



GrapeVine

RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows
Sep & Oct 2024 Program Guide



It has been 25 years since Ridge Meadows Seniors Society began -
TOGETHER - what a long way we have come!

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 Sep 2, 30, Oct 14



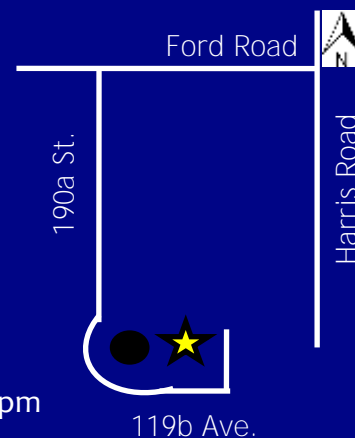
Pitt Meadows

Seniors Activity Centre

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

Member Services

Monday - Friday 9:00am - 3:30pm
Saturday 9:00am - 1:00pm
Closed Sep 2, 30, Oct 14



www.rmssseniors.org



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



VALUE STATEMENTS: We strive to ...

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

GOALS:

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

STAFF DIRECTORY:

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

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

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

Bookkeeper, Eva Todd eva@rmssseniors.org

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

Event Coordinator, Anita Bettsworth
 604-457-4771; anita@rmssseniors.org

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

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

Transportation Coordinator, Don Fernets
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, Nilab

Support Staff: Joys, Robyn, Sandra

MR Facility Attendants: Devon, Mojgan

PM Facility Attendant: Sally

TABLE OF CONTENTS:

Membership Information 3

Events..... 4-7

Bus Trips 10-11

Month at a Glance 12-13

Program Information..... 14-30

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

Outreach Services.. 36-37

Driving Service..... 41

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

Around Town..... 46

Announcement..... 47

Volunteer Recognition..... 48

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.



EVENTS



ANNUAL GENERAL MEETING

Ridge Meadows Seniors Society

Pitt Meadows Seniors Activity Centre

Thursday, September 19 at 1pm

Please RSVP at Member Services to book your seat.

AGM REPORT packages will be available for pick up from
the office starting September 11, 2024

Need a ride from Maple Ridge to Pitt Meadows?
Leave your name at member services.

PLEASE NOTE RMSS CENTRES WILL BE CLOSED ON:

MONDAY SEPTEMBER 2 for LABOUR DAY

**MONDAY SEPTEMBER 30 for NATIONAL DAY FOR
TRUTH & RECONCILIATION**

and

MONDAY OCTOBER 14 for THANKSGIVING



EVENTS



Join the RMSS 25th birthday celebrations!

on Tue Oct 8
 @ Maple Ridge
 1:30-3:30pm



on Thu Oct 10
 @ Pitt Meadows
 1:30-3:30pm

Starting Sep 10, sign up at member services to get your FREE ticket to either party.



Wear a party hat or fascinator. We'll have some available as well.



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

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**

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



Check pg. 28 for Beginners Conversational French lessons

PIE AND ICE CREAM

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

TUESDAY, OCTOBER 1
DROP-IN 1:00 TO 3:00 PM

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

ALL 55+ WELCOME

FILM PRESENTATION

UNSYNCABLE

AGE IS JUST A NUMBER

View the inspirational, award-winning documentary, Unsyncable, as it brings awareness to the importance of active aging. Watch swimmers in their sixties and beyond as they hold back the hands of time and celebrate the beauty, strength and joy they have found in synchronized swimming. Interactive discussion to follow.

FREE: reserve your seat at the centre you'll attend.

Watch at Pitt Meadows on
Wed Sep 25 12:30pm

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

Watch at Maple Ridge on
Tue Oct 1 10:00am

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

ALL 55+ WELCOME

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

EVENTS



IT'S TIME FOR A CRAFT SALE!

**TUESDAY OCT 1
10:00AM - 1:00PM**

Before all the seasonal sales begin check out the MR Craft Ladies selection of hand knit baby clothes, blankies, dishcloths, slippers, sweaters, and more.



CASH ONLY



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




Get a Flu Shot

**Tue Oct 22
10:00am - 4:00pm**

BECAUSE FLU SEASON IS COMING



Book your appointment starting Sep 24 at 604-467-4993. On Oct 22, remember to bring your CareCard.



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

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




Courtesy of **SHOPPERS DRUG MART**



seasonal event

ARMCHAIR TRAVELLER



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

Thu Oct 24 1:30-2:30pm



Reserve your spot by phone
Cost \$2.00 drop-in pass

Join avid traveller Larry as he shares photos from his trip to Peru and the Amazon!

*RMSS membership required
Come once or twice for FREE before committing to membership

Do you have a trip you would like to share?
Email: carmen@rmsseniors.org

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



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



seasonal event

TRIVIA




WITH JOHN

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






**Thursday, October 31
10:00-11:00am**

Cost: \$2.00 drop-in pass

*RMSS membership required
Come once or twice for FREE before committing to membership

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



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



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

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.

The Ridge Meadows Seniors Society is looking for:

VOLUNTEER BOARD MEMBERS

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 & Pitt Meadows.

- ▶ Do you have experience in any of the following fields: legal, finance, advocacy and outreach, fundraising or governance? We want to talk to you!
- ▶ Do you enjoy working on projects and committees?
- ▶ Are you eager to promote the value of RMSS services?
- ▶ Do you have 15 - 20 hours per month to give in volunteers hours?

Answer YES to any of these questions? RMSS needs YOU! Apply today to join our Board of Directors!

For more information or to apply, please email: karenhjort@gmail.com or maria@rmssseniors.org

JOIN OUR TEAM

Not your time to shine? Pass this along to someone you would like to see on our board!

GrapeVine

55+

We LOVE that you love the GrapeVine! To help reduce waste and cost, please limit yourself to one copy, and follow the suggested recycling "R"s noted above.

PLEASE WELCOME COMMUNITY BUS DRIVER, DON FERNETS!



