

GrapeVine



55+

RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows Mar & Apr 2024 Program Guide



Everett and Patti attending the always popular
Pie & Ice Cream event at PM centre.



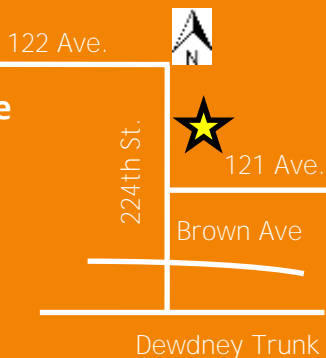
Thank you to Audrey, Pat and Starla for keeping the PM coffee shop stocked!
(On guard! Armed with rolling pin and whisk.)

Congratulations to Everett Crowdis - recipient of City of PM's 2024 Good Neighbour Award.
Thank you to our amazing volunteer team of PM coffee shop bakers!

FACILITY INFO

Maple Ridge Seniors Activity Centre

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

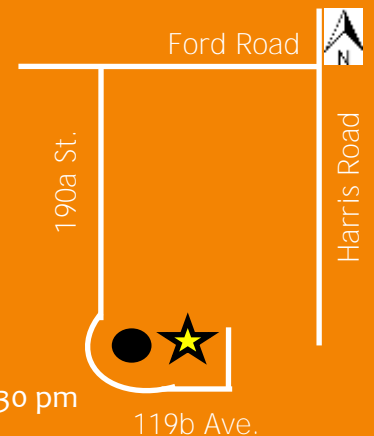


Member Services

Monday - Thursday 9:00am - 7:30pm
Friday 9:00am - 3:30pm
Saturday 10:00am - 3:30pm
Closed March 29 & April 1

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 9:00am - 1:00pm
Closed March 29 & April 1



www.rmssseniors.org



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

MISSION: Providing services, fostering shared experiences, advancing the well being of adults 55+ in Maple Ridge and Pitt Meadows



VALUE STATEMENTS: We strive to ...

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

GOALS:

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

STAFF DIRECTORY:

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

Administrative Coordinator, Nancy Markham
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Bookkeeper, Eva Todd eva@rmssseniors.org

Caregiver Connection Coordinator, Raman Singh
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Events Coordinator, Katie Cowieson
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Outreach Coordinator, Bev Schmahmann
604-380-0516; info@rmssseniors.org

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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, AJ

Support Staff: Joys, Robyn, Sandra

MR Facility Attendants: Devon, Moigan

PM Facility Attendant: Sally

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A MESSAGE FOR YOU

We have come through an unusual winter.

While we typically need to “get through” many grey and rainy days, except for one good snow dump, these past months have sometimes been surprisingly sunny and exceptionally dry. Makes one wonder what we can anticipate in the months ahead.

But, like anything, while our thoughts (and sometimes fears) wonder/worry what tomorrow may bring, we can choose to focus on today - on the here and now - on the gift of life we have been given. What we do with it - how we live out this privilege - is up to us. It is always our choice how we view life, how we love ourselves, and whether we will respect, treat, and treasure others.

Why so philosophical? Well, this past winter has also been one of weariness and struggle. Who doesn't know someone in their close circle who is unwell, is struggling with mental health, or is grieving the loss of a loved one? How are we managing ourselves and our emotions?

Are we losing patience, getting frustrated and exasperated, possibly focusing on our personal needs and wants instead of considering others?



RMSS' vision is connecting adults 55+ with a happy, healthy life.

The logo shows members supporting and caring for one another.

What does that practically look like for you? How do YOU walk this out?

When attending a class or program, or walking into the lounge, do you only scan the room for familiar faces? What about those who might be new? Who is looking for them - and welcoming them? Do you greet others with a smile - do you SEE them?

We LOVE that many of you have found great connections and friendships at our centres! But how did that come about? Who first looked your way, welcomed you, invited you to sit next to them, or was willing to move out of their usual spot to make sure you felt acknowledged and accepted? And how are we maintaining these connections - are we living by the golden rule?

Our world is full of those looking out for “number one”. It takes effort, it is a decision to live a different way. Please take a moment to reflect on the part you play to make RMSS a happy, healthy place - a safe, inviting, inclusive place - a place you could envision walking into for the very first time and dare to hope you would be received with kindness, respect, and all things good.

As the days grow longer, and nature cycles into new beginnings and fresh starts, let's join in. We too can turn a new leaf. And for those who EXCEL at this - THANK YOU! We value and appreciate your example.

~Carmen Tischer

Activity Coordinator

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. 6) 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.



Prices within this GrapeVine reflect the increase which will take effect March 18. Until March 18, current \$1 drop-in prices will remain. Check the FAQ on inside back cover for further details.

****PLEASE NOTE: MARCH 11-16 \$1 and \$2 COIN DROP-IN PAYMENTS REQUIRED.****

IMPORTANT ANNOUNCEMENT



March 9, 2024

Last day for USING money on account

March 11-16, 2024

- 1) One week of cash drop-ins. Bring your toonies and loonies to participate in drop-in programming.
- 2) Drop-In Pass Drive. Come in and pre-purchase a drop in pass (which will live virtually on your FOB) valid to use March 18th onward.
- 3) Staff will be available this week to confirm with members if they would like a cheque cut for return of monies or they would like to donate it to RMSS. (Cheques will be available to pick up after Mar 18.)

March 18, 2024

New membership system will be live!
Please be patient with staff and volunteers while we navigate this new system.

SAVE THE DATE!

RMSS WELCOME TOUR

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



www.rmssseniors.org



Two Locations and Times:

Pitt Meadows Activity Centre

19065 119B Ave, Pitt Meadows

SECOND WEDNESDAY MONTHLY

10:00am - 11:00am

Maple Ridge Activity Centre

12150 224th Street, Maple Ridge

SECOND THURSDAY MONTHLY

10:00am - 11:00am

REMEMBER TO STAY HOME
WHEN FEELING UNWELL



THE WESBROOKE

SENIORS LIVING COMMUNITY

Imagine...

*The Freedom & Security You Deserve
Independent Living...*

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

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

Assisted Living...

The Care & Comfort You Deserve

Our Manor experience has...

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

CALL TODAY OR REGISTER ONLINE FOR YOUR PRIVATE SHOWING



THE WESBROOKE
12000 190A Street,
Pitt Meadows BC
Open 9 am - 4 pm Daily
www.thewesbrooke.com
604.460.7006

Developed by
ALLEGRO PROPERTIES INC.

Managed & Operated by
CASA GROUP



BC Seniors Living Association



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Retirement Residence**



LOWER MAINLAND denture centre

**Want COMFORTABLE and
BEAUTIFUL Dentures?
WE CAN HELP!!!**



Our Services:

Implant Dentures
Complete & Partial Dentures
Same day repairs & relines
Precision Dentures
Copy Dentures
Flexible Partial
Soft Liner
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We come to you!!!

Why us?

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- Direct Bill to ALL insurances
- Financing options Available
- Open on Saturdays
- We speak: English, Portuguese, Farsi, Hindi, Pashto and Urdu

**We will accept and direct bill Canadian
Dental Care Plan for Seniors!
For more details, Please call.**



604 457-3763



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

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

EVENTS

LUCK OF THE IRISH

Maple Ridge Seniors Centre
112150 224th Street Maple Ridge
604-457-4771

Tuesday, March 12th

1:30 pm to 3:00 pm

TICKETS \$6

Tickets on sale: February 12th

Refreshments included.

