

GrapeVine



Immature Bald Eagle

Great Egret



Common Mergansers



Sandhill Crane



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows May & Jun 2024 Program Guide

(nature photos submitted by Greg H., member)



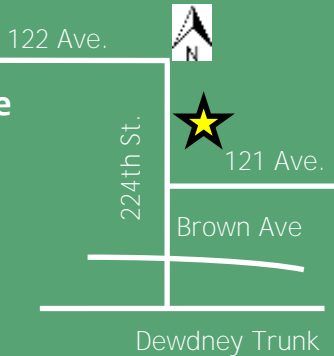
Whether listening to poetry, appreciating art or nature, participating in art projects, or playing Crib with a Cop, RMSS members know how to have fun!

FACILITY INFO

Maple Ridge

Seniors Activity Centre

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



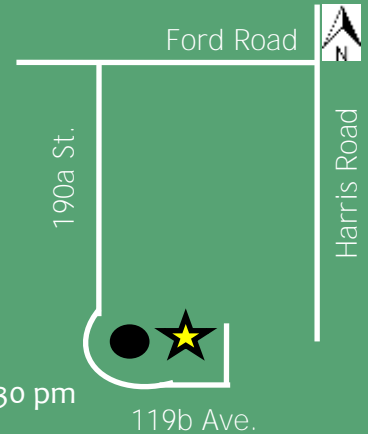
Member Services

Monday - Thursday 9:00am - 7:30pm
Friday 9:00am - 3:30pm
Saturday 10:00am - 3:30pm
Closed May 20

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 May 20



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

YouConnect Coordinator, Vanessa De Freitas

Kitchen Supervisor, Grace Nunnikhoven

Kitchen Staff: Leah, AJ, Nilab

Support Staff: Joys, Robyn, Sandra

MR Facility Attendants: Devon, Mojgan

PM Facility Attendant: Sally

TABLE OF CONTENTS:

A Message for You 3

Membership Information 4

Events..... 8-9

Bus Trips 10-11

Month at a Glance 12-13

Program Information..... 14-30

Week at a Glance..... 24-25

Outreach Services.. 38-39

Driving Service..... 43

Info Session & Events Index..... 44-45

Around Town..... 46

Volunteer Recognition..... 48

A MESSAGE FOR YOU

I sit here today contemplating whether or not this year marks Ridge Meadows Seniors Society's 25 year anniversary or if it is our birthday? I feel compelled to call it our birthday simply because it marks the 25th year that the Society was "born" but that could be up for debate.

Seniors programming in Maple Ridge and Pitt Meadows has been around since the late 60's at the Centennial Centre in Maple Ridge (run by the Elderly Citizens Recreation Association-ECRA) and 2001 at the Pitt Meadows Family Recreation Centre. Since RMSS became a Society in 1999, and received charitable status in 2003, RMSS staff and volunteers have worked hard to make us the leader in Seniors Programming while



advancing the well-being of older adults 55+ in our two communities. RMSS has grown exponentially over these 25 years and has made an impact in the lives of close to 50,000 seniors!

We have expanded so much that we are looking to get our activities and programs outside of our 8 walls (and limited parking lots). One of our strategic plan goals IS to offer RMSS programs and services at additional locations.

As you may know, RMSS relies heavily on volunteers, grants, donations and fundraising to carry out our work. If you are considering a birthday gift to us there are a number of ways of doing so. Offer your valuable time as a volunteer, consider a donation, or contribute to our photo & memory collage. We would love for you to share your stories, memories or photos of the time you have spent at RMSS centres. Keep a look out for memory boxes. (Staff can help with making copies of documents or photos to allow you to keep your originals.) From your submissions we hope to make a collage for display.

So back to that original question, is it our anniversary or our birthday?

Either way, it is absolutely something to celebrate! More details coming soon!

HAPPY ANNIVERSARY OF OUR BIRTH!

Maria Perretta

Executive Director, 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.

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.



IMPORTANT ANNOUNCEMENT  

REIMBURSEMENT CHEQUES ARE NOW READY FOR PICK UP!
(collect from the centre where you signed your waiver)

AND for those who chose to donate their money on account...
(the total gifted amount has not yet been tallied)

WE *thank you* 

 **COMMUNITY BUS RENTALS** 

20 PASSENGER BUS WITH DRIVER FOR HIRE

LOW COST FOR SENIOR SERVING NON PROFIT AGENCIES

BOOK THE BUS TODAY!

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

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

CAN ACCOMMODATE UP TO 2 WHEELCHAIRS!

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





Be sure to support our talented Variety Plus group in their upcoming spring show. Their tribute to Retro TV from the 60's & 70's is sure to entertain!

Tickets (\$12) go on sale starting May 1 from both centres - and are sure to sell out.

Door Prizes - Refreshments - 50/50 tickets

(Once the shows sell out - watch for info on a fun alternate way to watch the show Jun 5.)

VARIETY PLUS PRESENTS 

Those Were The Days!

60's A TRIBUTE TO **Retro TV** **70's**

TICKETS \$12 EACH
DOOR PRIZES! REFRESHMENTS!

