limited ability(ies), one or more complex health issues and/or pre-existing conditions, yet have a desire to be involved in a fitness program. An info session is planned to share ideas & goals, facilitated by the class instructor. (Lori is certified & experienced to address a multitude of health issues in the fitness industry.) With enough interest, we'll set a date for a demo class and run it as a pre-registered class.

Wed Feb 21 11:15am - noon

pre-register your intent to attend at 604-467-4993

We are here to support your fitness goals!



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



55+

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



PM FITNESS CLASSES



Pitt Meadows Chair Fit is moving to a new day! This seated exercise class (with option to stand) 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.

Drop-in **Thursdays 10:15 - 11:00am** - starting Jan 4, 2024



We are here to support your fitness goals!

MON	TUE	WED	THU	FRI	SAT
Stay Fit 2/3	*Gentle Hatha Yoga	Functional Fitness	Chair Fit NEW DAY starting Jan 4	Tai Chi	Rhythm & Reach
Chair Yoga	Chair Yoga		Chair Yoga	*Dance Your Buns Off	

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

FREE DEMO on Jan 12 10:30-12:15

55+

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

PROGRAM INFORMATION - Fitness

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 either a mat or seated. A great combo to start your weekend off right!

***Bring:** a mat (optional)

Weekday	Time	Centre	Room	Cost	Of Note
Sat	9:30-10:15am	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 Jan 1, Feb 19



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 Jan 1, Feb 19
Mon	6:30-7:15pm	MR	Hall C	\$2 drop-in	No classes Jan 1, Feb 19



PROGRAM INFORMATION - Fitness

DANCE FITNESS CLASSES: (pre-registered)

DANCE FIT:

Cost: \$20 / 4 classes (pre-reg.; min 10 to proceed)

Instructor: Pat , Adela

Want to get up and dance? Enjoy our energetic Dance Fit classes We dance to the everyone’s favourite hits and incorporate a variety of dance moves including: jive, line dance, tango, Charleston, disco, Bollywood. The goal is having FUN! Each instructor brings their own style and flair.

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



\$5 DROP-IN Jan 15, Feb 26

Sess #1: Jan 22, 29, Feb 5, 12 reg. opens Jan 8

Sess #2: Mar 4, 11, 18, 25 reg. opens Feb 12

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



\$5 DROP-IN Jan 17

Sess #1: Jan 24, 31, Feb 7, 14 reg. opens Jan 8

Sess #2: Feb 21, 28, Mar 6, 13 reg. opens Feb 12



DANCE YOUR BUNS OFF

Cost: \$20 / 4 classes (pre-reg.; min 10 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, like Line Dance, Rock ‘n Roll, popular, favourite songs with personal requests welcomed, you’ll have so much fun, you won’t believe you are working out!

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



FREE DEMO Jan 12

Sess #1: Jan 26, Feb 2, 9, 16

reg. opens Jan 5



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 classes Jan 1, Feb 19
**Thu	10:15-11:00am	PM	Main Hall	\$2 drop-in	NOW ON THURSDAYS

Schedule change



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	PM	Main Hall	\$2 drop-in	



Meals on Wheels ...more than a meal

We deliver hot meals, the comfort of a friendly visit and the reassurance of an informal check on the safety and well-being our meal recipients.

Give the gift of meals to a friend or family member going through a difficult time. Want to donate to Meals on Wheels and help low income seniors receive a free meal? Gift certificates available.

Visit our website

community SERVICES
Changing lives together

United Way
West Columbia

604-467-6911
comservice.bc.ca

PROGRAM INFORMATION - Fitness

YOGA CLASSES:

CHAIR YOGA:

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

Instructors: **PM:** Virginia / Kelli

MR: Adela

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 classes Jan 1, Feb 19
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 classes Jan 1, Feb 19



at PMSC

Cost: \$20 / 4 classes (pre-reg.; min. 10 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 Jan 9 & Feb 13

Sess #1: Jan 9, 16, 23, 30 reg. opens Jan 2

Sess #2: Feb 13, 20, 27, Mar 5 reg. opens Jan 30



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	6:30-7:15pm	MR	Hall C	\$2 drop-in	



We are often asked what the differences between Yoga and Pilates are.

In a nutshell, both address mindful movement, involve a gentle and relaxing full body stretch, and body awareness. Yoga can have a spiritual focus - Pilates on daily movement mechanics. The breathing techniques are different. (Pilates inhales through the nose, out through the mouth.) Pilates focuses on one's "core" (abdominal) muscles to support one's posture and balance. Yoga teaches mindfulness, awareness, focus.

Chair Yoga, Gentle Hatha Yoga, Therapeutic Yoga, and Pilates each have their own strengths and benefits for the user.

Ultimately, the best way to note the differences and determine what works for you is to come out and try the classes.