Performance by:

Sionnaine Irish
DanceAcademy

Mystery Table:

\$2 Tickets



FOR THE LOVE OF ART



SATURDAY, MARCH 23RD

1:00 TO 3:00 PM



PITT MEADOWS SENIOR ACTIVITY CENTRE

19065 119B AVE

PITT MEADOWS

604-457-4771

CELEBRATE
THE ART OF
OVER 55+



If interested in displaying/selling your art please
contact katie@rmssseniors.org by March 15th

Admission by Donation

(proceeds support Ridge Meadows Seniors Society)

door prizes- refreshments- meet the artist!

Many pieces available; cheque or cash only.



TICKETS GO ON SALE : TUESDAY, APRIL 2
BINGO IS BACK!!



5 games

\$10 ticket includes 2 cards

additional cards may be purchased



Tuesday, April 23, 2024

10:30am - 12 noon

PITT MEADOWS ACTIVITY CENTRE

19065 119b Avenue, Pitt Meadows

(604) 457-4771



PIE AND ICE CREAM

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



TUESDAY, MARCH 26TH

&

TUESDAY, APRIL 30TH

FROM 1:00 PM TO 3:00 PM

PITT MEADOWS SENIORS CENTRE

19065 119B AVE PITT MEADOWS



EVENTS

**COMING SOON:
COMMUNITY GARAGE
SALE**

MAPLE RIDGE SENIORS ACTIVITY CENTRE
12150 224TH STREET
MAPLE RIDGE, V2X 3N8
604-467-4993

DON'T miss it!

SATURDAY, MAY 4
10:00 AM TO 2:00 PM

TABLE BOOKINGS BEGIN: MARCH 5TH
LIMITED SPACE AVAILABLE
TABLE FEE \$25

Clothes,
furniture,
flowers,
books,
decorations



**VIVE LA PARIS
THEME LUNCH**

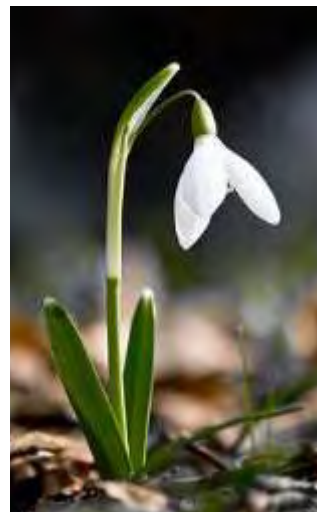
FRIDAY, APRIL 26TH
MAPLE RIDGE SENIORS ACTIVITY CENTRE
12150 224TH STREET
MAPLE RIDGE
604-467-4993

REGULAR PRICE FOR LUNCH
MENU TO BE ANNOUNCED
NO TICKET REQUIRED

LA BAR IS OPEN!!



DAYLIGHT SAVINGS IS SUNDAY,
MARCH 10th. REMEMBER to turn
your clocks ahead one hour.



PLEASE NOTE:

**RMSS CENTRES WILL BE
CLOSED ON:**

FRIDAY MARCH 29
for GOOD FRIDAY
and MONDAY APRIL 1 for
EASTER MONDAY



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.



Tue Apr 9

HARRISON TULIP FESTIVAL

\$130

MR 8:00am-4:45pm

PM 8:15am-4:30pm

Established in 2006, the Harrison Tulip Festival pioneered a unique experience in the Fraser Valley. Now, seven million tulips are showcased over a 2 1/2 acres showcasing an impressive variety of tulips, hyacinths, mini grapes, daffodils, etc.

Package includes: Harrison Tulip Festival Admission, Lunch River's Edge Restaurant, Farm House Natural Cheese, Birchwood Dairy Farm Ice Cream

Level: Easy

Registration opens Mar 1



Thu Apr 18

SKAGIT VALLEY TULIP (USA)

\$140

MR 7:45am-6:15pm

PM 8:00am-6:00pm

Every spring the Skagit Valley area comes alive with a blaze of colour. Tip toe through the tulips at Roozengarde in Mt. Vernon and visit the charming seaside town of La Conner for lunch and explorations.

Package includes: Admission to Roozengarde show gardens, Roozengarde tulip field walk, Lunch Waterfront Café, La Conner, La Conner free time

**USA travel documents required*

Level: Easy

Registration opens Mar 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.
Be sure to include names if you want them added.

**Thu May 16****MILNER GARDENS & WOODLAND****\$170**

MR 6:30am-8:00pm

PM 6:45am-7:45pm

“One of the Ten Best Public Gardens in Canada” ~ Canadian Geographic Travel. Milner Gardens and Woodland is a seaside garden set in a natural coastal Douglas fir woodland in Qualicum Beach.

Package includes: Milner Gardens admission and Guided Tour, Afternoon Tea Lunch at Milner Gardens, Coombs “Goats on the Roof” shopping

**additional \$36 ferry fee for under 65*

Level: Easy

Registration opens Apr 4

**Wed May 29****GALIANO ISLAND****\$160**

MR 8:00am-8:00pm

PM 6:45am-8:45pm

Experience the magic of BC's Wild West Coast featuring stunning views, marine park trails where local artisans await you on Galiano Island. Includes lunch at Woodstone Manor and afternoon dessert at Galiano Inn.

Package includes: Montague Harbour Marine Park, Gray Peninsula Escorted Walk, Lunch Woodstone Manor, Afternoon Dessert Galiano Inn, Galiano Soap Works, Glass Studio, Galiano Shops

**additional \$36 ferry fee for under 65*

Level: Easy

Registration opens Apr 30



Thank you, Irene, for sharing some great Skagit Valley pics from 2023 trip!

Remember to forward any trip photos to

carmen@rmssseniors.org

Include trip name and names of those in the photo.

BUS TRIPS - Community Seniors Bus

Please note: Seniors Bus is not affiliated with Enjoy the Journey



Seniors Bus







VANIER PARK

Tuesday, March 19

COST \$35.00* Reg opens Mar 1
pre-pay at reception by noon Wed Mar 13
MINIMUM 15 PASSENGERS FOR TRIP TO PROCEED

Activity options - additional costs apply - PURCHASE ON TRIP DAY:
 Music in the Morning concert at Vancouver Music Academy (\$43)
 H.R. MacMillan Space Centre (\$21.75)
 Museum of Vancouver (65+ \$15; under 65 \$20)
 Vancouver Maritime Museum (65+ \$11; under 65 \$15)

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

ITINERARY:
 Maple Ridge centre 7:45am - 1:15pm
 Pitt Meadows centre 8:00am - 1:00pm
 Vanier Park 9:30am - 12:00pm

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.

55+



Seniors Bus






VAN DUSEN GARDENS

Tuesday, April 16

COST \$30.00* Reg opens Mar 21
pre-pay at reception by noon Wed Apr 10
MINIMUM 15 PASSENGERS FOR TRIP TO PROCEED

*It is always a good time to explore Van Dusen!
 In spring the garden is bursting with cheerful
 rhododendrons, stunning magnolias, delicate cherry
 blossoms and bloom-full camellias – to mention a few...*

Entrance fee: 65+ \$9.65; under 65 \$13.80

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

ITINERARY:
 Maple Ridge centre 8:45am - 2:00pm
 Pitt Meadows centre 9:00am - 1:45pm
 Van Dusen Gardens 10:00am - 12:45pm

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



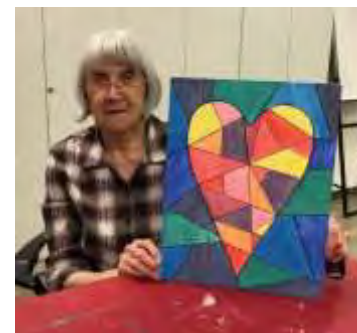
PM Seniors Activity Centre
 19065 119B Ave., Pitt Meadows
 604-457-4771

This trip is affiliated with the Community Seniors Bus program.

55+



Thank you
for sharing
your hearts
with us,
ladies!