May 24th & 25th at 2pm
MAPLE RIDGE SENIORS ACTIVITY CENTRE
12150 224TH ST. MAPLE RIDGE

FOR MORE INFORMATION:
Facebook.com/VarietyPlus
Phone: (604) 467-4993

  Presented by Variety Plus and Ridge Meadows Seniors Society

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

Maple Ridge Activity Centre

12150 224th Street, Maple Ridge

SECOND THURSDAY MONTHLY

10:00am - 11:00am



CONGRATULATIONS to Gloria who won the Heart Health gift basket donated by Stay Fit 3 instructor, Debbie.

While it was a random draw, members entered each class they attended during the month of February. Enjoy!



May 12!



June 16th!



Senior Living?

NOT IN THIS LIFETIME!

That's what some of our residents said before they enjoyed the many entertainment opportunities at Chartwell.

Now they're saying:

"I'm seizing the day!"



CHARTWELL WILLOW
12275-224th Street, Maple Ridge
604-676-3817

Chartwell.com



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
Mobile Denture Services
We come to you!!!

Why us?

- NO dentist referral
- 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

COMMUNITY GARAGE SALE

Maple Ridge Senior Activity Centre
12150 224TH STREET
MAPLE RIDGE, V2X 3N8
604-467-4993

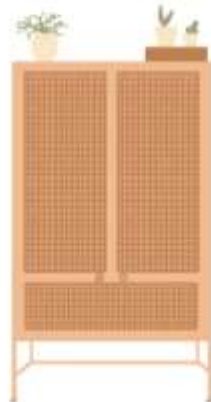
DONT miss it!



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



Clothes,
furniture,
flowers,
books



Concession & 50/50 ticket sales

PITT MEADOWS DAY PARADE
SATURDAY, JUNE 1ST
PARADE STARTS AT 11 AM



IF YOU'RE INTERESTED IN JOINING US, SIGN UP AT RECEPTION FOR ALL THE DETAILS.

ALTERNATIVELY, COME AND CHEER US ON.

RIDGE MEADOWS SENIORS SOCIETY INVITES YOU TO THE ANNUAL SENIOR WEEK STRAWBERRY TEA



PIE AND ICE CREAM



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

TUESDAY, MAY 28TH
&
TUESDAY, JUNE 25TH



FROM 1:00 PM TO 3:00 PM

PITT MEADOWS SENIORS CENTRE
19065 119B AVE PITT MEADOWS
604 457 4771



Thursday
June 6th
2:00 - 3:30 PM
Tickets \$6



Pitt Meadows Seniors Activity Centre
19065 119B AVE
PITT MEADOWS, V3Y 0E6
604-457-4771

Tickets on Sale: May 15

50/50 door prizes special guests

EVENTS

CELEBRATING SENIORS WEEK: FIT FOR LIFE



TUESDAY, JUNE 4TH
10:00 AM TO 12:00 PM



Maple Ridge Seniors Activity Centre
12150 224TH STREET
MAPLE RIDGE, V2X 3N8
604-467-4993

Sign up Opens May 1st

Egg Spoon Relay 4x1 Race
Walker Race Target game

And much, much more!

IT'S TIME FOR A CRAFT SALE!



SATURDAY MAY 11
11:00AM - 2:00PM



Just in time for Mother's Day!
Check out the MR Craft Ladies selection of hand knit baby clothes, blankies, dishcloths, slippers, sweaters, and more.

CASH SALES ONLY

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



O'CANADA THEME LUNCH



FRIDAY, JUNE 28TH
11:30AM TO 1:00 PM

Maple Ridge Seniors Activity Centre
12150 224TH STREET
MAPLE RIDGE
604-467-4993



THE BAR IS OPEN, EH!



REGULAR PRICE LUNCH
MENU TO BE ANNOUNCED
NO TICKET REQUIRED

LOOKING FOR A MORNING COFFEE KLATSCH?



At MR: Mon-Fri 9:00am (mostly gents)
At PM: Tue/Thu 9:30am

PLEASE NOTE:

RMSS CENTRES WILL BE CLOSED ON:

MONDAY MAY 20
for VICTORIA 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 Jun 5

BUTCHART GARDENS HIGH TEA

\$180

MR 7:00am-7:45pm

PM 7:15am-7:30pm

A beautiful, colourful garden with an interesting history and over 1000 varieties of plants. Browse the different gardens at your leisure and then enjoy an afternoon tea lunch. Don't forget to save time for the gift shop!

Package includes: Admission to Butchart Gardens, Afternoon Tea Lunch, Sidney Waterfront

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

Level: Easy

Registration opens May 2



Thu Jun 20

MAJESTIC MAYNE

\$160

MR 8:00am-8:00pm

PM 8:15am-7:45pm

Experience one of the most historic and beautiful of the Gulf Islands. Teeming with scenic vistas and stories of bygone days, this island is truly unique and worth of exploration.

Package includes: Georgina Point Lighthouse, Japanese Gardens, Arbutus Forest Walk, Lunch at Springwater Lodge

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

Level: Easy

Registration opens May 14

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.