COMMUNITY BUS RENTALS

20 PASSENGER BUS WITH DRIVER FOR HIRE

LOW COST FOR SENIOR SERVING NON PROFIT AGENCIES

BOOK THE BUS TODAY!

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

CAN ACCOMMODATE UP TO 2 WHEELCHAIRS!

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

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



Emerald Pig Theatrical Society proudly presents

Buying the Moose

A comedy by Michael G Wilmot

Directed by Hazel Eason

**Produced by special arrangement with
PLAYRIGHTS GUILD OF CANADA**

**SEASON TICKETS now available!
Visit our website for details!**



**Albion Community
Centre, Maple Ridge**

**Oct 24 to 26 at 7:30pm
Oct 27 at 1:00pm**

**Heritage Hall
Pitt Meadows**

**Nov 7 to 9 at 7:30pm
Nov 10 at 1:00pm**



tickets at emeraldpig.ca or scan the QR code



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.



Tue Oct 15 CHINATOWN STORYTELLING CENTRE \$130

MR 7:30am-4:30pm  PM 7:45am-4:15pm

Visit the recently opened Chinatown Storytelling Centre for a guided tour featuring personal stories told by the community about specific memories, objects, and people that shaped who they are today. Enjoy lunch at Peaceful Restaurant, Chinatown walking tour, an afternoon stop at Olympic Village and a visit to T&T Supermarket Chinatown Store.

Package includes: Cafe Calabria Morning Coffee, Chinatown Storytelling Centre, Chinatown Walking Tour, Lunch Peaceful Restaurant, Olympic Village, T&T Supermarket Chinatown

*Up to 24 seats available

Level: Easy

Registration opens Sep 10
Cancel by Oct 7



Thu Oct 17 VANCOUVER AQUARIUM & KITSILANO BOATHOUSE \$170

MR 8:15am-5:45pm  PM 8:30am-5:30pm

Visit the Vancouver Aquarium to connect with '65,000 Amazing Animals', see 120 exhibits, and the latest '4D Experience'. Before the Aquarium, visit Kitsilano for a morning coffee stop, free time, and lunch at the Boathouse Restaurant right on Kits Beach.

Package includes: Vancouver Aquarium Admission, Vancouver Aquarium 2.5 hours, Boathouse 3 course lunch, Cornwall St. / Kits Beach Free Time, All fees and taxes

*Up to 48 seats available

Level: Easy

Registration opens Sep 12
Cancel by Oct 9


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
Number of potential seats available per trip listed. 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.

**Sun Dec 1****ARTS WHISTLER HOLIDAY MARKET****\$100**

MR 8:15am-5:15pm

PM 8:30am-5:00pm

Join this tour to Whistler's original artisan market. Over 100 artisans of every type display their unique, quality handmade products. Spend time in the village too! This market makes for great Christmas shopping.

Package includes: Squamish Adventure Centre, Admission donation for Arts Whistler, 3 hours free time *(Please note there are no meals included. Food is available for purchase.)*

*Up to 24 seats available

Level: Easy

Registration opens Oct 29

Cancel by Nov 25

**Tue Nov 26****HARRISON BALD EAGLE TOUR****\$130**

MR 9:15am-5:30pm

PM 9:30am-5:15pm

Travel to the Chehalis/Harrison River Estuary to view large numbers of Bald and Golden Eagles. Find your perch at the Sandpiper Resorts Observation Deck, at Eagle Point Community Park and the shores of the Harrison and Fraser Rivers near the Kilby Historic Site.

Package includes: Rivers Edge Restaurant Lunch, Multiple Eagle Viewing Locations, Eagle Point Community Park, Kilby Historic Site Admission, All fees and taxes

*Up to 24 seats available

Level: Easy

Registration opens Oct 24

Cancel by Nov 18

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

**Veterans Dinner September 18th 2024**

On **18th September 2024**, Branch 88 will be hosting the annual dinner to honour Veterans. If you are a veteran living in Maple Ridge or Pitt Meadows you are welcome. As well as past presidents of the Branch or Ladies Auxiliary. Legion Membership not required.

ROAST BEEF DINNER AND DESSERT

Tickets are **\$10** (refundable) for Veterans.





Each Veteran can bring one guest for **\$15**

Tickets to be purchased by September 12th

Purchase Tickets at Legion 88

12101 224th Street, Maple Ridge, BC




















MONTH AT A GLANCE - SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 LABOUR DAY RMSS CLOSED	3 	4 	5 	6 Absolute Hearing (by appt.)	7 Jam Session 
< 50/50 sales available at BOTH centres Sep 3-7. Winner drawn Sep 9! >						
8	9 	10 	11 Welcome Tour at PM Social Dance evening	12 Welcome Tour at MR	13 Tai Chi 	14 
15	16 Foot Care w/ Vilma (by appt.)	17 Info Session: Writing Memoirs	18 BUS TRIP: Discover the Fraser 	19  ANNUAL GENERAL MEETING	20 Book Club 	21 InterGen Open Gym 
22	23 Stay Fit 3 morning or evening class	24 Info Session: Financial Planning	25  FILM: Unsyncable (PM)	26 Wellness Workshop: RM Hospice Society	27 Painting w/ Kim 	28 Info Session: Lifestyle Changes as Parents Age
29	30 NAT'L DAY FOR TRUTH & RECONCILIATION RMSS CLOSED					

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 - OCTOBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Pie & Ice Cream  Info Session: Emergency Preparedness	1 CRAFT SALE  FILM: <i>Unsyncable</i> (MR)	2  Social Dance -evening	3 Info Session: Letters to the Future Wellness Info: Parkinson's (PM)	4 Table Tennis	5  Workshop: Cardmaking
< 50/50 sales available at BOTH centres Oct 1-5. Winner drawn Oct 7! >						
6		8 Info Session: Brain Health RMSS 25th CELEBRATION (MR) 	9 Welcome Tour at PM 	10 Welcome Tour at MR RMSS 25th CELEBRATION (PM) 	11 Caregiver Connection 	12 Workshop: Surviving Cancer Karaoke
13	THANKSGIVING RMSS CLOSED	15 BUS TRIP: Chinatown Therapeutic Yoga -evenings	16 	17 BUS TRIP: Van. Aquarium Gentle Pilates -evenings	18 Foot Care w/ Gigi & Yvette (by appt.)	19 Provincial Election 
20	Carpet Bowling 	22 Workshop: Personal Planning	23 	24 Wellness Info: Physical/Mental Effects of Aging Armchair Traveller	25 	26 
27	28 Tech Help 	29 	30 	31 Trivia 		



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.