Much joy and fun are had at our painting classes and beginners' workshops. Thanks to volunteer instructors, Kim at Pitt Meadows, and Norma Jean at Maple Ridge. (see pg. 35 for next set of classes)




Ruby Princess
 September 10 - 26, 2024
 16 Nights Hawaii | Round-trip Vancouver, Canada
 Expedia Cruises™ Exclusive:
 Get \$75 USD Onboard Cash Credit
 & Chocolate Dipped Strawberries*

Contact us for current prices & availability.



Discover Southern Africa
 15 Days / 14 Nights / 34 Meals
\$10,495* Per person, double occupancy / Single Supplement \$2,395*

Inclusions	Highlights	
<ul style="list-style-type: none"> • All transfers • Entrance fees & conservation levies • 4* Hotels & Game Lodges • 34 Meals • Visits and Excursions as per itinerary with English speaking local guides 	<ul style="list-style-type: none"> • Cape Town • City & Cape Peninsula Tours • Cape Winelands • Wine Tastings + Cellar Tour • Garden Route • Cango Caves + Ostrich Farm • Eco-Experience in Knysna 	<ul style="list-style-type: none"> • Cape Agulhas • Game Reserves • Mjeane River Lodge • Game Drives + Bush Walks • Panorama Route • Blyde River Canyon • Victoria Falls • Sunset Cruise on Zambezi River

In Maple Ridge / Pitt Meadows
 (604) 380 0820 (Office) or 1 (888) 787 7443
 110, 22550 Dewdney Truck Road
www.ExpediaCruises.ca/MapleRidge
 BC Reg: #53577



Expedia Cruises
 Air, Land & Sea Vacations






*Terms & conditions apply.

PLEASE NOTE:

THIS IS A PAID ADVERTISEMENT. EXPEDIA CRUISES IS NOT AFFILIATED WITH ENJOY TOURS.



MONTH AT A GLANCE - MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Absolute Hearing (by appt.)	2 Rhythm & Reach
< 50/50 sales available at BOTH centres Mar 4-9! Winner drawn Mar 11! >						
3	4 	5 	6 Tax Clinic (MR)	7 Tax Clinic (PM)	8 Caregiver Connection 	9 
10	11 Tech Help 	12  Event: Luck of the Irish BUS TRIP: Tourist 'n Town	13 Welcome Tour at PM Info Session: Income Tax Help	14 Welcome Tour at MR Info Session: Seniors Real Estate Strategies	15 Book Club 	16 Jam Session (PM) Repair Café
17	18 Service Clinic: Speculation & Vacancy Tax (PM)	19 BUS TRIP: Vanier Park Crib w/ a Cop	20 	21 Trivia 	22 Service Clinic: Speculation & Vacancy Tax (MR)	23  Event: For the Love of Art
24 31	25 Keep Moving Fitness FREE DEMO 	26  Pie & Ice Cream BUS TRIP: Fraser River Discovery Tour	27  	28  Wellness Workshop: Bone Health 101 (MR)	29 GOOD FRIDAY RMSS CLOSED	30 

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 48-49.

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

MONTH AT A GLANCE - APRIL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 EASTER MONDAY RMSS CLOSED	2 Info Session: Choose to Move	3 	4  Canasta/ Games	5 Painting at PM	6 Painting Workshop: Beginner's Basics
< 50/50 sales available at BOTH centres! Dates to be announced >						
7	8 	9 Walking Club BUS TRIP: Harrison Tulips	10 Welcome Tour at PM 	11 Welcome Tour at MR Trivia	12 Dance Your Buns Off 	13 Lions Ability Fair
14	15 Foot Care w/ Vilma (by appt.)	16 BUS TRIP: Van Dusen Therapeutic Yoga -evenings	17 	18 BUS TRIP: Skagit Valley Gentle Pilates - evenings	19 Foot Care w/ Gigi & Yvette (by appt.)	20 Badminton Karaoke
21	22 Book Club Stay Fit 3 -evenings	23  Info Session: MR Street Outreach Society	24 Ukulele 	25 Wellness Workshop: Bone Health 101 (PM)	26  Themed Lunch: Vive la Paris	27 Pool Lessons Jam Session (MR)
28	29 	30  Pie & Ice Cream				



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.



CHOOSE TO MOVE PROGRAMS

Choose to Move - Information Session

Are you an aging adult looking for support and motivation to become physically active? Attend this in-person information session to learn about the Choose to Move program.

Instructor: BCIRPA
Location: Pitt Meadows Seniors Activity Centre
Sessions: 1 Fee: FREE
To: 11:00am-12:00pm #12065 Apr 2

Choose to Move!

Are you an older adult looking for motivation to become physically active? Choose to Move is a FREE 3-month program for older adults who are inactive and wishing to become more active. Choose to Move is not a fitness class or movement class. It is a motivational coaching program where you will meet with an Activity Coach and other participants to discuss ways to incorporate more physical activity into your life. To learn more visit www.choosetomove.ca

Participants must attend the Information Session to be eligible for the full program, and fill out the PMS-Q1 questionnaire on their first session.
Instructor: BCIRPA
Location: Pitt Meadows Seniors Activity Centre
Sessions: 8 Fee: FREE
To: 11:00am-12:00pm #12066 Apr 16-Jun 28

ActiAge

ActiAge™ is a free 3-month group-led physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives. The program is progressive with planned physical activities (jogging, activity, and cool-down) based on ActiAge™ training. This fun and social program will help get participants moving in a relaxed environment with like-minded people. The program focuses on improving activities associated with daily living; strengthening muscles used day-to-day (ie. bending, lifting, stretching, etc). Each class incorporates physical activities that engage participants, and features in-class discussions and resources to improve overall health and physical well-being. Registration for ActiAge™ is just open to those registered in the Choose to Move #12066 until April 2. After April 2, registration will be opened to the public.

Instructor: BCIRPA
Location: Multipurpose Room - PMERC
Sessions: 11 Fee: FREE
To: 1:00pm-2:30pm #12068 Apr 19-Jun 28

For information on these FREE programs, call Jackie at the Pitt Meadows Family Recreation Centre at 604-465-2473 or email jdridikson@pittmeadows.ca



KEEP MOVING





Are you wishing there was a fitness class that catered to you? We are starting a class for those with limited ability(ies), one or more complex health issues and/or pre-existing conditions. Instructor Lori is certified & experienced to address a multitude of health issues in the fitness industry.

Addressing: osteo, balance, joint rehab, and more.

FREE DEMO
Mon Mar 25 11:30am - 12:15pm
 pre-register your intent to attend at 604-467-4993

\$32 / four classes thereafter
Mon Apr 8, 15, 22, 29 11:30am-12:15pm
 pre-registered: min 8, max 15; reg begins Mar 18
 (medical clearance ahead of pre-reg classes required)



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



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



To learn more about the Choose to Move program, register for the Info Session on Tuesday Apr 2 from 11:00am-noon at PM Seniors Activity Centre, call Jackie 604-465-2473 or email jdridikson@pittmeadows.ca.



PROGRAM INFORMATION - Fitness

AEROBIC CLASSES:

RHYTHM & REACH:

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

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 pass)

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 class Apr 1



STAY FIT 3:

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

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 Mar 29, Apr 1
Mon	6:30-7:15pm	MR	Hall C	\$2 drop-in	No class Apr 1



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	

Sess #3: Apr 8, 15, 22, 29

reg. opens Mar 18

PLEASE NOTE: Sess #4 \$15/3 classes

Sess #4: May 6, 13, 27

reg. opens Apr 22



Weekday	Time	Centre	Room	Cost	Of Note
Wed	11:15am-noon	MR	Hall C	\$20/4 classes	Check next GrapeVine for upcoming dates



Want more dancing in your life? Check out the program idea on the bottom of page 29.

