

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows Jul & Aug 2024 Program Guide



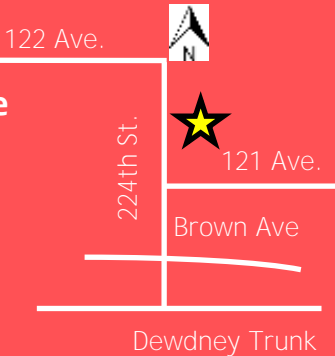
What a fabulous seniors week we had! Between the Pitt Meadows Day parade (our entry won 3rd in its category), Fit 4 Life Sports Day, Strawberry Tea and more, fun was had!

FACILITY INFO

Maple Ridge

Seniors Activity Centre

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



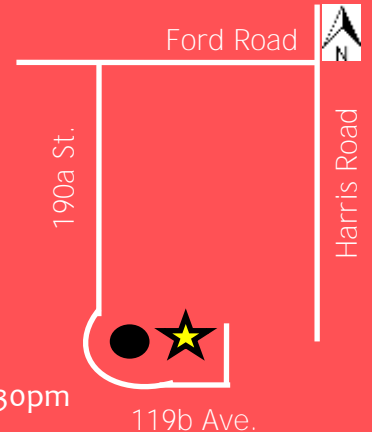
Member Services

Monday - Thursday 9:00am - 7:30pm
Friday 9:00am - 3:30pm
Saturday 10:00am - 3:30pm
Closed Jul 1 & Aug 5

Pitt Meadows

Seniors Activity Centre

19065 119b Ave
Pitt Meadows, BC V3Y 0E6
604-457-4771



Member Services

Monday, Wed - Fri 9:00am - 3:30pm
Tuesday 9:00am - 8:00pm (summer hours)
Saturday 9:00am - 1:00pm
Closed Jul 1 & Aug 5



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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PM Facility Coordinator, Marcia de Vega
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Transportation Coordinator, 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, Mushtari

Support Staff: Joys, Robyn, Sandra

MR Facility Attendants: Devon, Mojgan

PM Facility Attendant: Sally

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A MESSAGE FOR YOU

Summer has finally arrived, and we are halfway through the year. Where does the time go and what have we done as a Society? We completed implementation of the new membership program, huge thanks to Vanessa, Sandra and Kara for their hard work and patience with all of us learning something new.

We have finalized the operating agreement with the City of Maple Ridge, and are waiting to confirm dedicated parking for Pitt Meadows Centre during the construction of Heron's Nest, a below market housing and daycare facility to be built by Metro Vancouver Housing in the empty lot next to the centre. An information session will soon be held for members at Pitt Meadows to discuss the impact of this construction.

As you know the Society operates two centres, but we are not just fitness, food and fun. We also provide food bank services, outreach, resources and education to the 55+ communities in both Maple Ridge and Pitt Meadows. This valuable work comes at a cost, and while funded by both cities, grants, fundraisers and donations, there are shortfalls. This year, the Board focused on attracting and retaining long term donors. A donation mail request was sent out and we are confident it will see positive results. Along with this, the Board continues the annual Duck ticket sales (available at each Centre), and we organized a Shred-A-Thon held on June 8th at Maple Ridge. The success of each of these fundraising activities ensures the viability of the Society and we thank everyone who has organized, volunteered and participated in them.

Two final thoughts. If you volunteer for us, THANK YOU! We cannot survive and thrive without you - you are amazing. And if you are interested in the Board, please reach out to anyone of us. We would love to talk to you. Finally, to the staff, they continue to amaze me with the energy, positivity and sense of fun they bring to their jobs. Thank you, thank you, thank you, now let's go have some fun!!!!

Karen Hjort-Olsen

Board President, Ridge Meadows Seniors Society



MEMBERSHIP INFORMATION

MEMBERSHIP INFORMATION

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

◆ LIFETIME MEMBERSHIPS

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

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

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.

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.