Pitt Meadows Table Tennis!



CHAIR FIT



Move it or lose it - that's what we're told

If it's been a while since you did any fitness and you know you need to OR you have already found the benefits of our Chair Fit classes, we have news for you!

Chair Fit is now offered 5 days a week at Maple Ridge and starting in October, a second day at Pitt Meadows. (Thursdays ongoing - Saturday class starts Oct 5)

MON	TUE	WED	THU	FRI	SAT
10:00-10:45 (MR)	9:30-10:15 (MR)	10:00-10:45 (MR)	9:30-10:15 (MR)	10:00-10:45 (MR)	10:30-11:15 (PM)
participant endorsements "Since starting Chair Fit, I no longer need to use my walker!" "I credit Chair Fit to giving me more flexibility and less pain."			*10:15-11:00 (PM) *Level 1 (PM)		NEW DAY starting Oct 5

\$2 drop-in pass *RMSS membership required

Come once or twice for FREE before committing to membership

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

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



Pitt Meadows Ukulele! Check pg. 29 for new days/times



INTER-GEN OPEN GYM



Are you looking for a weekend activity for you and your friends, perhaps your grand (or great grand) children?

TABLE TENNIS!



CORNHOLE



ICELESS CURLING!



Starts Sep 21
11:45am-12:45pm

This is a one hour time slot during which all three activities will be in place for your non-directed play. If you want to invite a friend or spend some fun time with the under 55s in your life, come on by. You pay the \$2 drop-in pass, your guests are by donation (if you like). You must remain on site with your guests. Not intended for child minding or parties.

Saturdays 11:45am-12:45pm

Drop-in Pass: \$2.00
For the 55+ crowd, your first visit FREE! Membership required thereafter.

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

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



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	Not on Sep 21



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 Sep 2, 23, 30 & Oct 14



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 Sep 2, 30 Oct 14
Mon	6:30-7:15pm	MR	Hall C	\$2 drop-in	No class Sep 2, 30 Oct 14



PROGRAM INFORMATION - Fitness

DANCE FITNESS CLASSES: (pre-registered)

DANCE FIT w/ Pat:

Cost: \$15 / 3 classes (pre-reg.; min 10 to proceed)

Instructor: Pat

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	\$15/3 classes	

Sess #7: Sep 16, 23, Oct 7 (not Sep 30) reg. opens Sep 4

Sess #8: Oct 21, 28, Nov 4 (not Oct 14) reg. opens Oct 7



DANCE FIT w/ Adela: *program on hold*

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 #6: Oct 4, 11, 18, 25 reg. opens Sep 13

Sess #7: Nov 1, 8, 15, 22 reg. opens Oct 18



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

KEEP MOVING:

Cost: \$24 / 3 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	\$24/3 classes	

Sess #5: Sep 9, 16, 23 (not on Sep 30) reg. opens Aug 26

Sess #6: Oct 7, 21, 28 (not Oct 14) reg. opens Sep 23

Sess #7: Nov 4, 18, 25 (not Nov 11) reg. opens Oct 21



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, Lilly

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 Thursdays 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 Sep 2, 30 Oct 14
NEW! Tu - Th	9:30-10:15am	MR	Hall C	\$2 drop-in	
**Thu	10:15-11:00am	PM	Main Hall	\$2 drop-in	No class Oct 10
NEW! Sat	10:30-11:15am	PM	Main Hall	\$2 drop-in	Starting Oct 5



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	



PROGRAM INFORMATION - Fitness

YOGA CLASSES:

CHAIR YOGA:

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

Instructors: **PM:** Virginia / Kelli

MR: Kelli

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 Sep 2, 30 Oct 14
Tue	1:15-2:00pm	PM	Main Hall	\$2 drop-in	
Thu	11:30-12:15pm	PM	Main Hall	\$2 drop-in	No class on Oct 10
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 Sep 2, 30 Oct 14



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 #8: Sep 10, 17, 24, Oct 1 reg. opens Aug 27

Sess #9: Oct 15, 22, 29, Nov 5 reg. opens Oct 1



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	



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

community SERVICES
Changing lives together

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.

United Way
British Columbia

Visit our website

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	Classes on break Aug 26 - Sep 18
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 Sep 2, 30 Oct 14
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.



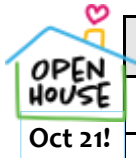
Weekday	Time	Centre	Room	Cost	Of Note
Mon	5:30-7:30pm	MR	Halls A&B	\$2 drop-in	Not on Sep 2, 30, Oct 14
Sat	10:30am-12:30pm	MR	Halls A&B	\$2 drop-in	

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. Check out our **OPEN HOUSE @ Maple Ridge centre on Mon Oct 21.** (Join Hazel & Helena's fun!)



Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:00pm	MR	Halls A&B	\$2 drop-in	Not on Sep 2, 30, Oct 14
Thu	1:00-2:30pm	PM	Main Hall	\$2 drop-in	Not on Sep 19 & Oct 10
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 Sep 2, 30, Oct 14
Mon	3:30-5:00pm	MR	Hall A	\$2 drop-in	Not on Sep 2, 30, Oct 14
Tue	8:45-11:00am	MR	Hall A	\$2 drop-in	In Hall B following Monday stats (Not Oct 1)
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 Sep 2, Sep 30, Oct 14
Mon - Fri Sat	9:00am-4:00pm 9:00am-1:00pm	PM	Snooker	\$4 drop-in	Not on Sep 2, Sep 30, Oct 14
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 Sep 5, 19, Oct 3, 17

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 Sep 2, Sep 30 & Oct 14
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	

CHESS:

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

Chessboard available. Who wants to play? Learn? Teach?

Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00-4:00pm	MR	Lounge	\$2 drop-in	Not on Sep 25, Oct 30




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	



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 Not on Oct 8
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. **Backgammon** also available.

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
Chair Fit 10:00 - 10:45	Table Tennis 8:45 - 11:00	Table Tennis 8:45 - 11:00	Tech Help 9:00 - noon	Ladies & Beginners Snooker 9:00-noon
*Dance Fit 11:15 - noon	Chair Fit 9:30 - 10:15	Chair Fit 10:00 - 10:45	Chair Fit 9:30 - 10:15	Chair Fit 10:00 - 10:45
*Keep Moving 11:30 - 12:15	Crafts 9:30 - 11:30		**Natural Beauty 10:00 - noon	**Book Club 10:00 - noon
Carpet Bowling 1:00 - 3:00	*Line Dance - Int 10:45 - noon	Hawaiian Dance 12:30 - 1:30	Silvertones 10:00 - 11:30	**Caregiver Conn. 10:30 - noon
Chair Tai Chi 1:30 - 2:30	Scrabble 12:45 - 3:30	ACBL (Bridge) 12:30 - 4:00	Line Dance Fun 10:45 - noon	Table Tennis - Beg 11:00 - noon
Line Dance - Beg 1:30-2:45	Crib 1:00 - 3:30	Social Bridge 1:00 - 4:00	**Caregiver Connection 1:00 - 2:30	Partnership (Bridge) 12:30 - 4:00
Meditation 1:30 - 2:30		Variety Plus 1:00 - 4:00	Ukulele 1:00 - 2:30	Scrabble 12:45 - 3:30
**Book Club 2:00 - 3:30		**Caregiver Walk 1:30 - 2:30	Mah Jong 1:00 - 3:30	Carpet Bowling 1:00 - 3:00
Gentle Hatha Yoga 3:30 - 4:15	Ladies Snooker 2:00 - 4:00	Chess 1:30 - 4:00	Canasta/Games 1:00 - 4:00	Create 1:30 - 3:30
Table Tennis 3:30 - 5:00		Mexican Train 1:30 - 4:00	**Rhythm of Care 1:00 - 3:00	
Badminton 5:30 - 7:30pm	Tai Chi (Advanced) 6:00 - 7:45pm	Tai Chi 2:00 - 3:30	Chair Yoga 2:15 - 3:00	
Stay Fit 3 6:30 - 7:15pm	Therapeutic Yoga 6:30 - 7:15pm	Table Tennis 5:30 - 7:30pm	Gentle Hatha Yoga 3:30 - 4:15	Badminton (Sat) 10:30am-12:30pm
		**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 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
**Caregiver Connection 9:30 - 11:00	Snooker 9:00 - 4:00	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	Ukulele 10:00 - 11:30	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 Fit 1 10:15 - 11:00	*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	Chair Yoga 11:30 - 12:15	Table Tennis - Beg 12:30 - 1:15
Tech Help 12:30 - 2:45	Chair Yoga 1:15 - 2:00	Ladies Snooker 1:30 - 3:30	Carpet Bowling 1:00 - 2:30	Games 12:45 - 3:45
Bridge 1:00 - 3:45	*Beg French 2:00 - 3:00	Ballet 2:00-3:00	**Armchair Traveller 1:30 - 2:30	Crib 1:00 - 3:30
Table Tennis 1:15 - 3:30	Iceless Curling 2:30 - 4:00	Meditation 2:45 - 3:45	Snooker 9:00 - 1:00 <i>(Saturdays)</i>	Table Tennis 1:15 - 3:30
**Caregiver Walk & Coffee 1:30 - 2:30		Flamenco 3:00 - 4:00	Rhythm & Reach 9:15 - 10:00 <i>(Saturdays)</i>	Chair Fit 1 10:30 - 11:15 <i>(Saturdays)</i>
Do you have a program suggestion for Saturdays? We'll give InterGen Open Gym a try...but if you've other ideas let us know!			**Jam Session 10:00 - noon <i>(Saturdays)</i>	InterGen Open Gym 11:45 - 12:45 <i>(Saturdays)</i>

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	Not on Sep 25, Oct 30

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 Oct 31

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. (note: now meeting on Wednesdays)



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).



PLEASE NOTE FOR LINE DANCE BEGINNERS, while this is a drop-in program, new intakes are in September and January. You are welcome to join during the first five weeks of each intake at either centre. (Specific to Maple Ridge beg. class, should you like to try a class after the five weeks have passed, please arrive 30 minutes early to meet with the instructor to see if there is sufficient experience to join or whether waiting until next session intake is advised.)

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	
NEW DAY Hawaiian	Wed*	12:30-1:30pm	MR	Hall C	\$2 drop-in	*now on Wednesdays
NEW! Social Dance	Wed	6:00-7:30pm	MR	Hall C	\$2 drop-in	Monthly program on Sep 11, Oct 2
Line Dance -beg. (see NOTE above)	Mon	11:30am-12:30pm	PM	Main Hall	\$2 drop-in	No class Sep 2, 30 & Oct 14
-beg. (see NOTE above)	Mon	1:30-2:45pm	MR	Hall C	\$2 drop-in	No class Sep 2, 30 & Oct 14
NEW TIME -int.	Tue	*10:45am-noon	MR	Hall C	Pre-registered Reg opens Sep 4	Runs Sep 17 - Dec 10 min 2 years exp.
NEW TIME Line Dance Fun!	Thu	*10:45am-noon	MR	Hall C	\$2 drop-in	Resumes Sep 12 *note adjusted time

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 Sep 9 & 23, Oct 7 & 21
Fri	10:00am-noon	MR	Craft Rm	\$2 drop-in	Meet Sep 6 & 20, Oct 4 & 18

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	Craft Sale on Oct 1
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: \$12 / 6 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	2:00-3:00pm	PM	Arts & Craft	\$12/6 classes reg. opens Sep 3	Runs Sep 24-Nov 5 (not on Oct 8)

PROGRAM INFORMATION - Music

JAM SESSION:

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

A new program! Bring your instrument and favourite songs. 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	

UKULELE:

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

Both regular and beginners classes offered.