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	11:30am-12:15pm	PM	Main Hall	\$20/4 classes	

Sess #2: Mar 15, 22, Apr 5, 12

reg. opens Mar 1

Sess #3: Apr 19, 26, May 3, 10

reg. opens Apr 5



PROGRAM INFORMATION - Fitness

CHAIR and SPECIALTY CLASSES: (for Chair Tai Chi go to pg. 22)

CHAIR FIT:

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

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 Mar 29, Apr 1
**Thu	10:15-11:00am	PM	Main Hall	\$2 drop-in	NOW ON THURSDAYS

Schedule change



FUNCTIONAL FITNESS:

Cost: \$2 / drop-in pass

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	No class Mar 20



KEEP MOVING:

Cost: \$32 / 4 classes (pre-reg. min 8 to proceed)

Instructor: Lori

This class is for those interested in resuming physical fitness. Addressing those with limited ability and one or more complex health issues. Addressing osteo, balance, joint rehab and more. Medical clearance req'd

* **Bring:** resistance band (available for purchase at reception; some available in class)

Weekday	Time	Centre	Room	Cost	Of Note
Mon	11:30am-12:15pm	MR	Social Activity	\$32/4 classes	FREE DEMO Mar 25

Sess #1: Apr 8, 15, 22, 29

reg. opens Mar 18

NEW!

PROGRAM INFORMATION - Fitness

YOGA CLASSES:

CHAIR YOGA:

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

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 class Apr 1
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 pass)

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 Apr 1



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

Sess #3: Mar 19, 26, Apr 2, 9 reg. opens Mar 5

Sess #4: Apr 23, 30, May 7, 14 reg. opens Apr 9



PROGRAM INFORMATION - Fitness

YOGA CLASSES:

THERAPEUTIC YOGA:

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

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	



PILATES CLASS:

GENTLE PILATES:

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

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	



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PROGRAM INFORMATION - Mind & Body Fitness / Sports

MIND & BODY FITNESS CLASSES:

MEDITATION & HEALING TOUCH:

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

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	1:30-2:30pm	MR	Library Room	\$2 drop-in	No class Apr 1
Wed	2:45-3:45pm	PM	Arts & Crafts	\$2 drop-in	



TAI CHI/QIGONG:

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

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 Apr 1
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	No class Mar 29



SPORTS:

BADMINTON:

Cost: \$2/ session (drop-in pass)

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.



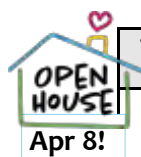
Weekday	Time	Centre	Room	Cost	Of Note
Mon	5:30-7:30pm	MR	Halls A&B	\$1 drop-in	Not on Apr 1
Sat	10:30am-12:30pm	MR	Halls A&B	\$1 drop-in	Not on Mar 2

PROGRAM INFORMATION - Sports

CARPET BOWLING:

Cost: \$2 / session (drop-in pass)

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	\$2 drop-in	Not on Apr 1; Open House Apr 8
Thu	1:00-2:30pm	PM	Main Hall	\$2 drop-in	
Fri	1:00-3:00pm	MR	Halls A&B	\$2 drop-in	Not on Mar 29, Apr 5

ICELESS CURLING:

Cost: \$2 / session (drop-in pass)

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	\$2 drop-in	



TABLE TENNIS:

Cost: \$2/ session (drop-in pass)

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	\$2 drop-in	Not on Apr 1
Tue	8:45-11:00am	MR	Halls A&B	\$2 drop-in	
Wed	8:45-11:00am	MR	Hall A	\$2 drop-in	
Wed	10:15am-12:30pm	PM	Hall A	\$2 drop-in	
NEW! Wed	5:30-7:30pm	MR	Hall A	\$2 drop-in	
Fri	8:45-11:00am	MR	Hall A	\$2 drop-in	Not on Mar 29
Fri	11:00am-noon - *Beginners	MR	Hall A	\$2 drop-in	Not on Mar 29
NEW! Fri	12:30-1:15pm *Beginners	PM	Main Hall	\$2 drop-in	Not on Mar 29
Fri	1:15-3:30pm	PM	Main Hall	\$2 drop-in	Not on Mar 29

PROGRAM INFORMATION

SNOOKER:

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

For regular playtime &/or more information:

MR centre: call Clive @ 604-790-6026

PM centre: call John @ 604-720-7020



Weekday	Time	Centre	Room	Cost	Of Note
Mon - Thu	8:45am-7:30pm	MR	Snooker	\$4 drop-in	Not on Mar 29, Apr 1
Fri	8:45am-4:00pm				
Sat	10:00am-3:00pm				
Mon - Fri	9:00am-4:00pm	PM	Snooker	\$4 drop-in	Not on Apr 1
Tue	9:00am-9:00pm				
Sat	9:00am-1:00pm				
Tue - Ladies	2:00-4:00pm	MR	Snooker	\$4 drop-in	
Wed - Ladies	1:30-3:30pm	PM	Snooker	\$4 drop-in	
Fri - Ladies	9:00am-noon	MR	Snooker	\$4 drop-in	Not on Mar 29
Fri - Beginners	9:00am-noon	MR	Snooker	\$4 drop-in	Not on Mar 29

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: \$2 / session (drop-in pass)



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	\$2 drop-in	Meets Mar 7, 21, Apr 4, 18

PROGRAM INFORMATION - Cards & Games

BRIDGE:

Want to learn how to play social bridge?
See addt'l Beginner Bridge lessons info on pg. 34

Cost: \$2/ session (drop-in pass)



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	\$2 drop-in	Not on Apr 1
Wed - ACBL	12:30-4:00pm	MR	Hall A	\$2 drop-in	
Wed - Social	1:00-4:00pm	MR	Craft Rm	\$2 drop-in	No partner required
NEW! Thu - Beginner Bridge Lessons	1:00-2:30pm	MR	Hall B	\$2 drop-in	Limited session runs Mar 7 - Apr 25
Fri - Partnership	12:30-4:00pm	MR	Hall C	\$2 drop-in	Not on Mar 29

CANASTA:

Cost: \$2 / session (drop-in pass)

Now offered on Thursday afternoons - check it out!



Weekday	Time	Centre	Room	Cost	Of Note
Thu	1:00-4:00pm	MR	Lounge	\$2 drop-in	



Looking for **Backgammon** or **Chess**? Let the Activity Coordinator know.
We have some others interested as well. carmen@rmssseniors.org

CRIB:

Cost: \$2 / session (drop-in pass)

Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00-3:30pm	MR	Hall C	\$2 drop-in	Pls arrive by 12:50pm
Fri	1:00-3:30pm	PM	Arts & Crafts	\$2 drop-in	Not on Mar 29



GAMES:

Cost: \$2 / session (drop-in pass)

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	\$2 drop-in	
Fri	12:45-3:45pm	PM	Wellness Rm	\$2 drop-in	