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

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

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

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

**Mark your calendars:
RMSS' annual general meeting will be on
Thursday, September 19
@ Pitt Meadows
Seniors Activity Centre**




No matter the amount, WHEN YOU DONATE, you help RMSS to...

serve connect provide support
resource equip

Ridge Meadows Seniors Society
"Connecting adults 55+ with a happy, healthy life"

thank you

Your support allows us to provide services, foster shared experiences, and advance the well being of adults 55+ in the Maple Ridge and Pitt Meadows communities.



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




EVENTS

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



LOOKING FOR A MORNING COFFEE KLATSCH?

At MR: Mon-Fri 9:00am
(mostly gents)

At PM: Tue/Thu 9:30am

Or after any morning fitness class! :D

FREE!!!
RSVP!



PIE & ICE CREAM

THANKS TO ABSOLUTE HEARING SERVICES



POP INTO PITT MEADOWS SENIORS CENTRE

TUESDAY, JULY 30TH

FROM 1:00 PM TO 3:00 PM

FOR A FREE SLICE OF PIE WITH ICE CREAM AND A HOT BEVERAGE

RSVP AT
604-457-4771
BY JULY 23RD



PM CENTRE
19065 119B AVE
PITT MEADOWS

EVENTS



Fit 4 Life Winners included:

Table Tennis

- 1st- Fred W.
- 2nd- Andreas M.
- 3rd- Linda J.

Badminton Volley

- 1st-Andreas M. & Fred W.
- 2nd-Patti M. & Wayne B.
- 3rd- Mandy G. & Marjorie S.

Pool Noodle Ring Toss

- 1st- Marilyn H.
- 2nd- Audrey J.
- 3rd- so many to name... all tied!

Walker Race

- 1st- Sharon R.
- 2nd- Mary W.

Target Game

- 1st- Barb G. tied with Patti M.
- 2nd- Marjorie S., Sharareh S., Zulekha B, Tatiana B, Brenda L.
- 3rd- Carol N, Gloria M, Priscila A, Donna A.

4x1 Relay

- 1st-Lois F. Julie K. Gloria M. Rosie K.
- 2nd-Fred W, Mandy G, Carol N, Andrea M.
- 3rd- Audrey J. Mandy G. Gayle L. Hilda W.

Obstacle Course

- 1st- Carol N.
- 2nd-Fred W.
- 3rd- Andreas M.



SAVE
THE
DATE

Join the RMSS 25th birthday celebrations:
 @ MR centre on Oct 8
 @ PM centre on Oct 10

Celebrating
25



Photos from Seniors Week's Fit 4 Life and Strawberry Tea.

PLEASE NOTE RMSS CENTRES WILL BE CLOSED ON:

MONDAY JULY 1
for **CANADA DAY**

AND

MONDAY AUGUST 5
for **BC 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.



Tue Aug 6

HELL'S GATE & GREEN POINT

\$150

MR 8:00am-5:15pm

PM 8:15am-5:00pm

The Fraser Canyon is filled with natural scenic beauty highlighted by Hell's Gate Tram and onsite gorge attractions. Visit picturesque Green Point in Sasquatch Provincial Park for afternoon refreshments.

Package includes: Hell's Gate Tram Ride, Lunch Hell's Gate, Gorge attractions, Green Point refreshments

Level: Easy


Registration opens Jul 4



Wed Aug 28

HARRISON SUNFLOWER FESTIVAL

\$130

MR 8:00am-4:45pm 

PM 8:15am-4:30pm

Five acres of show gardens featuring 15 varieties of sunflower, some reaching over 12 feet tall! The Harrison Sunflower Festival does not disappoint! Treat yourself to a delicious lunch at the picturesque River's Edge Restaurant, a stop at a cheese farm and fresh ice cream at Birchwood Dairy farm.

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

Level: Easy

Registration opens Jul 23


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
Unless otherwise specified, shuttles take 24 passengers. Each centre is allocated seats.

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.