Weekday	Time	Centre	Room	Cost	Of Note
NEW DAY *Thu - some exp.	10:00-11:30am	PM	Arts & Craft	\$2 drop-in	Resumes Sep 12 Note: now on Thursdays with adjusted times
NEW TIME *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	

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 Sep Back Oct 7; not Oct 14
Thu	9:00am-noon	MR	Boardroom	\$2 by appt	Resumes Sep 26



Need additional Tech Help?

The Maple Ridge Public Library offers drop-in practical, hands-on sessions with library staff. (Bring your handheld device along.)

Mondays, September 9 to December 9 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 Sep 12, 26, Oct 10 & 24





Check out our Wellness Workshops! (pg. 31)

THINGS YOU DON'T WANT TO MISS!



info session

Edward Jones FINANCIAL PLANNING
a FREE two-part series

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

Sess 1 of 2 **Tue Sep 24 1:30-2:30pm**
Longevity and the New Journey of Retirement

Sess 2 of 2 **Tue Oct 1 1:30-2:30pm**
Four Pillars of the New Retirement

Presented as a community service by Colton Hope, Financial Planner with Edward Jones

Pre-register at 604-467-4993

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

complementary

ALL 55+ WELCOME

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



WELLNESS WORKSHOPS **55+**

Helping you take care of YOU!

FREE FOR ALL 55+ CALL TO PRE-REGISTER

Thu Sep 26 10-11am: Ridge Meadows Hospice Society
-at Maple Ridge; call 604-467-4993 to register

As a hospice society, we follow the philosophy of "companioning" and believe in "following your lead" through your grief journey, and thus, we provide a variety of supports for people. Get an overview on the RM Hospice Society, its services, events, and support groups.
Presented by Vanessa Aparicio, Ridge Meadows Hospice Society

Thu Oct 3 1:00-2:00pm: Parkinson's Disease
-at Pitt Meadows; call 604-457-4771 to register

Every person touched by Parkinson's deserves to know that they are not alone in their journey. The Parkinson Society of BC will be on hand to share an overview of PD, advise of resources, and be available for questions.
Presented by Shelly Yu, Parkinson Society of BC

Thu Oct 24 10-11:30am: Physical/Mental Effects of Aging
-at Maple Ridge; call 604-467-4993 to register

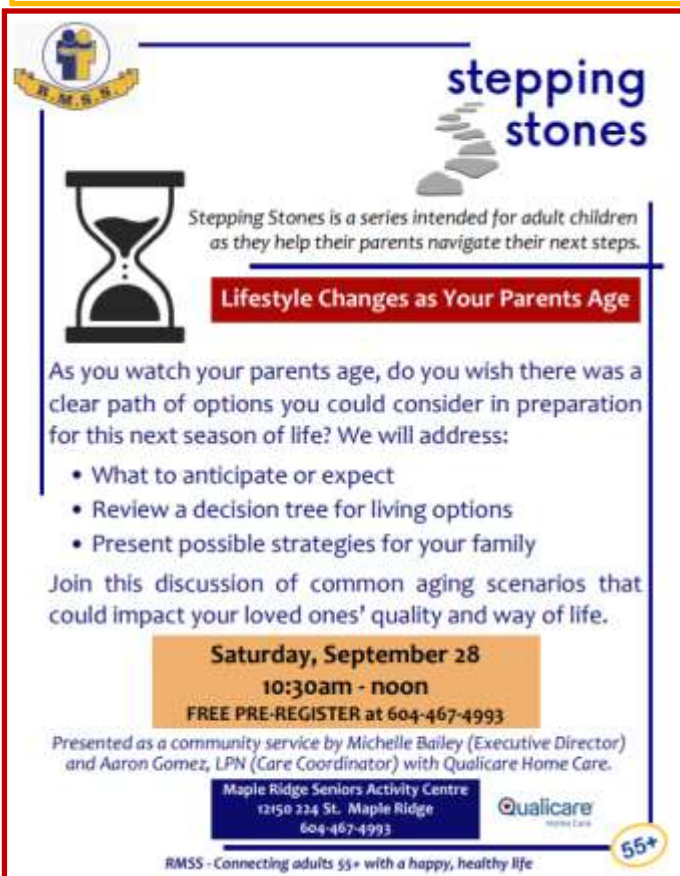
Join this interactive discussion. We aim to cover what mental health is, how it is impacted, especially by physical factors/health history, etc., and also things to engage and help maintain or improve your mental health, memory, and more.
Presented by Rachel Hahn, RN of Proof of Care

Remember to visit our Wellness Clinic!

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

09:00 - 12:00

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



stepping stones

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, September 28
10:30am - noon
FREE PRE-REGISTER at 604-467-4993