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 	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
*Dance Fit 11:15 - noon	*Line Dance - Int 10:30 - 11:45	Ukulele 10:15 - 11:45	Silvertones 10:00 - 11:30	**Book Club 10:00 - noon
*Keep Moving 11:30 - 12:15		*Dance Fit 11:15 - noon	**Trivia 10:00 - 11:00	**Caregiver Connection 10:30 - noon
 Carpet Bowling 1:00 - 3:00	Scrabble 12:45 - 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	Crib 1:00 - 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	Bridge Lessons 1:00-2:30	Variety Plus 1:00 - 4:00	**Caregiver Connection 1:00 - 2:30	Scrabble 12:45 - 3:30
Meditation 1:30 - 2:30		**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		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 - 7:15pm		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	Snooker 9:00 - 4:00
Snooker 9:00 - 4:00	Snooker 9:00 - 9:00	Snooker 9:00 - 4:00	Snooker 9:00 - 4:00	*Painting 10:00 - 12:30
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	Tai Chi 10:15 - 11:15
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	*Dance Your Buns Off 11:30 - 12:15 
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	Table Tennis - Beg 12:30 - 1:15 
Tech Help 12:30 - 2:45	Chair Yoga 1:15 - 2:00	Ukulele 1:00 - 2:30	**Armchair Traveller 1:30 - 2:30	Games 12:45 - 3:45
Bridge 1:00 - 3:45	Iceless Curling 2:30 - 4:00	Ladies Snooker 1:30 - 3:30		Crib 1:00 - 3:30
Table Tennis 1:15 - 3:30		Ballet 2:00-3:00		Table Tennis 1:15 - 3:30
**Caregiver Walk & Coffee 1:30 - 2:30		Meditation 2:45 - 3:45		Snooker 9:00 - 1:00 (Saturdays)
	*Beg French 6:00 - 7:00	Flamenco 3:00 - 4:00	**Jam Session 10:00 - noon (Saturdays)	Rhythm & Reach 9:30 - 10:15 (Saturdays)

PROGRAM INFORMATION - Cards & Games

MAH JONG:

Cost: \$2 / session (drop-in pass)



Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00-3:30pm	PM	Common Area	\$2 drop-in	
Thu	1:00-3:30pm	MR	Social Activity	\$2 drop-in	

MEXICAN TRAIN:

Cost: \$2 / session (drop-in pass)



Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:30-4:00pm	MR	Lounge	\$2 drop-in	

SCRABBLE:

Cost: \$2 / session (drop-in pass)



Weekday	Time	Centre	Room	Cost	Of Note
Tue	10:00am-noon	PM	Arts & Crafts	\$2 drop-in	
Tue	12:45-3:30pm	MR	Library	\$2 drop-in	
Fri	12:45-3:30pm	MR	Library	\$2 drop-in	Not on Mar 29

TRIVIA:

Cost: \$2 / session (drop-in pass)

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 Mar 21 & Apr 11

WHIST:

Cost: \$2 / session (drop-in pass)



Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00-3:00pm	PM	Lounge	\$2 drop-in	

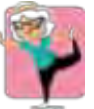
PROGRAM INFORMATION - Dance

DANCE:

Cost: as listed below (drop-in pass & 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. 18).

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 18

Program	Weekday	Time	Centre	Room	Cost	Of Note
Ballet	Wed	2:00-3:00pm	PM	Hall B	\$2 drop-in	
Flamenco	Wed	3:00-4:00pm	PM	Hall B	\$2 drop-in	
Hawaiian	Thu	12:30-1:30pm	MR	Hall C	\$2 drop-in	
Line Dance -beg.	Mon	11:30am-12:30pm	PM	Main Hall	\$2 drop-in	Not on Apr 1
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$2 drop-in	Not on Apr 1
-int.	Tue	10:30-11:45am	MR	Hall C	Pre-registered	Runs Apr 16 - May 28 *min 2 years exp.
Line Dance Fun!	Thu	10:30-11:45am	MR	Hall C	\$2 drop-in	



PROGRAM IDEA: The suggestion has been made to have a monthly evening dance social with music ranging from 1940's to 1990's. It could be a 1.5 - 2 hour drop-in program that either blends all the eras or focuses on monthly decade themes. This would be a chance to dance with your partner, friends, or sit and enjoy the music. We would need an Activity Leader(s) to source the music and create the monthly playlist. Would occur at MR centre (due to hall availability) possibly on a Wednesday evening. Interested to help lead or attend?
Contact carmen@rmssseniors.org.

PROGRAM INFORMATION - The Arts

BOOK CLUB:

Cost: \$2 / session (drop-in pass)



“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	\$2 drop-in	Meets Mar 11, 25, Apr 8, 22
Fri	10:00am-noon	MR	Craft Rm	\$2 drop-in	Meets Mar 1, 15, Apr 5, 19

CRAFTS:

Cost: \$2 / session (drop-in pass)



Drop in to our weekly knitting 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	\$2 drop-in	
Wed	9:30-11:30am	PM	Arts & Craft	\$2 drop-in	

CREATE:

Cost: \$2 / session (drop-in pass)



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	\$2 drop-in	Not on Mar 29

BEGINNERS CONVERSATIONAL FRENCH:

Cost: \$16 / 9 classes (pre-reg)

Working with the basic French language skills you have, join in weekly themed conversations on a beginner's level. Some prior French language needed.

Weekday	Time	Centre	Room	Cost	Of Note
Tue	6:00-7:00pm	PM	Arts & Craft	\$16/9 classes	Runs Mar 6 - Apr 30

PROGRAM INFORMATION - Music

JAM SESSION:

Cost: \$2 / session (drop-in pass)

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	\$2 drop-in	Meets Mar 2, 16, Apr 6, 20
Sat	10:30am - noon	MR	Social Activity	\$2 drop-in	Meets Mar 9, 23, Apr 13, 27

KARAOKE:

Cost: \$2 / session (drop-in pass)

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	\$2 drop-in	Not on Apr 13

SILVERTONES CHOIR:

Cost: \$2 / session (drop-in pass)



Looking for a volunteer to conduct the Silvertones. Previous experience needed. For Aug start. For more information contact carmen@rmssseniors.org.



The Silvertones are a fun group who love to sing golden oldies. Come weekly to share the love of singing. Join the 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	\$2 drop-in	

UKULELE:

Cost: \$2 / session (drop-in pass)

Both regular and beginners classes offered.



Weekday	Time	Centre	Room	Cost	Of Note
Wed - beginners	10:15-11:15am	MR	SA	\$2 drop-in	
Wed - some exp.	10:15-11:45am	MR	Craft	\$2 drop-in	
Wed - some exp.	1:00-2:30pm	PM	Hall A	\$2 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	Next intake in Aug/Sep

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 Apr 1
Thu	9:00am-noon	MR	Boardroom	\$2 by appt	Appts available



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.



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 Mar 14, 28, Apr 11, 25



Check out our Wellness Workshop! (pg 33)



THINGS YOU DON'T WANT TO MISS!




FREE TAX PREP SERVICES

TO QUALIFY:

- ✓ Your household income is less than \$35,000 (individuals) or \$45,000 (couples)
- ✓ You have a basic income tax return
- ✓ You have less than \$1000 in interest income

Appointment required

Maple Ridge Centre
Wednesdays (Mar 6 - May 1)
9:30am - 3:30pm
 12150 224 St.
 604-467-4993

Pitt Meadows Centre
Thursdays (Mar 7 - May 2)
9:00am - 3:00pm
 19065 119B Ave.
 604-457-4771

CALL TODAY
www.rmssseniors.org



info session



INCOME TAX HELP

 Canada Revenue Agency / Agence du revenu du Canada

- Come with your tax related inquiries
- Bring your letters from Canada Revenue Agency to review
- Find out about changes for 2023 tax year. Learn about deductions that may apply to you.
- Disability Tax Credit, Medical Expenses, Caregiver Amounts will be addressed

Wednesday, March 13
10:00am - noon
PRE-REGISTER at 604-467-4993

Book an appointment at reception to get your taxes done.


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

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

55+



wellness workshop



BONE HEALTH 101

Did you know 1 in 3 women and 1 in 5 men will have an osteoporotic fracture? Bone Health 101 provides a general overview about osteoporosis, risk factors, how to maintain healthy bones, the impact of nutrition & physical activity, and fall prevention.

OSTEOPOROSIS

Supported by the Government of Canada, the PMO & Health Canada | **Canada 150**

Thu Mar 28
10:00-11:00am
FREE - pre-reg required
 Call 604-467-4993

Thu Apr 25
10:30-11:30am
FREE - pre-reg required
 Call 604-457-4771

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

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

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

55+



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, April 23 10:00-11:30am
FREE
pre-registration required
604-467-4993

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

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55+

THINGS YOU DON'T WANT TO MISS!