NEW!  Some MR pick up/drop off locations have been moved to the Legion (details at reception).
Look for the Legion poppy logo.


BUILDING ACCESS: RMSS washrooms available during regular hours of operation only.



Tue Sep 3

THE BEST OF WHIDBEY ISLAND (USA)

\$150

MR 7:45am-7:15pm 

PM 8:00am-7:00pm

Whidbey Island is the largest of nine islands offering scenic byways, landmark attractions and quaint charming towns. Enjoy lunch at Ivar's Mukilteo Landing, a scenic ferry to Clinton, a stop in Langley (WA) and Coupeville for afternoon ice cream.

Package includes: Lunch Ivar's Mukilteo Landing, Mukilteo to Clinton Ferry, Langley & Coupeville free time, Kapaw's Iskreme (ice cream)

*USA travel documents required

Level: Easy


Registration opens Jul 30
(up to 48 seats available)



Wed Sep 18

DISCOVER THE FRASER LUNCH CRUISE

\$180

MR 9:30am-4:15am 

PM 9:45am-4:00pm

Discover the Mighty Fraser and see the working river at its finest. Enjoy a delicious lunch while on a 2.5 hour voyage up to the Douglas Island Wildlife Preserve as well as to the mouth of the Pitt River. Get your cameras ready for this narrated educational tour!

Package includes: Paddlewheeler River Boat Tour, Discover the Fraser Lunch Cruise, Westminster Quay Public Market, Ship Staff gratuities

Level: Easy

Registration opens Aug 13
(up to 48 seats available)

N.B. Early registration will be offered to those whose Fraser River Lunch Cruise trip was cancelled in March.

A note regarding bus trips:

Over the past months, there has been increasing demand on bus trips resulting in disappointment when trips quickly sell out. To address this:

- when able, Enjoy the Journey is offering TWO busses on the same day, the equivalent of up to 48 seats (noted in trip description); a minimum of 36 registrations will be needed for both shuttles to proceed
- to limit competition, PM and MR centres have a designated number of assigned seats
- should you choose to arrive early on 'registration opens' day, numbers will be handed out prior to the building being opened

Please note: Seniors Community Bus trips are not affiliated with Enjoy the Journey



Seniors Bus





GOLDEN EARS PICNIC
TWO DATES: Tue Jul 23 or Thu Aug 15

COST \$10.00* Reg opens Jul 3

pre-pay at reception by noon Wed Jul 17 OR Fri Aug 9

MINIMUM 10 PASSENGERS FOR TRIP TO PROCEED

When was the last time you went for a picnic?
Thanks to a United Way Social Meals grant, the lunch is covered. Bring a friend. This is open to those 55+.

*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; RMSS membership not required; up to 20 seats available

ITINERARY:

Pitt Meadows centre 10:45am - 1:35pm

Maple Ridge centre 11:00am - 1:20pm

South Aloette Picnic Area 11:30am - 1:00pm

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

















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

This trip is affiliated with the Community Seniors Bus program. 



MONTH AT A GLANCE - JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CANADA DAY RMSS CLOSED	2 	3 Social Dance -evening	4 	5 Absolute Hearing (by appt.)	6 Jam Session
< 50/50 sales available at BOTH centres Jul 2-6 Winner drawn Jul 8! >						
7	8 	9 	10 Welcome Tour at PM	11 Welcome Tour at MR Info Session: Beat the Heat (MR)	12 BUS TRIP: Charming Waterfront Towns (USA)	13 Repair Cafe
14	15 Stay Fit 3 morning or evening class	16 Info Session: Beat the Heat (PM)	17 	18 	19 Book Club	20 
21	22 Foot Care w/ Vilma (by appt.)	23 SENIORS COMMUNITY BUS TRIP: Golden Ears Picnic	24 	25 Wellness Clinic	26 	27 BUS TRIP: Fireworks Dinner Cruise
28	29 	30  Pie & Ice Cream 	31 			



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 40.