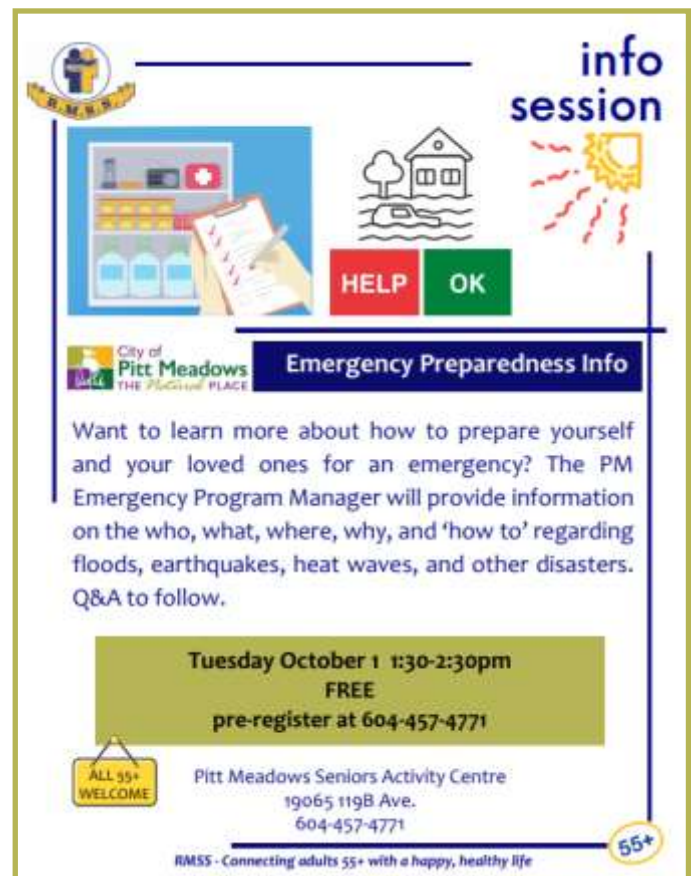
Presented as a community service by Michelle Bailey (Executive Director) and Aaron Gomez, LPN (Care Coordinator) with Qualicare Home Care.

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

Qualicare Home Care

ALL 55+ WELCOME

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



info session

HELP OK

City of Pitt Meadows THE PLEASANT PLACE **Emergency Preparedness Info**


Want to learn more about how to prepare yourself and your loved ones for an emergency? The PM 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.

Tuesday October 1 1:30-2:30pm
FREE
pre-register at 604-457-4771


ALL 55+ WELCOME

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

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




presentation



LETTERS TO THE FUTURE



We are dealing with a climate problem that affects multiple generations.

Please join us for this educational, interactive event where we will have an opportunity to talk about Climate Change, share our concerns and ideas. Climate change impacts older people too - our health, our food, and our economy. The event will be facilitated by the Suzuki Elders.

FREE - pre-registration required  Suzuki Elders
604-467-4993

Thursday, October 3
10:00am-noon

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

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




PERSONAL PLANNING WORKSHOP

Get expert guidance on your personal plans, join Lucy Meechan, from MacDonald Meechan Notaries, to learn about the Personal Planning tools that are available to you and your loved ones. Topics will include: Wills, Representation Agreements, Advance Directives, and Powers of Attorney. Bring your questions and get them answered by a Notary Public!

REGISTER TODAY!  Tuesday, October 22, 2024
 10:00am - 12:00pm
 Pitt Meadows Seniors Activity Centre

Contact Raman:
604-380-0516
raman@rmssseniors.org

Free 

www.rmssseniors.org

Pitt Meadows Seniors Activity Centre
19065 1908 Ave., Pitt Meadows, BC 604-457-4771



KNOWLEDGE + SKILLS + CONFIDENCE

Cancer: Thriving & Surviving Self-Management Program



- ✓ Learn techniques to deal with problems such as frustration, fatigue, pain, poor sleep and living with uncertainty
- ✓ Communicate effectively with family, friends and health care team
- ✓ Make decisions and future plans for health care

FREE Six-Session Workshop for adult cancer survivors and those affected by cancer
Family Members and Friends Welcome

DATES/TIME: October 5, 2024 to November 9, 2024
Saturdays, 10:30am to 1:00pm

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

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

Connect with us:  @SelfManagementBC  @SMPatUVic 


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








DEMENTIA WORKSHOP


Introduction to Brain Health







It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more. For the general public.

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

WHEN  Tuesday, October 8
1:30 - 3:00 p.m


REGISTRATION  Register at no cost through the First Link® Dementia Helpline at 1-800-936-6033 OR call the PM Seniors Centre at 604-457-4771

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



create



Memoir Writing

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. If you missed the FREE info session, come on Sep 17.

The FIVE week workshop (dates below) will 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.

FREE INFO SESSION Tue Sep 17 1:00-2:30pm pre-reg: 604-467-4993	WORKSHOP (Tuesdays) Oct 1, 15, 29, Nov 12, 26 1:00-2:30pm \$15 / 5 week workshop reg opens Sep 3; min. 4, max 12
--	---

ALL 55+ WELCOME

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

membership required

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



INTER-GEN OPEN GYM





Are you looking for a weekend activity for you and your friends, perhaps your grand (or great grand) children?

TABLE TENNIS!


Starts Sep 21
11:45am-12:45pm

CORNHOLE


ICELESS CURLING!


This is a one hour time slot during which all three activities will be in place for your non-directed play. If you want to invite a friend or spend some fun time with the under 55s in your life, come on by. You pay the \$2 drop-in pass, your guests are by donation (if you like). You must remain on site with your guests. Not intended for child minding or parties.

Saturdays 11:45am-12:45pm

Drop-in Pass: \$2.00
For the 55+ crowd, your first visit FREE! Membership required thereafter.

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

membership required

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



painting & mixed media



Sample project

PAINTING w/ Kimberley

Two-part pre-registered class:

Fri Sep 27 & Oct 4

9:30am-noon

Cost: \$25.00*

(Includes instruction and supplies)

Minimum 5 participants; reg. opens Sep 6

*RMSS membership required

membership required

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

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



card making



Photo reflects sample cards

CARDMAKING

Let's Make Christmas Cards!

Join Carol and Kathie and make 3 cards for the holiday season. Each card will be different and some of the features include embossed paper, snowflakes, 3D embellishments, a Christmas wreath and even a snowman. Please bring scissors and liquid glue if you have them.

Saturday October 5

10:30am-12:30pm

Cost: \$15.00*

(Includes instruction and supplies)

Min 5, Max 15 participants; reg. opens Sep 7

*RMSS membership required

membership required

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

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



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): Sep 9 & 16
Oct 21 & 28
Nov 18 & 25

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/encorecareers



DOUGLAS COLLEGE
TRAINING GROUP



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



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 Partials
- 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 will accept and direct bill the
Canadian Dental Care Plan!
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

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 assistance.