Fri Jul 12 CHARMING WATERFRONT TOWNS (USA) \$130

MR 8:15am-6:45pm PM 8:30am-6:30pm

Discover and explore charming waterfront towns in Washington State's Skagit County and Whidbey Island.

Package includes: Lunch La Conner's Waterfront Café, Ice Cream - Kapaw's Iskreme, Bayview, La Conner, Coupeville, all fees and taxes

**USA travel documents required*

Level: Easy

Registration opens Jun 11



Sat Jul 27 FIREWORKS DINNER CRUISE \$190

MR 5:15pm-12:45am PM 5:30pm-12:30am

Experience an unforgettable Fireworks dinner cruise with Vancouver Cruises! Feast on a West Coast Buffet featuring baked salmon and carving station, seasoned roasted potatoes, Caesar salad, tossed green salad with four dressings, fresh vegetables, fresh bread, coffee, tea and dessert buffet.

Package includes: English Bay anchoring for best views, 4 hour cruise, Dinner Buffet, Cruise Staff gratuities

Level: Easy

Registration opens Jun 25



Enjoy the Journey's long-awaited new addition, Bev!



Remember to forward any trip photos to carmen@rmssseniors.org
Include trip name and names of those in the photo.
















MONTH AT A GLANCE - MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2 	3 Absolute Hearing (by appt.)	4  Community Garage Sale
< 50/50 sales available at BOTH centres May 6-11 Winner drawn May 13! > 						
5	6 Keep Moving Fitness	7 Info Session: Peace of Mind Planner (MR) 	8 Welcome Tour at PM Welcome Tour at MR (Thu)	9 Wellness Workshop: Pelvic Health Info Session: Peace of Mind Planner (PM)	10 Caregiver Connection 	11 Craft Sale Workshop: Diabetes Self-Management
12	13 Tech Help 	14 Info Session: The Dash Between	15 Ukulele 	16 BUS TRIP: Milner Gardens Event: Volunteer Appreciation	17 Book Club 	18 Jam Session (PM) Karaoke
19	20 VICTORIA DAY RMSS CLOSED	21 	22 	23 Service Clinic: Walkers & Wheelchairs Info Session: Reverse Mortgages (PM)	24  Event: Variety Plus "Those Were the Days"	25  Event: Variety Plus "Those Were the Days"
26	27 	28  Pie & Ice Cream Workshop: Intro to Jewellery Making	29 BUS TRIP: Galiano	30 	31 Workshop: Arranging Fresh Flowers Bar Open during lunch	

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 - JUNE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Event: PM Day Parade
CELEBRATING SENIORS WEEK JUNE 3-8!						
< 50/50 sales available at BOTH centres Jun 3-8 Winner drawn Jun 10! >						
2	3 Foot Care w/ Vilma (by appt.)	4 Event: Fit for Life Info Session: ICBC Senior Driver (PM)	5 BUS TRIP: Butchart Gardens VP @ the  Social Dance -evening	6 Info Session: ICBC Senior Driver (MR) Event: Strawberry Tea	7 Painting at PM 	8 Fundraiser: Document Shredding
9	10 	11 Walking Club Therapeutic Yoga -evenings	12 Welcome Tour at PM 	13 Welcome Tour at MR Service Clinic: Walkers & Wheelchairs	14 Dance Your Buns Off Foot Care w/ Gigi & Yvette (by appt.)	15 Info Session: Lifestyle Changes as Parents Age
16	17 	18 Info Session: Reverse Mortgages (MR)	19 	20 BUS TRIP: Mayne Island Trivia	21 	22 Workshop: Chronic Pain Self-Management
23 / 30	24 Book Club 	25  Pie & Ice Cream	26 	27  Wellness Workshop: The Road to Healing with Cancer	28 Themed Lunch: Canada Day 	29 Badminton 



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.



KEEP MOVING





Are you wishing there was a fitness class that catered to you? We have started 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.

MONDAYS 11:30am-12:15pm


Sess #2: May 6, 13, 27 \$24 / 3 classes
 Sess #3: Jun 3, 10, 17, 24 \$32 / 4 classes

pre-registered: min 8, max 15
(medical clearance ahead of pre-reg classes required)



“This is what I have been waiting for!”
-participant endorsement

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



55+

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

I work for you!



MARC DALTON

MP | PITT MEADOWS—MAPLE RIDGE



I am here to listen to your concerns
and take your voice to Ottawa!

My office is here to provide
resources and support on Federal
Services



22369 Lougheed Hwy, Maple Ridge



604.466.2761



marcdaltonmp.com



marc.dalton@parl.gc.ca

Alzheimer Society

BRITISH COLUMBIA



Caregiver support group

For people caring for someone living with dementia, a caregiver support group offers the chance to connect with others on the dementia journey and learn about dementia and community resources.