Come a few minutes early, introduce yourself to the instructor, share your health goals and any medical concerns. Our qualified experienced instructors will advise how you can best participate.

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.

Change

Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:30-2:30pm	MR	Library Room	\$2 drop-in	No class Jan 1, Feb 19
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 classes Jan 1, Feb 19
Tue -Advanced	6:00-7:45pm	MR	Hall B	\$2 drop-in	
Wed -All levels	2:00-3:30pm	MR	Hall B	\$2 drop-in	
Fri -All levels	10:15-11:15am	PM	Main Hall	\$2 drop-in	



SPORTS:

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

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

Weekday	Time	Centre	Room	Cost	Of Note
Mon	5:30-7:30pm	MR	Halls A&B	\$1 drop-in	Not on Jan 1, Feb 19
Sat	10:30am-12:30pm	MR	Halls A&B	\$1 drop-in	

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 Jan 1, Feb 19
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	1:15-3:30pm	PM	Hall B	\$1 drop-in	Not on Jan 1, Feb 19
Tue	8:45-11:00am	MR	Halls A&B	\$1 drop-in	
Wed	8:45-11:00am	MR	Hall A	\$1 drop-in	
Wed	10:15am-12:30pm	PM	Hall A	\$1 drop-in	
NEW! Wed	5:30-7:30pm	MR	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	
NEW! Fri	12:30-1:15pm *Beginners	PM	Main Hall	\$1 drop-in	Not on Feb 23
Fri	1:15-3:30pm	PM	Main Hall	\$1 drop-in	Not on Feb 23

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 Jan 1, Feb 19
Mon & Wed	9:00am-4:00pm	PM	Snooker	\$3 drop-in	Not on Jan 1, Feb 19
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	

A Caregiver Walk & Coffee program is available.

2nd & 4th Mon 1:30-2:30pm at PM centre; 2nd & 4th Wed 1:30-2:30pm at MR centre
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	Meets Jan 4, 18 Feb 1, 15

PROGRAM INFORMATION - Cards & Games

BRIDGE:

Want to learn how to play social bridge?
See addt'l Beginner Bridge lessons info on pg. 30

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 Jan 1, Feb 19
Wed - Beginner Bridge Lessons	10:00-11:30am	MR	Library	\$1 drop-in	Limited session runs Jan 24-Feb 28
Wed - ACBL	12:30-4:00pm	MR	Hall A	\$1 drop-in	
Wed - Social	1:00-4:00pm	MR	Craft Rm	\$1 drop-in	No partner required
Fri - Partnership	12:30-4:00pm	MR	Hall C	\$1 drop-in	

CANASTA:

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

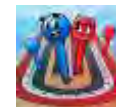


Now offered on Thursday afternoons - check it out!

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

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	12:45-3:45pm	PM	Wellness Rm	\$1 drop-in	

PROGRAM INFORMATION - Cards & Games

MAH JONG:

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00-3:30pm	PM	Common Area	\$1 drop-in	
Thu	1:00-3:30pm	MR	Social Activity	\$1 drop-in	

MEXICAN TRAIN:

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



Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:30-4:00pm	MR	Lounge	\$1 drop-in	Not on Jan 31 or Feb 28

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	MR	Lounge	\$2 drop-in	Only on Feb 8



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	
Flamenco	Wed	3:00-4:00pm	PM	Hall B	\$1 drop-in	
Hawaiian	Thu	12:30-1:30pm	MR	Hall C	\$1 drop-in	Resumes Jan 11
Line Dance -beg.	Mon	11:30am-12:30pm	PM	Main Hall	\$1 drop-in	Not on Jan 1, Feb 19
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$1 drop-in	Not on Jan 1, Feb 19
-int.	Tue	10:30-11:45am	MR	Hall C	Pre-registered	Runs Jan 9-Mar 26 *min 2 years exp.
Line Dance Fun!	Thu	10:30-11:45am	MR	Hall C	\$1 drop-in	



Have you noticed the “I’d love to talk” tent cards at our coffee shops?

This campaign was started by Sharyn Sadauskas, a BC resident, to address what can otherwise be an awkward interaction. What if you’d like to chat but don’t know if someone else would like to engage? These cards can help facilitate conversation.

Please make use of them to help everyone feel welcomed.