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

MONTH AT A GLANCE - AUGUST



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Gentle Pilates - evenings	2 Table Tennis	3 
< 50/50 sales available at BOTH centres Aug 6-10 Winner drawn Aug						12! 
4	5 BCDAY RMSS 	6 BUS TRIP: Hell's Gate	7  Social Dance -evening	8 Welcome Tour at MR 	9 Caregiver Connection	10 Karaoke
11	12 	13 Walking Club Therapeutic Yoga -evenings	14 Welcome Tour at PM	15 SENIORS COMMUNITY BUS TRIP: Golden Ears Picnic	16 Foot Care w/ Gigi & Yvette (by appt.)	17 
18	19 Tech Help	20 Craft Group	21 	22 	23 	24 
25	26 	27 	28 BUS TRIP: Harrison Sunflower Festival	29 	30 	31 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.



JOIN TEAM MAPLE RIDGE
JULY 18-21, 2024

We're looking for over 2,500 volunteers to ensure that the youth athletes from around BC have an incredible experience in our community. We're hoping you become a community ambassador for the Maple Ridge 2024 BC Summer Games.

Who's Coming
We'll welcome up to 3,723 participants including 2,782 athletes, 566 coaches and 375 officials

The Competition
There's 19 sports including sports for athletes with a disability.

Key Dates
Practices - Thursday, July 18
Opening Ceremony - Thursday, July 18
Competitions - Friday, July 19 until noon Sunday, July 21
Closing Celebration - Sunday, July 21

Be a Games VOLUNTEER!
Sign up on line using the QR code or online at bcsummergames.ca



bcsummergames.ca



A THANK YOU note TO the Maple Ridge Craft Ladies group for their recent and generous \$3000 donation to RMSS.



Our Provincial Partners



We respectfully acknowledge that we live on the traditional territory of the Kwantlen First Nations and Kwantlen First Nation.

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	



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 Jul 1 & Aug 5



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 class Jul 1 & Aug 5
Mon	6:30-7:15pm	MR	Hall C	\$2 drop-in	No class Jul 1 & Aug 5



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
w/ Pat Mon	11:15am-noon	MR	Hall C	\$20/4 classes	

Sess #6: Jul 8, 15, 22, 29 reg. open



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

Sess #6: Jun 19, 26, Jul 3, 10 reg. open



Want more dancing in your life? Check out the monthly social dance on 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	On summer break



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 class Jul 1 & Aug 5
**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 6 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	

Sess #4: Jul 8, 15, 22, 29 reg. open



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 Jul 1 & Aug 5
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 Jul 1 & Aug 5



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 #6: Jul 2, 9, 16, 23

reg open



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	No class Aug 6



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	



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.

GIFT CARD

Visit our website

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 Jul 1 & Aug 5
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 Jul 1 & Aug 5
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	\$2 drop-in	No class Jul 1 & Aug 5
Sat	10:30am-12:30pm	MR	Halls A&B	\$2 drop-in	

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 Jul 1 & Aug 5
Thu	1:00-2:30pm	PM	Main Hall	\$2 drop-in	Resumes in Sep
Fri	1:00-3:00pm	MR	Halls A&B	\$2 drop-in	

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 Jul 1 & Aug 5
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 Jul 1 & Aug 5
Mon - Fri Tue Sat	9:00am-4:00pm 9:00am-9:00pm 9:00am-1:00pm	PM	Snooker	\$4 drop-in	Not on Jul 1 & Aug 5
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 Jul 4, 18, Aug 1, 15

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 Jul 1 & Aug 5
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	

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: No partner required

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 ARE ON SUMMER BREAK** 
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	**Rhythm of Care 1:00 - 3:00
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	Badminton (Sat) 10:30am-12:30pm
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	Karaoke (Sat) 12:30 - 3:00