Beginner Conversational French



please note - new format!

Let's practice Beginner Conversational French together. Using a resource guide and help from Teena, this discussion group will focus on weekly themes. (Some prior French language needed.)

Tuesday evenings
6:00 - 7:00pm
Pre-registered: Mar 5 - Apr 30
Cost: \$16 (9 classes)

Minimum 6 registered to proceed. (Max 14)
 Registration opens Feb 27
 Pitt Meadows Seniors Activity Centre
 19065 119B Avenue, Pitt Meadows
 604-457-4771

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

55+



seasonal event




WITH JOHN

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



Thu Mar 21 & Thu Apr 11
10:00-11:00am & 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

55+



POOL

Have you played either 8 or 9 ball as a youngster?
 WE HAVE A 4X8 POOL TABLE ITCHING TO BE USED!



Saturday Lessons:
10:15am-12:15pm
Four weeks for \$20
Apr 27, May 4, 11, 18

Take some refresher lessons by a few of our members. Bring your own cue or we will supply one. Video lessons provided and we will throw in the coffee.

Registration begins March 23
 Minimum 4 required (maximum 6) for classes to proceed.

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

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.

Thursdays
1:00-2:30pm
Drop-in: Mar 7 - Apr 25
Cost: \$2/class

Bring a partner or prepare to partner in class.

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!



painting & mixed media



Some project samples

PAINTING w/ Kimberley

Two-part pre-registered class:
Friday April 5 & 12
9:30am-noon

Cost: \$25 (includes supplies)
 Minimum 5 participants
 Registration begins Mar 1

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

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

55+



painting workshop



Some project samples

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 floral themed project.

One day pre-registered workshop:
Sat Apr 6 10:30am-3:30pm

Cost: \$40 (includes supplies)
 Minimum of 8 participants
 (there will be a 30-minute lunch break; bring your own lunch or purchase from Karaoke lunch counter)

Registration begins Mar 1

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

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

55+



PROGRAM IDEAS:

Several members have suggested we offer crafting workshops in which the following projects could be taught:

- **Bath Bombs:** approx. cost \$20 to make 5; would be on a Monday afternoon
- **Intro to Jewelry Making:** approx. cost \$25
- **Paper Quilling:** price TBA
- **Christmas themed:** wreaths; wooden craft, centrepieces

OR how about learning to work with fresh flowers or creating indoor or outdoor plant containers? approx. cost \$45

With sufficient interest, we'll proceed.

Email carmen@rmssseniors.org or 604-477-0425



community




CRIB with a COP

Members of our local RCMP detachment have challenged us to a social game of Crib. Join in the fun - and get to know some of our local heroes. The coffee shop will also be open.

TUESDAY MARCH 19
1:30-3:00pm

FREE
Drop by or reserve your spot

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

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

55+



Time to Move?

With over 19 years of helping people buy and sell real estate in the Maple Ridge, Pitt Meadows area 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 monthly e-Magazine absolutely free.

***Ask about my New, Free
"Home Safety Assessment"
No cost or obligation.***

P.A. "Doc" Livingston SRES®

Personal Real Estate Corporation
Senior's Real Estate Specialist.

Email. doc@homehuntersbc.com

Web. 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

Gilbert and May

Stress free! "Doc" is the best. He took care of everything; staged our house, call a professional photographer, even prepped our lawn. I highly recommend "Doc"

Jen S.

Doc Livingston was recommended to me by a friend when I was looking for a real estate agent, and I have since recommended his services to many others. Over the years I have completed several real estate transactions with Doc's help, both buying and selling, and always felt that I was getting excellent service and advice that took my best interests to heart.

**For many more read my online
and Google reviews**



Not meant to cause or induce breach of existing agency

THINGS YOU DON'T WANT TO MISS!



info session



Seniors Real Estate Strategies

Topics addressed:

- Rightsizing vs. Downsizing
- Living Options: Age in Place, Move to a Condo, Townhouse, or Retirement Community?
- Step-by-step guide to Paring Down Belongings
- Home Improvements to Make (and Not Make) before Selling

There will be time for Questions & Answers.

Presented as a community service by Seniors Real Estate Specialist® (SRES®) Janet Helm with Keller Williams Elite Realty

Thu Mar 14
1:30-2:30pm
PM Seniors Activity Centre
 19065 119B Ave.
 604-457-4771

FREE
pre-registration
required.

Tue Mar 19
10:30-11:30am
MR Seniors Activity Centre
 12150 224 St.
 604-467-4993

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





POP-UP SERVICE CLINICS



Speculation and Vacancy Tax



- ☑ do you own property, a home?
- ☑ do you know how to file your speculation and vacancy tax?
- ☑ did you know unfiled taxes can result in expensive liens?
- ☑ are you aware the filing deadline is Mar 31?
- ☑ would you like some help?



BRING: YOUR NOTICE OF DECLARATION

DROP-IN CLINIC DATES:

March

Mon Mar 18 9:30-11:30am
at Pitt Meadows centre

Fri Mar 22 9:00-11:00am
at Maple Ridge centre

FREE SERVICES
provided by





DOWNSIZING YOUR HOME? WE CAN HELP!

Our Services Include:

- Packing
- Estate Liquidation
- Move Management
- and more!

Our Caring Experienced Team will Make Your Transition a Simple One.

CALL NOW

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🌐 www.lowermainlandestateliquidation.ca



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"They solved so many problems and took so much off my hands and for a modest price. I absolutely recommend them." Paul

Lisa Beare, MLA

Maple Ridge - Pitt Meadows

Bob D'Eith, MLA

Maple Ridge - Mission



IMPROVING HEALTH-CARE IN BC

Our government is working to ensure people get care faster and closer to home by hiring, educating and retraining more health-care workers and making health-care workplaces more supportive.

We're seeing progress in our goal:

- Nearly 4,000 doctors have registered for the longitudinal family physician model.
- 6,258 new nurses have registered with the B.C. College of Nurses and Midwives.
- 666 International medical graduates registered in 2023.

LUNG SCREENING PROGRAM

Open since May 2022 at 36 sites in BC, the Lung Screening Program is helping find cancer earlier so people can get treatment earlier. Over 5,000 lung screening tests were completed in the first year. Lung screening is best for those who are at high-risk for lung cancer and who are not experiencing any symptoms.

Call the Lung Screening Program at **1 (877) 717-8564** if you:

- Are between 55 and 74
- Currently smoke or smoked in the past
- Have a history of smoking for 20+ years

This is one of the steps we're taking from the BC Cancer Action Plan to better detect, treat and prevent cancer in BC.



OUR COMMUNITY OFFICES CAN HELP WITH:

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

Bob D'Eith, MLA

Maple Ridge - Mission

604-476-4530

bob.deith.MLA@leg.bc.ca

www.bobdeith.ca



LEGISLATIVE ASSEMBLY
of BRITISH COLUMBIA

Lisa Beare, MLA

Maple Ridge - Pitt Meadows

604-465-9299

lisa.beare.MLA@leg.bc.ca

www.lisabeare.ca



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Some terms and conditions apply. Ask for full details.

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

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



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.




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

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 FRIDAY OF EACH MONTH
MAPLE RIDGE SENIORS
ACTIVITY CENTRE LIBRARY
STARTING ON JANUARY 12TH,
2024 10:30AM - 12:00 PM**

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



United Way
British Columbia
Ridge Meadows Seniors Society
12150 224th Street, Maple Ridge BC V2X 3N8
Tel: (604) 467-4993

Funded by the Government of B.C. and 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



United Way
British Columbia
Ridge Meadows Seniors Society
12150 224th Street, Maple Ridge BC V2X 3N8
Tel: (604) 467-4993

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

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](https://www.specsavers.ca) for details.