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	Table Tennis 8:45 - 11:00
	Table Tennis 8:45 - 11:00 <i>change</i>	Table Tennis 8:45 - 11:00	Tech Help 9:00 - noon	Ladies & Beginners Snooker 9:00-noon
Chair Fit 10:00 - 10:45	Crafts 9:30 - 11:30	Chair Fit 10:00 - 10:45	**Natural Beauty 10:00 - noon	Chair Fit 10:00 - 10:45
	*Line Dance - Int 10:30 - 11:45	Ukulele 10:15 - 11:45	Silvertones 10:00 - 11:30	**Book Club 10:00 - noon
*Dance Fit 11:15 - noon		*Dance Fit 11:15 - noon	**Trivia 10:00 - 11:00	**Caregiver Connection 10:30 - noon
Carpet Bowling 1:00 - 3:00	Crib 12:30 - 3:30	ACBL (Bridge) 12:30 - 4:00	Line Dance Fun 10:30 - 11:45	Table Tennis - Beg 11:00 - noon
Chair Tai Chi 1:30 - 2:30	Scrabble 12:45 - 3:30	Social Bridge 1:00 - 4:00	Hawaiian Dance 12:30 - 1:30	Partnership (Bridge) 12:30 - 4:00
Line Dance - Beg 1:30-2:45		Variety Plus 1:00 - 4:00	**Caregiver Connection 1:00 - 2:30	Scrabble 12:45 - 3:30
Meditation 1:30 - 2:30 <i>change</i>		**Caregiver Walk 1:30 - 2:30	Mah Jong 1:00 - 3:30	Carpet Bowling 1:00 - 3:00
**Book Club 2:00 - 3:30	Ladies Snooker 2:00 - 4:00	Mexican Train 1:30 - 4:00	Canasta/Games 1:00 - 4:00	Create 1:30 - 3:30
Gentle Hatha Yoga 3:30 - 4:15	*Collage/Painting 3:00 - 5:00	Tai Chi 2:00 - 3:30	Chair Yoga 2:15 - 3:00	Badminton (Sat) 10:30am-12:30pm
Badminton 5:30 - 7:30pm	Tai Chi (Advanced) 6:00 - 7:45pm	Table Tennis 5:30 - 7:30pm	Gentle Hatha Yoga 3:30 - 4:15	Jam Session (Sat) 10:30am - noon
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 2/3 9:00 - 9:45	Walking Club 8:30 - 9:45	Functional Fitness 9:00 - 9:45	Walking Club 8:30 - 9:45	*Painting 10:00 - noon
Snooker 9:00 - 4:00		Snooker 9:00 - 4:00		Tai Chi 10:15 - 11:15
COFFEE SHOP OPEN 9:15-11:15am; 12:30-3:00pm				
**Caregiver Connection 9:30 - 11:00	Scrabble 10:00 - noon	Crafts 9:30 - 11:30	Chair Fit 1 10:15 - 11:00	Dance Your Buns Off 11:30 - 12:15
Chair Yoga 10:15 - 11:00	*Gentle Hatha Yoga 12:15 - 1:00	Table Tennis 10:15 - 12:30	Chair Yoga 11:30 - 12:15	Table Tennis - Beg 12:30 - 1:15
LUNCH SERVED 11:30am - 12:30pm				
Line Dance - Beg 11:30 - 12:30	Mah Jong 1:00 - 3:30	Whist 1:00 - 3:00	Carpet Bowling 1:00 - 2:30	Games 12:45 - 3:45
Tech Help 12:30 - 2:45	Chair Yoga 1:15 - 2:00	Ukulele 1:00 - 2:30	**Armchair Traveller 1:30 - 2:30	Crib 1:00 - 3:30
Bridge 1:00 - 3:45	Iceless Curling 2:30 - 4:00	Ladies Snooker 1:30 - 3:30		Table Tennis 1:15 - 3:30
Table Tennis 1:15 - 3:30		Ballet 2:00-3:00		Rhythm & Reach 9:30 - 10:15 (Saturdays)
**Caregiver Walk & Coffee 1:30 - 2:30		Meditation 2:45 - 3:45		**Jam Session 10:00 - noon (Saturdays)
	*Beg French 6:00 - 7:00	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	Meets Jan 8, 22, Feb 12, 26
Fri	10:00am-noon	MR	Craft Rm	\$1 drop-in	Meets Jan 5, 19, Feb 2, 16

CRAFTS:

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



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

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

CREATE:

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



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

Weekday	Time	Centre	Room	Cost	Of Note
Fri	1:30-3:30pm	MR	Craft Rm	\$1 drop-in	

BEGINNERS CONVERSATIONAL FRENCH:

Cost: \$8 / 8 classes (pre-reg)

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	6:00-7:00pm	PM	Arts & Craft	\$8/8 classes	Runs Jan 9-Feb 27

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 Jan 6, 20, Feb 3, 17
Sat	10:30am - noon	MR	Social Activity	\$1 drop-in	Meets Jan 13, 27, Feb 10, 24

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	

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	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 Jan 1, Feb 19
Thu	9:00am-noon	MR	Boardroom	\$2 by appt	Appts available Jan 11-Feb 15

BE WINTER READY!



Fraser Health has many resources to remind us how to be prepared for inclement weather.

Come to the Wellness Clinic every 2nd & 4th Thursday to access helpful information.