PROGRAMS AT PITT MEADOWS – week at a glance

Fitness class information and descriptions on next pages. **SOME PROGRAMS ARE ON SUMMER BREAK**
 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
**Caregiver Connection 9:30 - 11:00	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				
**Rhythm of Care 9:30 - 11:30	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				
	Mah Jong 1:00 - 3:30	Whist 1:00 - 3:00	Carpet Bowling 1:00 - 2:30	Table Tennis - Beg 12:30 - 1:15
Line Dance - Beg 11:30 - 12:30	Chair Yoga 1:15 - 2:00	Ukulele 1:00 - 2:30	**Armchair Traveller 1:30 - 2:30	Games 12:45 - 3:45
Tech Help 12:30 - 2:45	Iceless Curling 2:30 - 4:00	Ladies Snooker 1:30 - 3:30		Crib 1:00 - 3:30
Bridge 1:00 - 3:45		Ballet 2:00-3:00		Table Tennis 1:15 - 3:30
Table Tennis 1:15 - 3:30	*Beg French 6:00 - 7:00	Meditation 2:45 - 3:45		Snooker 9:00 - 1:00 (Saturdays)
**Caregiver Walk & Coffee 1:30 - 2:30	Movie Night 6:00-8:00	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	on summer break

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 14

Program	Weekday	Time	Centre	Room	Cost	Of Note
Ballet	Wed	2:00-3:00pm	PM	Hall B	\$2 drop-in	Resumes in Sep
Flamenco	Wed	3:00-4:00pm	PM	Hall B	\$2 drop-in	Resumes in Sep
 Monthly Social Dance	Wed	6:00-7:30pm	MR	Hall C	\$2 drop-in	Monthly program on Jul 3, Aug 7
Hawaiian	Thu	12:30-1:30pm	MR	Hall C	\$2 drop-in	Not in August
Line Dance -beg.	Mon	11:30am-12:30pm	PM	Main Hall	\$2 drop-in	Not on Jul 1; not in August
-beg.	Mon	1:30-2:45pm	MR	Hall C	\$2 drop-in	Not on Jul 1; not in August
-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	Not in August

PROGRAM IDEA REALIZED! We are experimenting with a 1.5 hour monthly evening social dance to see if it can become an ongoing program. This offers a chance to dance with your partner, friends, or sit and enjoy the music. For July & August, separate individuals will source music for each 30 minute segment to allow for a variety of favourite tunes. Want to provide a playlist? Let Activity Coordinator know. Check out the poster on pg. 29.

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 Jul 8 & 15 Aug 12 & 26
Fri	10:00am-noon	MR	Craft Rm	\$2 drop-in	Meet Jul 5 & 19, Aug 2 & 16

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	On summer break

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	

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	

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	Resumes Aug 15

UKULELE:

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

Both regular and beginners classes offered.



Weekday	Time	Centre	Room	Cost	Of Note
*Thu - some exp.	10:00-11:30am	PM	Arts & Craft	\$2 drop-in	On summer break; *New day & time starts in Sep.
*Thu - beginners	1:00-2:00pm	MR	Hall A	\$2 drop-in	
*Thu - some exp.	1:00-2:30pm	MR	Hall A	\$2 drop-in	

VARIETY PLUS:

Cost: none

Having fun with music, dance and comedy. Accepting new members into September.



Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00-4:00pm	MR	Hall C	none	Resumes Aug 28

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. Email: kara@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 in Jul; Not on Aug 5
Thu	9:00am-noon	MR	Boardroom	\$2 by appt	On summer break



Need Tech Help while our volunteers are on summer break?
The Maple Ridge Public Library offers drop-in practical, hands-on sessions with library staff. (Bring your handheld device along.)
Mondays, July 8 to August 26 from 2:00-3:00pm



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 Jul 11 & 25



THINGS YOU DON'T WANT TO MISS!



info session







Beat the Heat & Other Emergency Preparedness Info

Want to learn more about how to prepare yourself and your loved ones for an emergency? Your city's Emergency Program Manager will provide information on the who, what, where, why, and 'how to' regarding floods, earthquakes, heat waves, and other disasters. Q&A to follow.