Specsavers



Beez foot care



Vilma Baldoz-Abalos

Footcare Services

Certified Footcare Nurse / Registered Nurse

\$40 for approx. 15-20 minute appointment

Upcoming dates (Mondays): Mar 18 & 25
Apr 15 & 29
May 6 & 27

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

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



Can You Hear it?

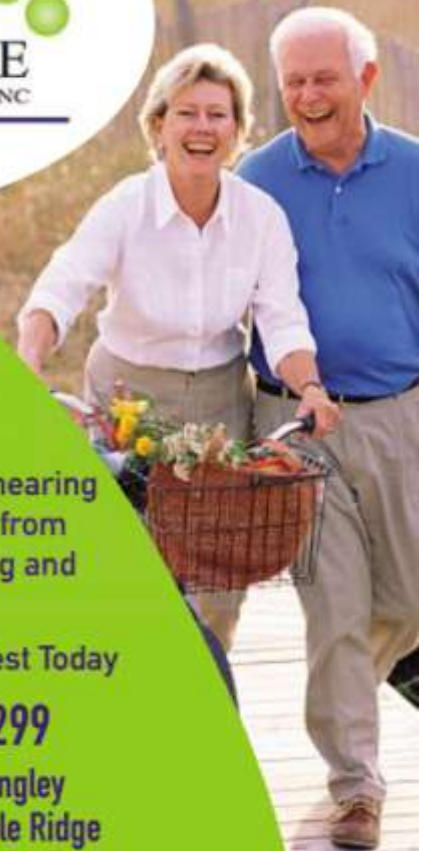
Mild high frequency hearing loss can prevent you from hearing birds chirping and rain falling

Book Your Hearing Test Today

604-510-2299

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

absolutehearing.ca



PROGRAM FEATURE

RMSS offers a variety of programs - most led by enthusiastic volunteers - your peers! We want to start featuring various activities - as a way to help you get to know them better. If you would like your program featured, contact the Activity Coordinator.

Carpet Bowling

Originated in England, Carpet Bowling (also known as Carpet Bowls) is a variant of lawn bowling - but is played indoors on a 30' x 6' carpet. Using lighter balls (3.5 lbs) and a shorter distance than indoor bowling, Carpet Bowls is a game of skill over strength and can be played by all abilities, including those in a wheelchair.

Basically, two teams of players (typically four) compete against the other. After it is determined which team starts, a small white ball (the Jack) is rolled from the head (top end) toward the end of the carpet. The two teams then alternate turns, each bowling twice, aiming to get their ball (also known as bowl/wood) nearest the Jack. As the balls are weighted in bias (one side is slightly larger and heavier), they curve as they roll down the carpet. The skill is learning to anticipate and use that bias to one's advantage - to skirt around another's ball to land closer to the Jack. Scores are tallied. There are 8 ends (rounds) to a match.



While anyone is always welcome to try, an Open House to try Carpet Bowling is scheduled for **Monday, April 8 at 1:00pm** at our **Maple Ridge centre**.

Regular attendees are looking to share their enthusiasm for the game they very much enjoy!



Helena shows us throwing a bowl
is as easy as...

ONE...



TWO...



THREE!



Hazel and Helena demonstrate
there's always time for fun!

Carpet Bowling is played at both RMSS centres:

Mon & Fri 1:00-3:00pm
Maple Ridge centre

Thu 1:00-2:30pm (followed by social coffee time)
Pitt Meadows centre



**The Maple Ridge Lions Club
HEALTH & WELLNESS
EVENT**

Featuring
Hearing, Sight, Mobility
and more!

FREE EVENT



Come connect, shop and learn about
new products & services

Saturday, April 13: 11am to 2pm

Maple Ridge Seniors Activity Centre
12150 224 St. Maple Ridge

For more details contact mapleridgelionsclub@shaw.ca

DEMENTIA WORKSHOP

**Shaping the
journey: Living
with dementia®**



Explore the journey ahead in a positive, informative and supportive environment with others who are going through similar experiences. Topics include: the brain and dementia, strategies for coping with changes, maximizing quality of life and planning for the future. Free to attend. For caregivers and people living with dementia.

WHERE
Maple Ridge Seniors Activity Centre
12150 224 Street
Maple Ridge

WHEN
Six Tuesdays,
March 5 - April 9
10 a.m. to noon

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

 **COMMUNITY BUS
RENTALS**

**20
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LOW COST
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Book easily online today.

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**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	Claudia 604-467-8385	Duffy 604-466-9617	Claudia 604-467-8385
Gordon 778-840-3557	Gordon 778-840-3557	Gordon 778-840-3557	Gordon 778-840-3557	Gordon 778-840-3557
Kelly 604-374-0034	Sheila 604-463-8929		Kelly 604-374-0034	
	- afternoons - *Tami 604-209-0752	- afternoons - *Tami 604-209-0752	*Anne 604-763-5623	

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

Relief Drivers Gillian: 604-476-2109 Joys: 604-726-8868 Suzanne: 604-607-4723 May be able to help when regular drivers unavailable	Priority is given to trips for medical purposes. Please follow our drivers' health and safety suggestions. Rate sheets are available from drivers and at the centres.
--	---

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

Supporting families while promoting independence at home



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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.

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www.qualicare.com



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Cannot be combined with any other discount.

Must present this coupon at time of initial appointment.

Valid until June 30th 2024

WORKSHOP & EVENT DETAILS

- Mar 3-9:** 50/50 Ticket Sales (see pg. 49)
- Mar 5:** **Workshop: Shaping the Journey: Living with Dementia** (see pg. 44)
FREE; Tue Mar 5 - Apr 9 10:00am-noon at MR centre; pre-register at 1-800-936-6033
- Mar 6-May 2:** **Free Tax Clinic Services** (see pg. 33)
- Mar 6:** ***Seniors Network: Senior Driver Re-Exam**
FREE; Wed Mar 6 1:00-2:30pm *at Maple Ridge Library; <https://SeniorDriver.eventbrite.ca>
- Mar 9:** **You Connect: Last day to use money on account** (see pg. 5 & 51)
- Mar 11-16:** **BRING CASH FOR DROP-IN FEES; Load money onto new membership account** (see pg. 5 & 51)
- Mar 12:** **Bus Trip: Tourist in Your Own Town**
- Mar 12:** **Event: Luck of the Irish** (see pg. 8)
\$6 tickets; Tue Mar 12 1:30-3:00pm
- Mar 13:** **Info Session: Income Tax Help** (see pg. 33)
FREE; Wed Mar 13 10:00am-noon at MR centre; pre-register at 604-467-4993
- Mar 13/14:** **Welcome Tour at PM/MR** (see pg. 6)
FREE; Wed Mar 13 10:00-11:00am at PM centre; Thu Mar 14 10:00-11:00am at MR centre
- Mar 14/19:** **Info Session: Seniors Real Estate Strategies** (see pg. 37)
FREE; Thu Mar 14 1:30-2:30pm at PM centre; pre-register at 604-457-4771
FREE; Tue Mar 19 10:30-11:30am at MR centre; pre-register at 604-467-4993
- Mar 18:** **NEW MEMBERSHIP SYSTEM GOES LIVE!** (see pg. 5 & 51)
- Mar 18/22:** **Service Clinic: Speculation and Vacancy Tax Help** (see pg. 37)
FREE; Mon Mar 18 9:30-11:30am at PM centre
FREE; Fri Mar 22 9:00-11:00am at MR centre
- Mar 19:** **Seniors Bus Trip: Vanier Park** (see pg. 12)
- Mar 19:** **Community Connection: Crib with a Cop** (see pg. 35)
FREE; Tue Mar 19 1:30-3:00pm at MR centre; drop-by or reserve your spot 604-467-4993
- Mar 21:** **Trivia:** (see pg. 28 & 34) \$2.00; Thu Mar 21 10:00-11:00am at MR centre; drop-in
- Mar 23:** **Event: For the Love of Art** (see pg. 8)
Admission by donation; 1:00-3:00 at PM centre
- Mar 25:** **Fitness Demo: Keep Moving** (see pg. 16 & 19) FREE; 11:30am-12:15pm at MR centre; pre-reg
604-467-4993
- Mar 26:** **Bus Trip: Fraser River Discovery Tour**
- Mar 26:** **Event: Pie & Ice Cream Social** (see pg. 8) \$4.00; Tue Mar 26 1:00-3:00pm at PM centre; drop-in
- Mar 28:** **Wellness Workshop: Bone Health 101** (see pg. 33)
FREE; Thu Mar 28 10:00-11:00am at MR centre; pre-register 604-467-4993
- Mar 29:** **RMSS closed: Good Friday**
- Apr 1:** **RMSS closed: Easter Monday**
- Apr 2:** **Info Session: Choose to Move** (see pg. 16)
FREE; 11:00am-noon at PM centre; pre-register with Jackie at PM Family Rec Ctr 604-465-2473
- Apr 2-6:** 50/50 Ticket Sales (tentative)