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



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



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



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	*9:15-10:00am	PM	Main Hall	\$2 drop-in	*earlier start time begins May 4



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 May 20



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 May 20
Mon	6:30-7:15pm	MR	Hall C	\$2 drop-in	No class May 20



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	\$15/3 classes	

PLEASE NOTE: Sess #4 & #5
\$15/3 classes

Sess #4: May 6, 13, 27

reg. opens Apr 22

Sess #5: Jun 3, 17, 24

reg. opens May 13



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

Sess #4: Apr 24, May 1, 8, 15

reg. opens Apr 10



Want more dancing in your life? Check out the program idea on the bottom of page 27.

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 #4: May 17, 24, 31, Jun 7

reg. opens May 3

PLEASE NOTE: Sess #5 \$15/3 classes

Sess #5: Jun 14, 21, 28

reg. opens May 31



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 May 20
**Thu	10:15-11:00am	PM	Main Hall	\$2 drop-in	



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	



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	



PLEASE NOTE: Sess #3 \$24/3 classes **Sess #2:** May 6, 13, 27 reg. opens Apr 22

Sess #3: Jun 3, 10, 17, 24 reg. opens May 13

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 May 20
Tue	1:15-2:00pm	PM	Main Hall	\$2 drop-in	
Thu	11:30-12:15pm	PM	Main Hall	\$2 drop-in	No class Jun 6
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 May 20



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 #5: May 28, Jun 4, 11, 18 reg. opens May 14

Sess #6: Jul 2, 9, 16, 23 reg. opens Jun 18



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	No class May 2



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. [Visit our website](http://www.comservice.bc.ca)

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.

604-467-6911
comservice.bc.ca

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 May 20
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 May 20
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: \$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 May 20
Sat	10:30am-12:30pm	MR	Halls A&B	\$1 drop-in	Not on May 4 & 25

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 May 20
Thu	1:00-2:30pm	PM	Main Hall	\$2 drop-in	Not on Jun 6
Fri	1:00-3:00pm	MR	Halls A&B	\$2 drop-in	Not on May 24

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 May 20
Tue	8:45-11:00am	MR	Hall A	\$2 drop-in	In Hall B following Monday stats
Wed	8:45-11:00am	MR	Hall A	\$2 drop-in	
Wed	10:15am-12:30pm	PM	Hall A	\$2 drop-in	
Wed	5:30-7:30pm	MR	Hall A	\$2 drop-in	
Fri	8:45-11:00am	MR	Hall A	\$2 drop-in	
Fri	11:00am-noon - *Beginners	MR	Hall A	\$2 drop-in	
Fri	12:30-1:15pm *Beginners	PM	Main Hall	\$2 drop-in	
Fri	1:15-3:30pm	PM	Main Hall	\$2 drop-in	

PROGRAM INFORMATION

SNOOKER:

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

For regular playtime &/or more information:

MR centre: call Clive @ 604-790-6026

PM centre: call John @ 604-720-7020



Weekday	Time	Centre	Room	Cost	Of Note
Mon - Thu Fri Sat	8:45am-7:30pm 8:45am-4:00pm 10:00am-3:00pm	MR	Snooker	\$4 drop-in	Not on May 20
Mon - Fri Tue Sat	9:00am-4:00pm 9:00am-9:00pm 9:00am-1:00pm	PM	Snooker	\$4 drop-in	Not on May 20
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	
Fri - Beginners	9:00am-noon	MR	Snooker	\$4 drop-in	

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	Meet May 2, 16, Jun 6, 20

PROGRAM INFORMATION - Cards & Games

BRIDGE:

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 May 20
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
Fri - Partnership	12:30-4:00pm	MR	Hall C	\$2 drop-in	Not on May 24

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	



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		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	Karaoke (Sat) 12:30 - 3:00
Stay Fit 3 6:30 - 7:15pm	Therapeutic Yoga 6:30 - 7:15pm	Social Dance 6:00 - 7:30pm	Gentle Pilates 6:30 - 7:15pm	

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 9:30 - noon
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 9:15 - 10:00 (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	

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 Jun 20

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 16

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	
Monthly Social Dance	Wed	6:00-7:30pm	MR	Hall C	\$2 drop-in	Monthly program (1st Wed) starts Jun 5
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 May 20
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$2 drop-in	Not on May 20
-int.	Tue	10:30-11:45am	MR	Hall C	Pre-registered	Runs Jun 11 - Jul 30 *min 2 years exp.
Line Dance Fun!	Thu	10:30-11:45am	MR	Hall C	\$2 drop-in	

PROGRAM IDEA REALIZED! The suggestion had been made to have a monthly evening dance social with music ranging from 1940's to 1990's. It would be a 1.5 hour drop-in program that either blends all the eras or focuses on monthly decade themes. This offers a chance to dance with your partner, friends, or sit and enjoy the music. An Activity Leader(s) would source the music and create the monthly playlist. Well, it starts June 5! Check out the poster on pg. 33.