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 Jan 11, 25, Feb 8, 22



Check out our Wellness Workshop! (pg 30)



THINGS YOU DON'T WANT TO MISS!



info session



STREET SMARTS FOR SENIORS: avoiding SCAMS and FRAUDS

Seniors are being victimized through increasingly sophisticated scams. Join the RCMP's and Crime Prevention Office to learn about how organized crime groups are reaching their victims and the top scams that are affecting seniors in Canada. Learn what to do and how to spot a scam so you don't become a victim! There will be time for Q&A.

Thu, Jan 18 10:00am-noon

FREE
pre-registration required.

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

55+

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



DANCE YOUR BUNS OFF




Dance Your Buns Off is a great way to work out in this user friendly dance class. Using varied dance styles like Rock 'n Roll, Line Dance, popular, favorite songs with personal requests welcomed, you'll have so much fun, you won't believe you are working out!
(No dance experience required.)

FREE DEMO!!!

Fri Jan 12 11:30am-12:15pm
at PM centre

Then \$20 / 4 classes (pre-registered):
See reception or the GrapeVine for details
(registration opens Jan 6, 9am. 10 registered to proceed)

For more information, go to www.rmssseniors.org



Fridays
11:30am-12:15pm
PM Seniors Activity Centre
19065 119B Ave. Pitt Meadows
604-457-4771



55+

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, January 23 10:00-11:30am

FREE
pre-registration required
604-467-4993

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

55+

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



tech help

Welcome to
My Service Canada Account





SERVICE CANADA
TECH HELP

Do you need help creating an online Service Canada account?
This session will walk you through setting up your online account. You will need to bring a portable device: i.e. laptop, tablet, phone. Julie Veer from Service Canada will help you navigate.
*(Ensure you have your charge cord and know your password.)
Class size is limited. (Capacity of 10.)*

Tue, Feb 20
1:00-3:00pm

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

FREE
pre-registration
required.



Thu, Feb 29
10:00am-noon

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

55+

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

THINGS YOU DON'T WANT TO MISS!



wellness workshop

DIABETES

This info session outlines what you will learn in a free six-week session to enhance daily activities, help you learn to balance activity, nutrition and medication to better manage your diabetic symptoms, equip you to effectively communicate with your health care team, and take action towards living a healthy life!

Learn about the FREE six session workshop starting Feb 3.





Thursday, January 25 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+



wellness workshop

HEALTHY HEART

February is Healthy Heart month. We will discuss TIAs, stroke and heart attacks. Knowledge is power! Let's learn so we can prevent these often silent killers.

Presenter: Rachel Hahn, RN, Nurse Care Director
 Organization: Proof of Care

Thu Feb 8 1:30-2:30pm FREE - pre-reg required Call 604-457-4771	Thu Feb 22 10:00-11:00am FREE - pre-reg required Call 604-467-4993
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Pitt Meadows Seniors Activity Centre
 19065 119B Avenue, Pitt Meadows
 604-457-4771

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

55+



info session

Service Canada SERVICE CANADA

Are you receiving all the benefits you are entitled to?

As we enter tax season, learn about the Canada Pension Plan, Survivor's Pension, Old Age Security, and the Guaranteed Income Supplement. Our presenter's goal: to bring awareness of the many Federal Gov't Programs and Services offered. We want to ensure that clients are receiving all of the benefits they are entitled to.

Tue, Feb 13 1:00-2:30pm PM Seniors Activity Centre 19065 119B Ave. 604-457-4771	FREE pre-registration required.	Thu, Feb 15 1:00-2:30pm MR Seniors Activity Centre 12150 224 St. 604-467-4993
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RMSS - Connecting adults 55+ with a happy, healthy life 55+



Beginner Bridge Lessons

WITH JIM & DIANNA

Do you want to learn how to play social bridge? This limited series will equip you with the basics to get started. Weekly lessons build on one another.

Wednesdays
10:00-11:30am
 Drop-in: Jan 24 - Feb 28
 Cost: \$1/class

Bring a partner or prepare to partner in class.
 Call ahead to reserve your spot: 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

THINGS YOU DON'T WANT TO MISS!



seasonal event

TRIVIA

WITH JOHN

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

Thursday February 8 **NEW**
10:00-11:00am
 Drop-in
 Cost: \$2.00

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

55+



LIVING LIFE TO THE FULL

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 Jan 16 10:30am-noon
 8-WEEK SESSION on Tuesdays Jan 30 - Mar 19 10:30am-noon

Cost: FREE (regular cost \$250.00)

Location: PITT MEADOWS SENIORS ACTIVITY CENTRE
 19065 119B Ave. Pitt Meadows

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

Visit our website to find out more!
www.rmgilmeas.ca and www.rmsseniors.org

KNOWLEDGE + SKILLS + CONFIDENCE

Diabetes Self-Management Program

- Enhance daily activities
- Learn to balance activity, nutrition and medication to better manage symptoms
- Communicate effectively with your health care team
- Take action and live a healthy life!