WORKSHOP & EVENT DETAILS

- Apr 3:** *Seniors Network: *Embracing Laughter is the Key to Eternal Youth*
FREE; Wed Apr 3 1:00-2:30pm *at Maple Ridge Library; <https://EmbracingLaughter.eventbrite.ca>
- Apr 5:** **Workshop: Painting and Mixed Media** (see pg. 35)
\$25; Fri Apr 5 & 12 9:30am-noon at PM centre; pre-register at reception
- Apr 6:** **Workshop: Beginners Painting** (see pg. 35)
\$40; Sat Apr 6 10:30am-3:30pm at MR centre; pre-register at reception
- Apr 8:** **Open House: Carpet Bowling** (see pg. 43); Mon Apr 8 1:00-3:00pm at MR centre
- Apr 9:** **Bus Trip: Harrison Tulip Festival** (see pg. 10)
- Apr 10/11:** **Welcome Tour at PM/MR** (see pg. 6)
FREE; Wed Apr 10 10:00-11:00am at PM centre; Thu Mar 11 10:00-11:00am at MR centre
- Apr 11:** **Trivia** (see pg. 28 & 34) \$2.00; Thu Apr 11 10:00-11:00am at MR centre; drop-in
- Apr 16:** **Seniors Bus Trip: Van Dusen Gardens** (see pg. 12)
- Apr 18:** **Bus Trip: Skagit Valley Tulip Festival** (see pg. 10)
- Apr 23:** **Info Session: Maple Ridge Street Outreach Society** (see pg. 33)
FREE; Tue Apr 23 10:00-11:30am at MR centre; pre-register 604-467-4993
- Apr 23:** **Event: Bingo** (see pg. 8)
\$10 for 5 cards; Tue 10:30am-noon at PM centre; ticket sales begin Apr 2
- Apr 25:** **Wellness Workshop: Bone Health 101** (see pg. 33)
Free; Thu Apr 25 10:30-11:30am at PM centre; pre-register at 604-457-4771
- Apr 26:** **Themed Lunch: Vive la Paris** (see pg. 9)
regular lunch pricing; Fri Apr 26 11:30am-1:00pm at MR centre; bar open
- Apr 27:** **Workshop: Pool Lessons** (see pg. 34); \$20; Sat Apr 27-May18 at MR centre; pre-reg at reception
- Apr 30:** **Event: Pie and Ice Cream Social** (see pg. 8) \$4.00; Tue Apr 30 1:00-3:00pm at PM centre; drop-in



50/50
TICKET SALES ARE BACK!

STILL 3 tickets for \$2!

Tickets may be purchased from:
MAPLE RIDGE coffee bar M-F 9:30am-10:00pm;
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 Mar 4-9...drawn Mar 11

STARTING IN APRIL
\$2/ticket or \$5/3 tickets

RUFFISH COLUMBIA MAPLE RIDGE CENTER 12150 224th STREET V2X 3N8 TEL: (604) 467-4993



To our 50/50 winners:

January:	Sue M.	\$38.00 (PM)
	Winfried S.	\$112.50 (MR)
February:	Tom V.	\$79.00 (PM)
	Dawn U.	\$140.50 (MR)

Our next 50/50 sales run Mar 4-9

At PM: tickets available at reception

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

AROUND TOWN



THIS IS A CALL OUT to anyone willing to share their home gardens for a summer tour.

Renting the Community Seniors Bus, RMSS would like to offer a showcase tour of gardens. Perhaps in late June?

If you are interested in sharing your zen sanctuaries with us to “ooohhh” & “aaaahhh” over, contact: carmen@rmssseniors.org

All we need to make our Garden grow—is you!



For more information on volunteer opportunities, call Margaret Spratt at: (604) 837-8915 or email: gardencoord@gmail.com www.seniors-network.ca



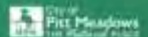
Acrylic Painting - Beginner

Spring program registration starts March 5. Explore various acrylic painting techniques while learning the principals of design including colour, value, line, shape, form, texture and space. Register today!



8 sessions, April to June - Course ID#12691

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



Pitt Meadows Garden Club

Meets every 3rd Monday at 7:00pm
12119 Harris Rd., Pitt Meadows
pittmeadowsgardenclub.ca



@ MR Seniors Activity Centre Sat Mar 16



****ALL Repair Cafes are on Saturdays from 10am-2pm****

Book King.(New You Connect Software) Frequently Asked Questions

What will happen to my current money on account?

During the week of March 11 - 16 members will be able to request a return of monies via cheque OR choose to donate their remaining balance to RMSS.

When is the last day to put money on my old you connect account?

February 29, 2024

(Try to calculate the number of classes you will attend between February 29 & March 9 and only add the amount you will need so that you don't have a large surplus in the end.)

When is the last day to use my money on account?

March 9, 2024

March 10 - 16 Manual drop-ins (bring your drop-in fee in cash: \$1 & \$2)

When are we going to start using the new system?

March 18, 2024 is our tentative live date.

Will I still be able to use my FOB after the switch of systems?

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

Will I still tap into the building when I arrive?

YES - Each member will continue to tap their FOB at the Welcome Desk, thus recording their visit to the Activity Centre.

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

NO - Money on account will no longer be accepted as a form of payment. Meals may continue to be purchased using cash, debit or credit. Bring cash for the coffee bar.

What is a Drop-In Pass?

A Drop-In Pass is essentially pre-paying for a block of drop-in classes. Your drop-in pass will be loaded virtually on your FOB.

How much is a drop-in pass?

All drop-in programming will be \$2 per class when we go live with the new software. (The classes that were \$1 will now be \$2.) Drop-in passes can be purchased in 5, 10 or 20 sessions = \$10, \$20 or \$40.

When can I buy my new drop-in pass?

March 11 - 16 you can "pre-purchase" a drop-in pass which you will be able to start using on March 18, 2024. (See poster on page 5 for more drop-in pass details.)

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

We want to remember...

Lolita D. who taught our Hawaiian Dancers and was a significant support to and participant in the Ukulele Group. Lolita's joy and smile were her Aloha - they were how she both greeted and said farewell. Her laughter was never far behind.

Evident to all, Lolita's first love was the Lord her God, then her family and friends, strongly followed by her passion to dance.

A gracious soul, charming, patient, beautiful, and kind, we will miss her boundless energy.

Aloha, Lolita!



THANK YOU

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.....*could this be you?*



facebook.com/rmssseniors