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>
--	--

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

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



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.



COMMUNITY SERVICE AWARDS

Nominate a Community Champion

Do you know an outstanding local youth, coach, volunteer, humanitarian, advocate, teacher, or business that deserves recognition for their leadership and community service? Nominate our community champions for one of the City's Community Service Awards.

Nominations are open until October 1, 2024. Complete the online nomination form at pittmeadows.ca/awards.






MACDONALD MEECHAN NOTARIES

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



Lucy Meechan
Notary Public, M.A.

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



Nicole MacDonald
Notary Public, M.A.
(non-practicing)

A Proud Member of the Society of Notaries Public of BC



304-12099 Harris Rd, Pitt Meadows, BC
www.macdonaldmeechannotaries.com

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 December 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. Notify your driver right away if you have to cancel.
7. Please reimburse your driver directly in cash. Passenger is responsible for parking fees.



Trips within the local Maple Ridge/Pitt Meadows area: \$10

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
	Peter 604-230-5732	Peter 604-230-5732		Peter 604-230-5732
	Sheila 604-463-8929			
	- <i>afternoons</i> - * Tami 604-209-0752	- <i>afternoons</i> - * Tami 604-209-0752		

*** 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.</p> <p style="text-align: center;">Additional charges may apply for extra stops.</p> <p style="text-align: center;">Please follow our drivers' health and safety suggestions.</p> <p style="text-align: center;">Rate sheets are available from drivers and at the centres.</p>
---	---

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



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

WORKSHOP & EVENT DETAILS

- Sep 2:** RMSS centres closed for **LABOUR DAY**
- Sep 3-7:** 50/50 ticket sales (see pg. 45)
- Sep 3:** **Bus Trip: Whidbey Island (USA)**
- Sep 9:** **HALLS ABC (MR centre) scheduled to reopen for regular programs**
- Sep 9:** **Bus Trip: Hell's Gate**
- Sep 10:** **Info Session: Choose to Move** (see pg. 46)
FREE; Tue Sep 10 11:00am-noon at MR centre; pre-register at 604-467-7422
- Sep 11/12:** **Welcome Tour at PM/MR centres** (see pg. 6)
- Sep 11:** **Social Dance** (see pg. 27)
- Sep 17:** **Info Session: Writing Memoirs** (see pg. 33)
FREE; Tue Sep 17 1:00-2:30pm at MR centre; pre-register at 604-467-4993
- Sep 18:** **Bus Trip: Discover the Fraser Lunch Cruise** (see members' desk for availability)
- Sep 19:** **RMSS ANNUAL GENERAL MEETING** (see pg. 4)
FREE; Thu Sep 19 1:00pm at PM centre; pre-register at either centre's members' desk
- Sep 24/** **Info Session: Financial Planning** (see pg. 31)
Oct 1: FREE; Tue Sep 24 & Oct 1 1:30-2:30pm at MR centre; pre-register at 604-467-4993
- Sep 25:** **Film Event: Unsyncable** (see pg. 6)
FREE; Wed Sep 25 12:30-1:45pm at PM centre; pre-register at 604-457-4771
- Sep 26:** **Wellness Workshop: Ridge Meadows Hospice Society** (see pg. 31)
FREE; Thu Sep 26 10:00-11:00am at MR centre; pre-register at 604-467-4993
- Sep 27/** **Workshop: Painting with Kim** (see pg. 33)
Oct 4: \$25 (two weeks); Fri Sep 27 & Oct 4 9:30am-noon at PM centre; reg. opens Sep 6
- Sep 28:** **Info Session: Lifestyle Changes as Parents Age** (see pg. 31)
- Sep 30:** **RMSS centres closed for NATIONAL DAY FOR TRUTH & RECONCILIATION**
- Oct 1:** **International Seniors Day**
- Oct 1-5:** 50/50 ticket sales (see pg. 45)
- Oct 1:** **Film Event: Unsyncable** (see pg. 6)
FREE; 10:00-11:30am at MR centre; pre-register at 604-467-4993
- Oct 1:** **Craft Sale** (see pg. 7)
FREE; 10:00am-1:00pm at MR centre
- Oct 1:** **Event: Pie & Ice Cream Social** (see pg. 6)
\$4.00; 1:00-3:00pm at PM centre
- Oct 1:** **Workshop: Writing Memoirs** (see pg. 33)
\$15 (five weeks); 1:00-2:30pm at MR centre; reg. opens Sep 3
- Oct 1:** **Info Session: Emergency Preparedness** (see pg. 31)
FREE; 1:30-2:30pm at PM centre; pre-register at 604-457-4771
- Oct 2:** **Social Dance** (see pg. 27)