Thu Jul 11
1:30-2:30pm

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

FREE
pre-registration
required



Tue Jul 16
10:00-11:00am

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

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





dance







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

Social Dance

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

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



Membership required

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



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



VARIETY PLUS



Rehearsals
resuming Aug 28






Having fun with MUSIC, DANCE and COMEDY!
Wednesdays 1:00-4:00

Variety Plus will be welcoming new members during September to help with the production of their next show. (Shows scheduled for Nov 29&30)

Curious? For more info contact Carmen at 604-477-0425 or carmen@rmssseniors.org



Membership required

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



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



MOVIE NIGHTS






Looking for a way to spend your Tuesday evenings? Join us for weekly Movie Nights! We'll have a selection of DVDs available. Are you willing to loan some favourites? Check with Marcia or Sally.

Tuesdays 6:00-8:00pm
\$2.00 drop-in pass

Coffee Shop will be open with Ice Cream treats and Decaf available for purchase.



Come once or twice for free, thereafter, membership required

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



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



**Dental Hygiene Clinic
in Maple Ridge**

Now Accepting
**Canadian Dental Care Plan
Patients**



Call Us Now to Make an Appointment
604.790.8814



**Beez
foot care**



Vilma Baldoz-Abalos

Footcare Services
Certified Footcare Nurse / Registered Nurse

\$40 for approx. 15-20 minute appointment

Upcoming dates (Mondays): Jul 8 & 15
Aug 12 & 19
Sep 9 & 16

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

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

ENCORE CAREERS 55+
Employment Program



IDENTIFY SKILLS | EXPLORE OPTIONS

CONTACT US
(604) 777-6147
ttg@douglascollege.ca

www.douglascollege.ca/encore-careers

DOUGLAS COLLEGE TRAINING GROUP

Canada  **BRITISH COLUMBIA**

This program is funded by the Government of Canada and the Province of British Columbia.

**CURRENTLY RECRUITING!
2024**

PROGRAM HIGHLIGHTS

- 6 weeks of in-class training
- 4 weeks of individual/customized support
- Developing and launching a consulting practice
- Home-based jobs
- Gig jobs
- Digital literacy skills
- Job search strategies in today's technological environment

On-demand, quality home care

- ✓ **Verified** Home Care Providers
- ✓ **No contracts** - book only what you need
- ✓ Enhanced **safety and security** measures



Visit www.gravitii.care/grapevine or call (778) 946-0075.



Seniors eye exams at no cost to you Plus 30% off lens upgrades

Ask in store for
more details



Eye exam costs are covered by provincial health care for eligible seniors. Must be 65 years+ as of purchase date. Conditions apply, see specsavers.ca for 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



Rhythm of Care

An Interactive Cognitive Musical Program

Are you a caregiver looking for a new social opportunity for the person (55+) you are caring for? This program will allow you to enjoy some time to yourself or attend one of our caregiver support groups at the same time.

This NEW music program is led by a music therapist using various musical instruments in a fun, group style setting. It's best suited for people with mild cognitive impairment or people with mobility challenges. Absolutely no music experience necessary, just a desire to have fun!

<p>1st & 3rd Thursday 1:00pm - 3:00pm</p> <p>MR Seniors Activity Centre 12150 224th St, Maple Ridge</p>	<p>2nd & 4th Monday 9:30am - 11:30am</p> <p>PM Seniors Activity Centre 19065 119B Ave, Pitt Meadows</p>
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This program is funded by the Government of Canada's New Horizons for Seniors Program

For more information or to register, contact Bev at 604-380-0516

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.

Supporting families while promoting independence at home



Caregivers • Homemakers • Companions • Nurses

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604 457-3763



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www.lowermainlanddenture.ca

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



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Nicole MacDonald
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(non-practicing)

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Valid until October 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**

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



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



DID YOU KNOW THAT BC HAS A SENIOR'S SUPPLEMENT?