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	Meet May 13, 27 Jun 10, 24
Fri	10:00am-noon	MR	Craft Rm	\$2 drop-in	Meets May 3, 17 Jun 7, 21

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	

BEGINNERS CONVERSATIONAL FRENCH:

Cost: \$16 / 8 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	\$16/8 classes	Runs May 7 - Jun 25

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	Meet May 4, 18, Jun 15
Sat		MR	Social Activity	\$2 drop-in	ON HOLD

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 May 4 & 25

SILVERTONES CHOIR:

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

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



LOOKING for a chance to volunteer?

Do you regularly use a laptop or cell phone? You might already have the life skills needed to help those seeking tech help. MR centre needs a summer volunteer. Email: carmen@rmssseniors.org


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 May 20
Thu	9:00am-noon	MR	Boardroom	\$2 by appt	Limited appts



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 May 9, 23 Jun 13, 27




Check out our Wellness Workshops! (pg 31)



THINGS YOU DON'T WANT TO MISS!



wellness workshop




PELVIC HEALTH

This talk will focus on pelvic health and its impacts on quality of life including sexual health. Join us we cover physiological changes in men vs. women, incontinence, how medical conditions and medications can impact sex, and much more. Q&A with a registered nurse.

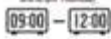

Presenter: Rachel Hahn, RN, Nurse Care Director
Organization: Proof of Care

Thursday, May 9 10:00-11:30am
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


create




The Dash Between

That dash represents a lifetime!

We all have a story to tell...OURS!
Barbara has developed a workshop to help you wade through your memories and give them cohesive voice. This stand-alone session will get you started and is meant to entice for an upcoming fall workshop to help you write your life story.

Barbara Newland has formed two writing groups, is a published author, and has edited others' material. She is excited to help you document your story for yourself, your family, or to self-publish.

Tuesday, May 14
10:30-11:45am
FREE; pre-register at reception; 604-467-4993

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



Walker & Wheelchair Service

- is your walker needing an adjustment?
- could your wheelchair use a little clean up?
- perhaps you have questions about scooters or other medical equipment?
- want to learn about accessing Handydart or RMSS Driving Service?



DROP-IN CLINIC DATES:
Thu May 23 10:00am-noon
& Thu Jun 13 10:00am-noon

MR Seniors Activity Centre
12150 224 St., Maple Ridge

FREE SERVICES provided by



Bev Schmahmann
RMSS Outreach Coordinator



wellness workshop



THE ROAD TO HEALING WITH CANCER

Join us as Jackie Morra shares her personal breast cancer story - her inspirational journey of coming to terms with the disease. Sharing analogies discovered while spending time in the garden, Jackie focuses on acceptance and lessons learned while addressing ways to cope through faith and the support of others.

Presenter: Jackie Morra,
Home and Garden Lifestyle Expert

Thursday, June 27 10:00-11:00am
FREE - pre-registration required. Call 604-467-4993

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




THINGS YOU DON'T WANT TO MISS!



info session



Reverse Mortgages & Property Tax Deferral

If you are a homeowner, you'll want to protect your nest egg. But what of the many reverse mortgage commercials promising simple and easy access to the value of your home? Many of us have questions about whether this is a safe option.

A mortgage broker will explain the pros & cons you need to consider. Here's your chance to ask your questions.

ALSO: information on property tax deferral

Presented as a community service by Craig Woodward, mortgage broker with Dominion Lending.

Thu May 23 1:00-2:00pm <small>PM Seniors Activity Centre 19065 119B Ave. 604-457-4771</small>	FREE pre-registration required	Tue Jun 18 10:30-11:30am <small>MR Seniors Activity Centre 12150 224 St. 604-467-4993</small>
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RMSS - Connecting adults 55+ with a happy, healthy life

55+



create



Some sample projects shown

Intro to Jewellery Making

Susan is a mixed media jewellery artist. She is offering three stand-alone classes. Learn about design, stringing, crimping, making loops, attaching findings to make your unique jewellery.

ALL dates
Tues 1:30-3:00pm

May 28	Necklace	<small>(Reg by May 23)</small>
June 11	Earrings	<small>(Reg by Jun 6)</small>
June 25	Bracelet	<small>(Reg by Jun 20)</small>

EACH class \$25.00 pre-registered*
Includes instruction and supplies

Min. 5, Max 10 participants; reg. opens May 7
Note class specific "register by" date

*RMSS membership required

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

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

55+



create



Flowers provided based on seasonal availability.

Arranging Fresh Flowers

Join Jackie from Planting Inspiration for a unique, hands on, floral making experience and keep a beautiful floral arrangement. Multi-coloured flowers based on seasonal availability.

Want to learn more? Go to www.plantinginspiration.com

Friday, May 31
10:30am-noon
\$45.00 pre-registered*

Register by noon
May 27

Includes instruction and supplies
Minimum 10 participants; reg. opens May 1
*RMSS membership required

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

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

55+



info session




SENIOR DRIVER RE-EXAM INFO

ICBC presents this essential info session for older adult drivers. Learn about the government's Enhanced Road Assessment program that evaluates one's ability to safely operate a motor vehicle.

Offered at both RMSS centres. FREE - pre-registration required.
Register at the centre of your date choice.