- Oct 3:** **Info Session: Letters to the Future** (see pg. 32)
FREE; 10:00am-noon at MR centre; pre-register at 604-467-4993
- Oct 3:** **Wellness Workshop: Parkinson's** (see pg. 31)
FREE; Thu Oct 3 1:00-2:00pm at PM centre; pre-register at 604-457-4771
- Oct 5:** **Workshop: Cardmaking** (see pg. 33)
\$15; Sat Oct 5 10:30am-12:30pm at PM centre; reg. opens Sep 7
- Oct 5:** **Workshop: Cancer - Thriving & Surviving Self-Management Program** (see pg. 32)
FREE (six weeks); Sat Oct 5-Nov 9 10:30am-1:00pm at MR centre; register at 604-940-1273
- Oct 8:** **Info Session: Alzheimer Society presents "Brain Health"** (see pg. 32)
FREE; Tue Oct 8 1:00-3:00pm at PM centre; pre-register at 604-457-4771
- Oct 8/10:** **Event: RMSS 25th Celebration** (see pg. 5)
FREE; Tue Oct 8 1:30-3:30pm at MR centre; pick up tickets starting Sep 10
FREE; Thu Oct 10 1:30-3:30pm at PM centre; pick up tickets starting Sep 10
- Oct 9/10:** **Welcome Tour at PM/MR centres** (see pg. 6)
- Oct 14:** **RMSS centres closed for THANKSGIVING**
- Oct 15:** **Bus Trip: Chinatown Storytelling** (see pg. 10)
- Oct 17:** **Bus Trip: Vancouver Aquarium & Kitsilano Boathouse** (see pg. 10)
- Oct 19:** **PROVINCIAL ELECTION**
- Oct 21:** **Event: Carpet Bowling Open House**
FREE; Mon Oct 21 1:00-3:00pm at MR centre
- Oct 22:** **Wellness: Flu Shot Clinic** (see pg. 7)
FREE; Tue Oct 22 10:00am-4:00pm at MR centre; appts booked as of Sep 24 at 604-467-4993
- Oct 22:** **Workshop: Personal Planning** (see pg. 32)
FREE; Tue Oct 22 10:00am-noon at PM centre; pre-register at 604-380-0516
- Oct 24:** **Wellness Workshop: Physical/Mental Effects of Aging** (see pg. 31)
FREE; Thu Oct 24 10:00-11:00am at MR centre; pre-register at 604-467-4993
- Oct 24:** **Armchair Traveller: Peru/Amazon** 1:30-2:30pm at PM centre (see pg. 7)
- Oct 31:** **Trivia** 10:00-11:00am at MR centre (see pg. 7)



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-1:30pm
Tuesdays until closing and Saturdays

Sold Sep 3-7...drawn Sep 9
Sold Oct 1-5...drawn Oct 7

BRITISH COLUMBIA
Maple Ridge Centre, Pitt Meadows Centre, Pitt Meadows Branch



CONGRATULATIONS

July & August 50/50 winners:

July:	Anna T.	\$48.00	(PM)
	Joan G.	\$136.00	(MR)
August:	Tammy R.	\$47.00	(PM)
	Hilda W.	\$194.00	(MR)

AROUND TOWN

CHOOSE TO MOVE & ACTIVAGE

PROGRAMS INCLUDE:

- Strengthening Muscles
- Establishing Healthy Habits
- Connecting with Like-Minded People
- Improving Day-to-Day Life

This registered program takes place between the Maple Ridge Seniors Activity Centre and the Maple Ridge Leisure Centre

JOIN US ON SEPTEMBER 10 AT 11:00 AM FOR AN INFORMATION SESSION AT THE MAPLE RIDGE SENIORS ACTIVITY CENTRE

For more information or to register visit www.mapleridge.ca, call 604-467-7422 or e-mail tmantei@mapleridge.ca

"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

BEWARE OF SCAM OR FRAUDULENT CALLS!

Protect yourself from scams.

Scammers rely on creating a sense of urgency to coax you into making a hasty decision.

Learn how to protect yourself against these types of fraud by using the following tips:

- Slow things down, hang up and reach out to the relative with a number you know and trust.
- Ask for the name who is speaking rather than offer it.
- Do not be afraid to make calls of your own. Verify identities or whereabouts of the caller with other family members. Even if they say not to.
- Do not be afraid to say 'no' to the caller. You don't need to send money immediately.
- Never give your personal, banking or credit card information to anyone who calls you over the phone, never send cash/gift cards in the mail and never buy someone cryptocurrency under these circumstances.
- Never agree to meet with someone who called you asking for money.
- Report the incident to police and the Canadian Anti-Fraud Centre.

The RCMP does not engage in, endorse or conduct mail or telephone solicitation on behalf of your relative or loved one for the release of someone for money. Do not send money before doing your own investigation.

RIDGE MEADOWS RCMP

Pickleball - Beginner Indoor

Learn the basics of the game and gain skills and knowledge to be able to navigate your play to participate in one of the drop-in sessions. This beginner level is for participants new to the game.

October 8 to 29 - Course ID#13348

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

ANNOUNCEMENT



Ridge Meadows Seniors Society

12150 224th Street, Maple Ridge, B.C. V2X 3N8

Phone: 604-467-4593 Fax: 604-467-0848

www.rmssseniors.org

August 22, 2024

Dear Volunteers, Members and Staff,

I am happy to announce that Anita Bettsworth has accepted the Event Coordinator position with Ridge Meadows Seniors Society.

Starting August 26th, Anita will be taking on the coordination of all current & new special events for the Society (i.e. Xmas parties, Pitt Meadows Day Parade, themed lunches, special teas & entertainment, Seniors Week, etc.) She comes to us with a wealth of experience leading programming for seniors. She is very knowledgeable and supportive of the work which RMSS does, as she has worked closely with us through her current position at the Wesbrooke Retirement Community.

Anita will be an excellent addition to our great team of volunteers and staff. Her office desk will primarily be at the Pitt Meadows Centre but she will be working on exciting new events for both of our senior activity centres.

On behalf of myself and the RMSS Board of Directors, I welcome Anita to our team!

Maria Perretta
Executive Director
Ridge Meadows Seniors Society

BE ON THE LOOKOUT FOR MEMORY BOXES at either centre!



MEMORY BOX

Have you got anything you'd like to share
RMSS memorabilia wise?
stories? memories? photos?

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.

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 TWO volunteers...

I would like to nominate Joy G. from the craft group for volunteer appreciation. She works hard every week to make the (Pitt Meadows) craft group run smoothly and she is very much appreciated.

-submitted by Bertha W.



I would like to nominate Joan L. You know how hard she works and all she does at the (Maple Ridge) centre. (Team instructs for two different Line Dance groups, Hawaiian Dance instructor, Food Bank, Maple Ridge Lunch Host, to name a few!) -submitted by Edith E.

Thank you BOTH 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

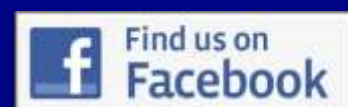
Director..... Margaret Attwell

Director..... Patricia Gordon

Director..... Deborah Jamieson

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

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



facebook.com/rmssseniors