FREE Six-Session Workshop for Adults with Diabetes
 Family Members and Friends Welcome

DATES/TIME: February 3, 2024 to March 9, 2024
 Saturdays, 10:30am to 1:00pm

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

TO REGISTER: 604-940-1273 or (Toll Free) 1-866-902-3767
selfmanagementbc.ca

Connected with us: [@SelfManagementBC](https://www.facebook.com/SelfManagementBC) [@selfmgtbc](https://www.instagram.com/selfmgtbc)

University of Victoria | Institution Aging & Learning Health | Self-Management | THE UNIVERSITY OF COLUMBIA

DEMENTIA WORKSHOP

Navigating the dementia journey

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

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

WHEN: Tuesday, February 20
 1:30 to 3 p.m.

REGISTRATION: Please call the First Link® Dementia Helpline at 1-800-936-6033 or Pitt Meadows Seniors Centre at 604-457-4771.

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

Alzheimer Society | First Link®



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

Make an appointment:
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Pitt Meadows, BC V3Y 2J2



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Nicole MacDonald
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www.macdonaldmeechannotaries.com

604.457.0050



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20% OFF

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

Cannot be combined with any other discount.

Must present this coupon at time of initial appointment.

Valid until April 30th 2024

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

CANADIAN DENTAL CARE PLAN INFORMATION SESSION



The Government of Canada is rolling out the Canadian Dental Care Plan for Seniors starting now. Come to this FREE INFO SESSION to learn more about eligibility and accessing these oral health care services.

Maple Ridge Seniors Activity Centre
Tuesday January 16th, 2024
1:00 PM - 2:00 PM

To register or for more info,
Email: bev@rmssseniors.org OR
raman@rmssseniors.org
Phone: 604-380-0516



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




CAREGIVER CONNECTION & SUPPORT PROGRAM

EARLY CAREGIVERS SUPPORT GROUP

Join Caregivers who are at the beginning stages of caring for an Older Adult 55+. Share your experiences, learn skills to cope with new changes, and decrease feelings of loneliness and isolation.

2ND THURSDAY OF EACH MONTH
MAPLE RIDGE SENIORS ACTIVITY CENTRE LIBRARY
STARTING ON JANUARY 11TH, 2023

For more information, call Raman at 604-380-0516 or email raman@rmssseniors.org



Funded by the Government of B.C. & managed by United Way BC.




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.



seasonal event

ARMCHAIR TRAVELLER

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

Thu Feb 15 1:30-2:30pm

Reserve your spot by phone
Cost \$1.00



Join avid traveller Larry as he shares photos from his trip to Australia & New Zealand!

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



You are not alone

Grief Support Groups



Pitt Meadows Seniors Activity Centre
Third Friday of every month
Time: 10am-11am



Maple Ridge Seniors Activity Centre
Fourth Friday of every month
Time: 10am-11am
Starting January 26th

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

Ridge Meadows HOSPICE SOCIETY

Please call Maureen at 604-463-7722 to register




painting & mixed media



Our next project

PAINTING w/ Kimberley

Three-part pre-registered class:
Friday Jan 26, Feb 2, Feb 9
10:00am-noon

Cost: \$30 (includes supplies)
Minimum 5 participants
registration begins Jan 5

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



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



painting workshop



some sample projects

BEGINNER'S BASICS

For those new to painting or looking for a refresher, Norma Jean will lead this one day workshop. This is an overview on colour, balance, style, perspective, application. You will leave with a Valentine's themed project.

One day pre-registered workshop:
Sat Feb 10 10:30am-3:00pm

Cost: \$40 (includes project supplies but please bring a ruler)
Minimum of 8 participants
(there will be a 30 minute lunch break; bring your own lunch or purchase from Karaoke lunch counter)
registration begins Jan 6

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



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



POP-UP SERVICE CLINICS

Are you in need of help with:

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

Or do you require assistance with:

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




Come on by and pick up a Canadian flag or pin

DROP-IN CLINIC DATE:

January

Wed Jan 31 9:30-11:30am
Pitt Meadows Seniors Activity Centre
19065 119B Ave., Pitt Meadows





POP-UP SERVICE CLINICS

Do your eyeglasses need some service?



- ✔ an optometrist will be on site
- ✔ have your glasses cleaned
- ✔ have your glasses adjusted
- ✔ ultrasonic cleaner
- ✔ replacement nose pads
- ✔ cleaner/case & cloth giveaways

DROP-IN CLINIC DATES:

February

Wed Feb 7 9:15-11:15am
at Pitt Meadows centre

Fri Feb 23 9:15-11:15am
at Maple Ridge centre

FREE SERVICE provided by




Seniors' eye exam at no cost to you

Costs are covered by provincial health care plan for eligible patients

Plus, you can get **free progressive lenses included with glasses from our \$149 range or above**

Book an eye exam at Meadowtown Shopping Centre
(778) 262-1193



Offer includes 15 standard progressive lenses. Conditions apply. Visit specsavers.ca for details.