Tuesday, June 4 1:00-2:30pm <small>Pitt Meadows Seniors Activity Centre 19065 119B Ave. Pitt Meadows 604-457-4771</small>	Thursday, June 6 10:00-11:30am <small>Maple Ridge Seniors Activity Centre 12150 224 St., Maple Ridge 604-467-4993</small>
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RMSS - Connecting adults 55+ with a happy, healthy life

55+

THINGS YOU DON'T WANT TO MISS!



dance

This is a casual drop-in. Bring a water bottle and change of shoes.



Want a chance to DJ?
Email carmen@rmssseniors.org

Social Dance

Some have asked for a monthly Social Dance - a drop-in program in which you bring your partner, friends, or tap your toes and enjoy the music. We've scheduled the first Wednesday evening for the coming months to give it go. Let's dance!

First Wednesday monthly
6:00 - 7:30pm
\$2.00 drop-in pass
*RMSS membership required.
Come once or twice for FREE before committing to membership

Starting June 5!

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

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



painting & mixed media

Sample project

PAINTING w/ Kimberley



Two-part pre-registered class:
Friday June 7 & 14
9:30am-noon

Cost: \$25.00*
(includes instruction and supplies)
Minimum 5 participants; reg. opens May 1
*RMSS membership required.

Register by 3:00pm May 31

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

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

stepping stones

NEW SERIES!
for adult children

Stepping Stones is a series intended for adult children as they help their parents navigate their next steps.

Lifestyle Changes as Your Parents Age

As you watch your parents age, do you wish there was a clear path of options you could consider in preparation for this next season of life? We will address:

- What to anticipate or expect
- Review a decision tree for living options
- Present possible strategies for your family

Join this discussion of common aging scenarios that could impact your loved ones' quality and way of life.

Saturday, June 15
10:30am - noon
PRE-REGISTER at 604-467-4993

Presented as a community service by Michelle Bailey (Executive Director) and Aaron Gomez, LPN (Care Coordinator) with Qualicare Home Care.

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

Qualicare Home Care

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!







Thursday June 20
10:00-11:00am
Cost: \$2.00 drop-in pass

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

Season Finale

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

Supporting families while promoting independence at home



Caregivers • Homemakers • Companions • Nurses

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

Together, we've got this

 **Qualicare**[®]
Home Care

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

www.qualicare.com



Protecting your family's future.

With over 30 years of experience, we pride ourselves on removing the heavy burden of Wills, Probate and Home Ownership issues. We deliver efficient and cost-effective services to our many valued clients.

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

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

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

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

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



www.meadowridgelaw.com



Rhonda Murray
Partner

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

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



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

Lisa Beare, MLA

Maple Ridge - Pitt Meadows

Bob D'Eith, MLA

Maple Ridge - Mission



PHARMACISTS NOW CAN:

- Renew, change and provide you with an emergency supply of medication for many prescriptions.
- Can assess and treat 21 minor ailments such as UTIs, shingles, pink eye and dermatitis.

INVESTING IN HOME CARE

- \$227 Million to add more than 500 home-support workers
- Funding to expand the 'Better at Home' program

COMMUNITY UPDATES

New Vista Society has had a successful Community Housing Fund application to run 98 homes for seniors at Royal Crescent. Now that the application has been successful, the land will be leased to New Vista and they will develop, own and operate the seniors housing.



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

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 Presents:
 Peace of Mind Planner Session**

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

Dates, Location & Times

Tuesday May 7, 2024
 Maple Ridge Seniors Activity Centre 10:00 AM - 11:00 AM

Thursday May 9, 2024
 Pitt Meadows Seniors Activity Centre 10:30 AM - 11:30 AM

PLEASE REGISTER BY MAY 3, 2024

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

Funded by the Government of BC and managed by the United Way 



**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.

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

Specsavers

Offer includes 15 Standard progressive lenses. Conditions apply. Visit [specsavers.ca](https://www.specsavers.ca) for details.



Beez foot care



Vilma Baldoz-Abalos

Footcare Services

Certified Footcare Nurse / Registered Nurse

\$40 for approx. 15-20 minute appointment

Upcoming dates (Mondays): **May 6 & 27**
Jun 3 & 24
Jul 8 & 15

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](https://www.absolutehearing.ca)





**Emerald Pig Theatrical Society
proudly presents**

**Terms
of
Endearment**
XOXO

**Adapted for the stage by Dan Gordon
Directed by Angela Bell**

**May 2, 3, 4 at 7:30pm and May 5 at 1:00pm
Albion Community Centre, Maple Ridge**

**May 9, 10, 11 at 7:30pm and May 12 at 1:00pm
Heritage Hall, Pitt Meadows**

**Tickets: Adults \$25, Seniors \$22 www.emeraldpig.ca
EARLY BIRD PRICING UNTIL MARCH 31, 2024**

**Presented by special arrangement with Playscripts, Inc.
(www.playscripts.com)**





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



Lucy Meechan
Notary Public, M.A.