If you are a low-income senior and receive:

- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS) allowances
- No other significant sources of taxable income (like CPP)

You may be able to get a monthly payment from the B.C. government to top-up your federal income. You may also be eligible if you're 60 to 65 and receive federal spouse's allowance.

BC SENIORS ADVOCATE

The Seniors Advocate is an independent office of the B.C. provincial government acting in the interest of seniors and their caregivers.

Toll-free
1-877-952-3181

Open weekdays
8:30-4:30

Email:
info@seniorsadvocatebc.ca



Visit our offices or booths at community events to pick up your copy of the BC Seniors' Guide



Ice Cream Social
August 24th, 2024

Join the MLAs at
Maple Ridge Park
August 24th
for the annual
Ice Cream Social
11:00am-1:00pm

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

WORKSHOP & EVENT DETAILS

- Jul 1:** RMSS centres closed for **CANADA DAY**
- Jul 2-6:** 50/50 ticket sales (see pg. 40)
- Jul 3:** **Social Dance** (see pg. 29)
- Jul 10/11:** **Welcome Tour at PM/MR centres** (see pg. 6)
- Jul 11:** **Info Session: Beat the Heat & Emergency Preparedness Info** (see pg. 29)
FREE; Thu Jul 11 1:30-2:30pm at MR centre; pre-register at 604-467-4993
- Jul 12:** **Bus Trip: Waterfront Towns (USA)** (see reception for availability)
- Jul 16:** **Info Session: Beat the Heat & Emergency Preparedness Info** (see pg. 29)
FREE; Tue Jul 16 10:00-11:00am at PM centre; pre-register at 604-457-4771
- Jul 23:** **Seniors Community Bus Trip: Golden Ears Picnic** (see pg. 9)
\$10.00; Tue Jul 23; pick-up/drop-off both centres; open to non-members 55+
- Jul 27:** **Bus Trip: Fireworks Dinner Cruise** (see reception for availability)
- Jul 30:** **Event: Pie & Ice Cream Social** (see pg. 6)
FREE!; Tue Jul 30 1:00-3:00pm at PM centre; pre-register at 604-457-4771
- Aug 5:** RMSS centres closed for **BC DAY**
- Aug 6-10:** 50/50 ticket sales (see pg. 40)
- Aug 6:** **Bus Trip: Hell's Gate** (see pg. 8)
- Aug 7:** **Social Dance** (see pg. 29)
- Aug 15:** **Seniors Community Bus Trip: Golden Ears Picnic** (see pg. 9)
\$10.00; Tue Jul 23; pick-up/drop-off both centres; open to non-members 55+
- Aug 20:** **Info Session: Fraser Health presents Falls Prevention** (see pg. 41)
FREE; Tue Aug 20 3:30-4:40pm at PM centre; pre-register at 604-587-7866
- Aug 27:** **Bus Trip: Mayne Island** (see reception for availability)
- Aug 28:** **Bus Trip: Harrison Sunflower Festival** (see pg. 8)

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-1:00pm;
MR reception 1:00pm until closing and Saturdays
PITT MEADOWS reception desk M-F 9:30am-2:30pm
Tuesdays until closing and Saturdays

Sold Jul 2-6...drawn Jul 8
Sold Aug 6-10...drawn Aug 12

BRITISH COLUMBIA
Maple Ridge Centre license #11112
Pitt Meadows Centre license #11112



May's & June's 50/50 winners:

May:	Gwen W.	\$84.00 (PM)
	Linda M.	\$185.50 (MR)
June:	Kathleen S.	\$69.00 (PM)
	Sammy N.	\$165.50 (MR)



Fraserhealth
FALLS PREVENTION PRESENTATION

When: Tuesday, 20th, Aug. 2024
 3:30 PM - 4:30 PM

Where: Pitt Meadows Seniors Activity Centre - 19065 119b Ave, Pitt Meadows BC, V3Y 0E6

Call 604-587-7866 to Register

This group presentation will provide you with some tips and tricks on how to reduce your risk of having a fall!
Bring your questions!