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604-510-2299

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12150 - 224 St. Maple Ridge
absolutehearing.ca

Beez
foot care

Vilma Baldoz-Abalos

Footcare Services
Certified Footcare Nurse / Registered Nurse

\$40 for approx. 15-20 minute appointment

Upcoming dates (Mondays): Jan 22 & 29
Feb 5 & 12
Mar 18 & 25

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

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

Beginner Conversational French

WITH KATHY

Let's learn some Beginner Conversational French together.
We'll learn phrases you might use in travel.
We'll review nouns, verbs, pronouns.
(some basic French grammar knowledge an asset)

Tuesday evenings
6:00 - 7:00pm
Pre-registered: Jan 9 - Feb 27
Cost: \$8 (8 classes)
Bring pen and paper.
Minimum 6 registered to proceed. (Max 10)
Registration opens Jan 2

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

I am here to support
Pitt Meadows & Maple Ridge Seniors

- Veterans Affairs
- Document Certification
- 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

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	*Anne 604-763-5623 Duffy 604-466-9617	Claudia 604-467-8385



RMSS drivers: (left to right)
Back row: Peter, Duffy Claudia
Kneeling: Sheila, Anne

*** Indicates drivers serving the local Maple Ridge and Pitt Meadows area only**

<p style="text-align: center;">Relief Drivers</p> <p>Gillian: 604-476-2109 Joys: 604-726-8868 May be able to help when regular drivers not available</p>	<p style="text-align: center;">Priority is given to trips for medical purposes. 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



real

Real
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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.

Lisa Beare, MLA
Maple Ridge - Pitt Meadows

Bob D'Eith, MLA
Maple Ridge - Mission



Sending our best wishes for a beautiful, happy, & healthy New Year!



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!

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

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.

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



Lisa Beare, MLA
Maple Ridge - Pitt Meadows
 604-465-9299
lisa.beare.MLA@leg.bc.ca
www.lisabeare.ca

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Caregivers • Homemakers • Companions • Nurses

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2024

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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

www.douglascollege.ca/encore-careers




Funding provided by the Government of Canada through the Canada Skills and Innovation Development Agreement

WORKSHOP & EVENT DETAILS

- Jan 1:** **RMSS closed: New Year's Day**
- Jan 8-13:** **50/50 Ticket Sales** (see pg. 45)
- Jan 10:** ***Seniors Network: Advance Care Planning**
FREE; Wed Jan 10 1:00-2:30pm *at Maple Ridge Library; <https://AdvanceCarePlanning.eventbrite.ca>
- Jan 10/11:** **Welcome Tour at PM/MR** (see pg. 5)
FREE; Wed Jan 10 10:00-11:00am at PM centre; Thu Jan 11 10:00-11:00am at MR centre
- Jan 16:** **Info Session: Living Life to the Full** (see pg. 31)
FREE; Tue Jan 16 10:30am-noon at PM centre; pre-register at 604-457-4771
- Jan 16:** **Info Session: Canadian Dental Care Plan** (see pg. 34)
FREE; 1:00-2:00pm at MR centre; pre-register at 604-380-0516
- Jan 16:** **Info Session: Choose to Move** (see pg. 46)
FREE; 1:30-2:30pm at MR centre; pre-register at www.mapleridge.ca/1484 or 604-467-7422
- Jan 18:** **Info Session: Scams and Frauds** (see pg. 29)
FREE; 10:00am-noon at PM centre; pre-register at 604-457-4771
- Jan 19:** **Event: Bingo** (see pg. 6)
\$10 for 5 cards; Fri Jan 19 10:30am-noon at PM centre; ticket sales begin Jan 3
- Jan 19:** **FREE DEMO: Dance Your Buns Off** (see pg. 14, 29) FREE; Fri Jan 19 11:30am-12:15pm PM centre
- Jan 23:** **Info Session: Maple Ridge Street Outreach Society** (see pg. 29)
FREE; 10:00-11:30 at MR centre; pre-register 604-467-4993
- Jan 25:** **Wellness Workshop: Diabetes** (see pg. 30)
FREE; Thu Jan 25 10:00-11:00am at MR centre; pre-register 604-467-4993
- Jan 26-Feb 9:** **Workshop: Painting and Mixed Media** (see pg. 36)
\$30; Fri Jan 26, Feb 2, 9 10:00am-noon at PM centre; pre-register at reception
- Jan 26:** **Themed Lunch: Wild West** (see pg. 6)
regular lunch pricing; Fri Jan 26 11:30am-1:00pm at MR centre; bar open
- Jan 30:** **Event: Pie and Ice Cream Social** (see pg. 6)
\$4.00; Tue Jan 30 1:00-3:00pm at PM centre; drop-in; Seniors Bus transportation add'l \$6
- Jan 31:** **Service Clinic: Passport & Certification** (see pg. 37) FREE; Wed Jan 31, 9:30-11:30am PM centre
- Feb 3-Mar 9:** **Workshop: Diabetes Self-Management** (see pg. 31)
FREE; Sat Feb 3 - Mar 9 10:30am-1:00pm at MR centre; pre-register 604-940-1273
- Feb 5-10:** **50/50 Ticket Sales** (see pg. 45)
- Feb 6:** **Event: Bingo** (see pg. 6)
\$10 for 5 cards; Tue Feb 6 1:30-3:00pm at MR centre; ticket sales begin Jan 3
- Feb 7/23:** **Service Clinic: Eyeglass service and adjustment** (see pg. 37)
FREE; Wed Feb 7 9:15-11:15am at PM centre; Fri Feb 23 9:15-11:15am at MR centre
- Feb 7:** ***Seniors Network: We Can Write!**
FREE; Wed Feb 7 1:00-2:30pm at *Maple Ridge Library; <https://WeCanWrite.eventbrite.ca>
- Feb 8/14:** **Welcome Tour at MR/PM** (see pg. 5)
FREE; Thu Feb 8 10:00-11:00am at MR centre; Wed Feb 14 10:00-11:00am at PM centre
- Feb 8:** **Trivia** (see pg. 22 & 31) \$2.00; Thu Feb 8 10:00-11:00am at MR centre; drop-in