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- Real Estate Transactions**
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Nicole MacDonald
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604.457.0050



MACDONALD MEECHAN NOTARIES

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 August 31st, 2024

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	
	- <i>afternoons</i> - *Tami 604-209-0752	- <i>afternoons</i> - *Tami 604-209-0752	*Anne 604-763-5623	

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

<p style="text-align: center;">Relief Drivers Gillian: 604-476-2109 Joys: 604-726-8868 Suzanne: 604-607-4723</p> <p style="text-align: center;">May be able to help when regular drivers unavailable</p>	<p style="text-align: center;">Priority is given to trips for medical purposes. Please follow our drivers' health and safety suggestions. Rate sheets are available from drivers and at the centres.</p>
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Contact Kara for more information about the service or volunteering: 604-380-0517

WORKSHOP & EVENT DETAILS

- May 4:** **Community Garage Sale** (see pg. 8)
- May 6-11:** **50/50 ticket sales** (see pg. 45)
- May 7/9:** **Info Session: Peace of Mind Planner** (see pg. 39)
FREE; Tue May 7 10:00-11:00 at MR centre; } pre-register at 604-380-0516 or
FREE; Thu May 9 10:30-11:30am at PM centre; } raman@rmssseniors.org
- May 8/9:** **Welcome Tour at PM/MR centres** (see pg. 6)
- May 9:** **Wellness Workshop: Pelvic Health** (see pg. 31)
FREE; Thu May 9 10:00-11:30am at MR centre; pre-register at 604-467-4993
- May 11:** **Event: Craft Sale** (see pg. 9) 11:00am-2:00pm at MR centre
- May 11-
Jun 15:** **Workshop: Diabetes Self-Management** (see pg. 46)
FREE; Saturdays (6 sessions) 10:30am-1:00pm at MR centre; to register call 1-866-902-3767
- May 14:** **Info Session: The Dash Between (Writing Workshop)** (see pg. 31)
FREE; Tue May 14 10:30-11:45am at MR centre; pre-register at 604-467-4993
- May 16:** **Bus Trip: Milner Gardens & Woodland** (see reception for availability)
- May 23:** **Service Clinic: Walker & Wheelchair Service** (see pg. 31)
- May 23:** **Info Session: Reverse Mortgage and Property Tax Deferral** (see pg. 32)
FREE: Thu May 23 1:00-2:00pm at PM centre; pre-register at 604-457-4771
- May 24/25:** **Event: Variety Plus - Those Were the Days!** (see pg. 5)
Tickets \$12.00; Fri & Sat 2:00-4:00pm at MR centre; ticket sales begin May 1 at both centres
- May 28:** **Event: Pie & Ice Cream Social** (see pg. 8) \$4.00; Tue May 28 1:00-3:00pm at PM centre; drop-in
- May 28:** **Create Workshop: Intro to Jewellery Making - Necklace** (see pg. 32)
\$25.00; Tue May 28 1:30-3:00pm at MR centre; pre-register by May 23 at reception
- May 29:** **Bus Trip: Galiano Island** (see reception for availability)
- May 31:** **Create Workshop: Arranging Fresh Flowers** (see pg. 32)
\$45.00; 10:30am-noon at MR centre; pre-register by May 27 at reception
- May 31:** **Event: Bar Open (during lunch service)**
regular prices apply; 11:30am-1:00pm at MR centre
- Jun 1:** **Event: Pitt Meadows Day Parade** (see pg. 8)
- Jun 3-8:** **SENIORS WEEK! 50/50 Ticket Sales** (see pg. 45)
- Jun 4:** **Event: Fit for Life** (see pg. 9)
FREE; Tue Jun 4 10:00am-noon at MR centre; pre-register at 604-467-4993
- Jun 4/6:** **Info Session: ICBC Senior Driver Enhanced Road Assessment** (see pg. 32)
FREE: Tue Jun 4 1:00-2:30pm at PM centre; pre-register at 604-457-4771
FREE: Thu Jun 6 10:00-11:30am at MR centre; pre-register at 604-467-4993
- Jun 5:** **Bus Trip: Butchart Gardens High Tea** (see pg. 10)
- Jun 5:** **Event: VP @ the Movies!** (stay tuned)
- Jun 5:** **New Program Launch: Monthly Social Dance** (see pg. 27 & 33)
\$2.00 drop-in pass; Wed Jun 5 6:00-7:30pm at MR centre