Nothing is more valuable than your independence ... so why risk it?



"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

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AROUND TOWN



FREE!

REPAIR
YOUR BROKEN STUFF
AND LEARN HOW TO FIX IT!

Repair Café
Maple Ridge

Sat Jul 13 10am-2pm Maple Ridge Seniors Activity Centre - 12150 224th Street




PARKINSON SUPERWALK

PITT MEADOWS/MAPLE RIDGE
Saturday, September 7
Hammond Community Centre
20601 Westfield Avenue
Registration: 9:00am | Walk: 10:00am

Donate or register online today!
www.parkinson.bc.ca/superwalk

Funds raised support over 17,500 British Columbians living with Parkinson's disease through education, programs, advocacy, and research contributions.


 Thank you to our sponsor **BondRepro**

Parkinson Superwalk in British Columbia is organized by Parkinson Society British Columbia under license from Parkinson Canada

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




The Seniors Network is hosting their Country Fest Sneak Peek on Fri Jul 26 1:00-4:00pm. Featuring Phil Van Loo & Ukrainian Prairie Band. This event will be held inside the Golden Ears Winter Club - 23580 105 Ave. Reserve your spot at: www.SeniorsSneakPeek.eventbrite.ca



Caregiver support group



Open to anyone in the North Fraser who is currently caring for a person living with dementia.



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

WHERE
Location details provided upon registration

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



Gentle Hatha Yoga

Summer program registration starts May 28. Enjoy a Gentle Hatha Yoga. This class is a combination of gentle moves and sequences that will restore the mind body connection. Register today!



July & August - Course ID#13031 & 13032

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



IMPORTANT NOTICES



Ridge Meadows Seniors Society

12150 224th Street, Maple Ridge, B.C.
Phone: 604-467-4993 Fax: 604-467-0848

June 20, 2024

Dear Members,

The Ridge Meadows Seniors Society Board of Directors has voted that the Society will not be renewing its liquor license on June 30th. While the liquor license is issued to the Society, the board members personally on an annual basis must complete an in depth criminal record search, answer private questions as well as provide a detailed personal history, which is vetted by the liquor board.

The board has engaged in discussions with both legal and insurance professionals. They confirmed the individual board members could not be protected from the personal liability risk of the serving of alcohol.

While we realize that this has been a longstanding license, we hope you will agree that the volunteer board members should not be taking on this kind of personal risk.

Sincerely,

Board of Directors



RMSS CENTRES ARE ALWAYS OPEN AS COOLING CENTRES DURING EXTREME HEAT WAVES.

WHEN NEEDED, CALL THE CENTRES TO FIND OUT THE HOURS. (typically hours of operation as shown on front cover of Grape-Vine)

MAPLE RIDGE: 604-467-4993

PITT MEADOWS: 604-457-4771

IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible.



Check on family members and neighbors.

Avoid strenuous activities.



Drink plenty of fluids.

Watch for heat illness.



Watch for heat cramps, heat exhaustion, and heat stroke.

Wear light clothing.



Never leave people or pets in a closed car.

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...

Vivian and Les M.! At 90 & 93 years old, and celebrating their 70th wedding anniversary, these folks show us you're only as old as you let yourself think and feel.

Vivian continues to team-teach Line Dancing, Les oversees one of our Mah Jong groups, and together they support the Karaoke program by overseeing the music / tech side of things.

Thank you very much for all you do for RMSS and its members!



RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2023/2024

President.....Karen Hjort-Olsen

Vice-President.....Bobbi Duncan

Secretary..... Gayle Lyons

Treasurer.....Kathy Baxter

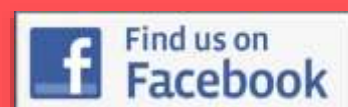
Director..... Margaret Attwell

Director..... Patricia Gordon

Director..... Deborah Jamieson

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

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



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