WORKSHOP & EVENT DETAILS

- Feb 8/22: Wellness Workshop: *Healthy Heart - TIA, Stroke, Heart Attack* (see pg. 30)**
FREE; Thu Feb 8 1:30-2:30pm at PM centre; Thu Feb 22 10:00-11:00am at MR centre
- Feb 10: Workshop: *Beginners Painting* (see pg. 36)**
\$40; Sat Feb 10 10:30am-3:00pm at MR centre; pre-register at reception
- Feb 13/15: Info Session: *Service Canada Retirement Benefits* (see pg. 30)**
FREE; Tue Feb 13 1:00-2:30pm at PM centre; pre-register at 604-457-4771
FREE; Thu Feb 15 1:00-2:30pm at MR centre; pre-register at 604-467-4993
- Feb 14: Bus Trip: *Northwest Flower & Garden Show (USA)* (see pg. 8)**
- Feb 15: Armchair Traveller: *Australia & New Zealand* (see pg. 36)**
\$1.00; Thu Feb 15 1:30-2:30pm at PM centre; reserve your spot at 604-457-4771
- Feb 19: RMSS closed: Family Day**
- Feb 20: Workshop: *Navigating the Dementia Journey* (see pg. 31)**
FREE; Tue Feb 20 1:30-3:00pm at PM centre; pre-register at 604-457-4771
- Feb 20/29: Tech Help: *Creating an Online Service Canada Account* (see pg. 29)**
FREE; Tue Feb 20 1:00-3:00pm at PM centre; pre-register at 604-457-4771
FREE; Thu Feb 29 10:00am-noon at MR centre; pre-register at 604-467-4993
- Feb 21: Bus Trip: *Fort Langley Village* (see pg. 9)**
- Feb 21: Info Session: *New Fitness Class* (see pg. 12)**
FREE; Wed Feb 21 11:15am-noon at MR centre; pre-register at 604-467-4993
- Feb 23: Event: *Going Bananas Social and Golden Spoon Banana Bread Contest* (see pg. 6)**
\$6; Fri Feb 23 12:30-2:30pm at PM centre; ticket sales begin Feb 1
- Feb 27: Event: *Bar Open during lunch last Friday each month at MR centre***
- Feb 27: Event: *Pie and Ice Cream Social* (see pg. 6) \$4.00; Tue Feb 27 1:00-3:00pm at PM centre; drop-in**

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 Jan 8-13...drawn Jan 15
Sold Feb 5-10...drawn Feb 12

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

BRITISH COLUMBIA
 MAPLE RIDGE CENTRE 12150 224th Street
 PITT MEADOWS CENTRE 19065 119th Ave



To our 50/50 winners:

November:	Delores C.	\$ 84.00 (PM)
	Bruce T.	\$162.50 (MR)
December:	Lucie A.	\$122.00 (PM)
	June G.	\$161.00 (MR)

Our next 50/50 sales run Jan 8-13 and Feb 5-10

At PM: tickets available at reception

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

AROUND TOWN



Pickleball - Skills & Drills

Did you complete our Beginner Pickleball already? This course is for those not new to the sport, but still a beginner. Build on what you have learned and focus on improving core skills of the game!



January & February Sessions Available!