WORKSHOP & EVENT DETAILS

- Jun 6:** **Event: Strawberry Tea** (see pg. 8)
\$6.00; Thu Jun 6 2:00-3:30pm at PM centre; ticket sales begin May 15
- Jun 7/14:** **Workshop: Painting and Mixed Media** (see pg. 33)
\$25; Fri Jun 7 & 14 9:30am-noon at PM centre; pre-register at reception
- Jun 8:** **Fundraiser Event: Secure Document Shredding** (see pg. 47)
- Jun 11:** **Create Workshop: Intro to Jewellery Making - Earrings** (see pg. 32)
\$25.00; Tue Jun 11 1:30-3:00pm at MR centre; pre-register by Jun 6 at reception
- Jun 12/13:** **Welcome Tour at PM/MR centres** (see pg. 6)
- Jun 13:** **Service Clinic: Walker & Wheelchair Service** (see pg. 31)
- Jun 15:** **Info Session: Lifestyle Changes as Your Parents Age** (see pg. 33)
FREE; Sat Jun 15 10:30am-noon at MR centre; pre-register at 604-467-4993
- Jun 18:** **Info Session: Reverse Mortgage and Property Tax Deferral** (see pg. 32)
FREE; Tue Jun 18 10:30-11:30am at MR centre; pre-register at 604-467-4993
- Jun 20:** **Bus Trip: Majestic Mayne Island** (see pg. 10)
- Jun 20:** **Trivia** (see pg. 26 & 33) \$2.00 drop-in pass; Thu Jun 20 10:00-11:00am at MR centre
- Jun 22-
Jul 27:** **Workshop: Chronic Pain Self-Management** (see pg. 46)
FREE; Saturdays (6 sessions) 10:00am-12:30pm at PM centre; to register call 1-866-902-3767
- Jun 25:** **Event: Pie and Ice Cream Social** (see pg. 8)
\$4.00; Tue Jun 25 1:00-3:00pm at PM centre; drop-in
- Jun 25:** **Create Workshop: Intro to Jewellery Making - Bracelet** (see pg. 32)
\$25.00; Tue Jun 25 1:30-3:00pm at MR centre; pre-register by Jun 20 at reception
- Jun 27:** **Wellness Workshop: The Road to Healing with Cancer** (see pg. 31)
FREE; Thu Jun 27 10:00-11:00am at MR centre; pre-register at 604-467-4993
- Jun 28:** **Themed Lunch: Canada Day** (see pg. 9) regular lunch pricing; at MR centre; bar open

50/50
TICKET SALES ARE BACK!

\$2 - 1 ticket
\$5 - 3 tickets

Tickets may be purchased from:
MAPLE RIDGE coffee bar M-F 9:30am-12:00pm;
MR reception 1:00pm until closing and Saturdays
PITT MEADOWS reception desk M-F 9:30am-2:30pm
Tuesdays until closing and Saturdays

Sold May 6-11...drawn May 13
Sold Jun 3-8...drawn Jun 10

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



March's 50/50 winners:

Marg U. \$76.00 (PM)
Sammy N. \$148.00 (MR)

YEAR'S TOTAL AWARDED WINNINGS OVER \$2000!

Be sure to check out the poster showing all the amazing items your tickets allowed RMSS to purchase. THANK YOU!!!



AROUND TOWN



We're OPEN!

The Pitt Meadows Art Gallery (PMAG) is located on the main floor of the South Bonson Community Centre.

PMAG is committed to supporting local and regional artists and artisans and will showcase six exhibitions per year at the main gallery and four per year at the pop-up gallery at City Hall. Admission to the gallery is free.

For details & hours visit pittmeadows.ca/pmag
604.465.9845 | pmag@pittmeadows.ca




Pitt Meadows Garden Club



Meets every 3rd Monday
at 7:00

12119 Harris Rd, Pitt Meadows, BC

For more info email:
pittmeadowsgardenclub.ca

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

Maple Ridge



Maple Ridge Garden Club

Monthly meetings every 3rd
Wednesday at Fraserview Hall.
Doors Open at 6:30pm.

For more info:
www.mrgardenclub.wix.com/mapleridgегardenclub

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: May 11, 2024 to June 15, 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

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

Self-Management BC programs follow a strict fire policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!



KNOWLEDGE + SKILLS + CONFIDENCE

Chronic Pain Self-Management Program



- ✓ Understand and manage symptoms
- ✓ Deal with stress and difficult emotions
- ✓ Learn to safely maintain physical activity and improve flexibility
- ✓ Communicate effectively with your health care team

FREE Six-Session Workshop for Adults with Any Kind of Ongoing Pain
Family Members and Friends Welcome

DATES/TIME: June 22, 2024 to July 27, 2024
Saturdays, 10:00am to 12:30pm

LOCATION: Pitt Meadows Seniors Activity Centre
19065 119B Avenue, Pitt Meadows BC

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

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

Self-Management BC programs follow a strict fire policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!



SAVE THE DATE



SECURE DOCUMENT SHREDDING FUNDRAISER

ONSITE SHREDDING PROVIDED BY IRON MOUNTAIN

Minimum CASH ONLY donation

\$10 per plastic grocery bag

\$25 per bankers/copy paper box

Maple Ridge Seniors Activity Centre

Parking Lot (Rain Or Shine)

12150 224 St, Maple Ridge

SATURDAY, JUNE 8TH

9 AM TO 12 PM



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 thank..

RMSS' AMAZING tax clinic
volunteer team!

Did you know that this
free program grows each
year? Last year, these
volunteers processed over
700 income tax returns
saving seniors thousands
of dollars. You are superstars!



L-R: Don, Ann, Linda, Lois, Lyn, Linda, Lois, Joys, Ginny (inset),
and Martha (missing from photo)



RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2023/2024

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Vice-President.....Bobbi Duncan

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facebook.com/rmssseniors