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




COMMUNITY BUS RENTALS

20 PASSENGER BUS WITH DRIVER FOR HIRE

LOW COST FOR SENIOR SERVING NON PROFIT AGENCIES

RATE OF \$2 PER KM + \$35 / HOUR

CAN ACCOMMODATE UP TO 2 WHEELCHAIRS!

Are you looking to book a small community bus for your next outing? Book easily online today.

BOOK NOW! WWW.RMSSSENIORS.ORG/BUS-RENTALS



Pitt Meadows Garden Club



Meets every 3rd Monday at 7:00

11119 Harris Rd, Pitt Meadows, BC V3Y 2E9

For more info: pittmeadowsgardclub.ca

KEEP CALM THE DAYS START GETTING LONGER



Are you starting to consider what retirement might look like? Service Canada has launched a new website which helps you check your readiness and options. Go to: <https://estimateursv-oasestimator.service.canada.ca/en>



Maple Ridge Garden Club

Monthly meetings every 3rd Wednesday at Fraserview Hall. Doors Open at 6:30pm. For more info: www.mrgardenclub.wix.com/mapleridgegardenclub

Memory Conversation Café meet:

1st and 3rd Tue of the month, 1-2:30 pm
Fraserview Village Hall – 22610 116 Ave. MR

1st and 3rd Thu of the month, 1-2:30 pm
RMSS Pitt Meadows Seniors Activity Centre

2nd and 4th Fri of the month, 1-2:30 pm
RMSS Maple Ridge Seniors Activity Centre

A place to get together to share stories, quizzes, and things that spark our memories. Caregivers are welcome to attend and will provide separate area and at times, speakers will attend. Refreshments offered. Call Myrna at (604) 477-9628 or email: the.normans@shaw.ca

Choose to Move

FREE INFORMATION SESSION
January 16, 2024 at 1:30 PM
Maple Ridge Seniors Activity Centre

Register for a FREE Information Session to determine whether Choose to Move (running January 31 - March 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 www.mrgardenclub.ca/2404 or 604-467-7422

REGISTER FOR PROGRAM www.mrgardenclub.ca/2404

LEARN MORE
fredrick@mapleridge.ca
choosetomove.ca




As announced in the last GrapeVine our current Recreation Software is no longer available for us to use. After much investigation, we have found a similar software that will be as close as possible to our old system and we will have the ability to use the same blue FOB's. Obviously, with this transition will come some changes. Here are the answers to some questions you may have.

Book King (New YouConnect Software) Frequently Asked Questions

What will happen to my current money on account?

Money on account will be returned to each member via cheque from RMSS.

Will I still be able to use my FOB?

YES – your FOBs will transfer to our new system and will still be used to identify each member, house their membership information, as well as be used to tap into classes.

Will I still be able to use money on account to pay for meals and coffee?

NO - Money on account will no longer be accepted as a form of payment. Meals and coffee can continue to be purchased with Cash, Debit or Credit.

Will I still tap into the building when I arrive?

YES – each member will continue to tap their FOB at the Welcome Desk. This will record your visit to the Activity Centre.

What is a drop-in fee pass?

A drop-in pass is essentially pre-paying for a block of drop-in classes. You can pre-purchase a pass good for attendance to most of your favourite drop-in activities. It is loaded onto your FOB.

How much is a drop-in fee pass?

All drop-in programming will be \$2 per class when we go live with the new software.

Drop-in Passes can be purchased in 5 or 10 sessions. A 5-class pass will be \$10, and a 10-class pass will be \$20.

Do I have to carry around the drop-in fee pass?

NO – you will continue to bring your FOB to each centre. Passes will live on the FOB and one class will be removed from the pass each time you tap your FOB to attend a drop-in program. When tapping into a class you will receive a reminder to repurchase when you have 2 drop-in sessions remaining.

When are we going to start using the new system?

RMSS will have a transition period at the beginning of March where we will move to manual operations before moving to the new program March 18. (This date may change.... Check notices at the centres for updates.)

When should I stop putting money on account?

RMSS will no longer accept monies to be put on account after February 1st, 2024.

Can I still try a new activity for free to see if I like it?

YES! Please stop by Member Services and speak with a staff member in reception to try a new activity for free. You will not be required to tap into the class but staff will need to record your attendance.

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

VOLUNTEER APPRECIATION!

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

I want to nominate...

Our varied and many Activity Leaders!

RMSS would not be able to offer the assortment of programs it does without the time and effort of our many Activity Leaders. Whether coming early to set up an activity, maintaining contact with those who regularly attend, rehearsing so they are ready to teach/instruct, offering rides to those in their groups, or organizing performances around town, these tireless souls are vital to our society.

Let's be sure to value their time, respect their effort, and express gratitude for their willingness to accept these leadership roles.

It is a pleasure working with and for you. ~ Carmen Tischer, Activity Coordinator



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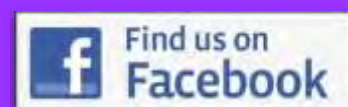
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