

GrapeVine

LEST
WE
FORGET



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows Nov & Dec 2024 Program Guide



What fun was had at RMSS' 25th Birthday Parties!

Get your tickets for Variety Plus' *Driving Home for Christmas* show starting November 1.

FACILITY INFO

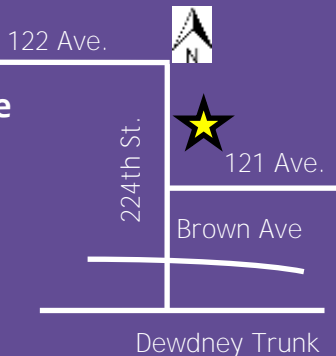
Maple Ridge

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 Nov 11, Dec 25, 26; Closing Dec 24 at 2pm



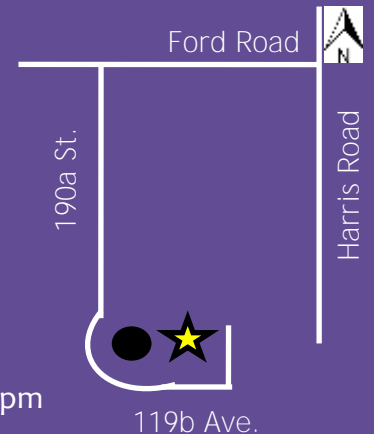
Pitt Meadows

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 Nov 11, Dec 25, 26; Closing Dec 24 at 2pm



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:

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Administrative Coordinator, Nancy Markham
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YouConnect Coordinator, Vanessa De Freitas

Kitchen Supervisor, Grace Nunnikhoven

Kitchen Staff: Leah, AJ, Maria, Mushtari, Nilab

Support Staff: Joys, Robyn, Sandra

MR Facility Attendants: Devon, Mojgan

PM Facility Attendant: Sally

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A MESSAGE FOR YOU



This year, RMSS celebrated its 25th birthday! This is not just a celebration of time past, but a testament to the dedication, passion, and hard work of everyone who has been a part of our journey.

Twenty-five years ago, a group of visionary seniors came together with a shared dream – to make a difference in the lives of seniors in our community. The RMSS journey has been filled with challenges, triumphs, and countless stories of friendships and joy.

Over the years, RMSS has carried out many projects to meet the needs of community dwelling seniors while still carrying out our regular activities. 35,000 visits this past year to our centres make RMSS the central hubs for all things related to supporting older adults age well. It has been a place that seniors can meet new friends, learn new things, find support and share a good meal. With over 100 weekly activities, services and programs to choose from, we are the leading community organization that provides safe, welcoming and inclusive centres that celebrate adults 55+.

These accomplishments are not just numbers or statistics; they represent real people whose lives have been changed for the better. We have supported thousands of individuals and families and we hope we have created a lasting impact in our community.

None of this would have been possible without the unwavering support of our volunteers, staff, donors, and partners. To our volunteers and Board of Directors, your selfless dedication and countless hours of service have been the backbone of our success. To our staff, your commitment and passion drive our mission forward every day. To our donors and partners, your generosity and belief in our cause has truly enabled us to reach new heights.

As we celebrate this milestone, we also look to the future with excitement and determination. Let us celebrate not just the past 25 years, but the countless possibilities that lie ahead. Thank you for being a part of our story, and here's to many more years of making a positive impact.

Maria Perretta

Executive Director, Ridge Meadows Seniors Society



MEMBERSHIP INFORMATION

MEMBERSHIP INFORMATION

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

◆ LIFETIME MEMBERSHIPS

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

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

Not a member?
Want to give us a try?
You are welcome to join
in 1-2 drop-in activities
before committing to
membership



Are you wanting a tour of one of our centres? To see what we're all about? Attend a welcome tour (see pg. 6) to meet a staff member, learn about what we do, the programs we offer, and meet others who are new to RMSS.

CANCELLATION / REFUND POLICY

RMSS is committed to keeping our program fees as reasonable as possible. Having consistent, fair ways of handling refund requests is part of what allows us to keep fees low. With RMSS pre-registered activities, the following guidelines regarding program cancellations and refunds have been implemented.

1.) Respecting our activity leaders' and fitness instructors' need to stay home if feeling unwell, should RMSS be unable to source a substitute, that day's class will be cancelled. Credit will be offered in the form of a make-up class, credit towards the next same class, or as a refund cheque.

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 program beginning, or you are otherwise unable to attend, you must contact RMSS member services to cancel your registration, AHEAD of the registration close date. Refunds will be credited in cheque form.

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



IT'S TIME FOR OUR CHRISTMAS CRAFT SALE!

**TUESDAY NOV 26
9:30AM - NOON**

Has someone made the "nice list" just in time for Christmas? Check out the MR Craft Ladies selection of hand knit baby clothes, blankies, dishcloths, slippers, sweaters, gnomes, hedgehogs, and more.

CASH ONLY



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




RIDGE MEADOWS SENIORS SOCIETY
SPREADING
Christmas Cheer

Join us as we celebrate the holiday season with entertainment, Christmas Caroling, delicious treats and door prizes.

Tickets \$6.00

Ticket sales begin on Wednesday, November 6



<p>Thursday, December 5 2:00 - 3:30 p.m.</p> <p>PM SENIORS ACTIVITY CENTRE 19065 119b Avenue, Pitt Meadows (604) 457-4771</p> <p>With generous support from the Pitt Meadows Craft Ladies</p>	<p>Tuesday, December 10 2:00 - 3:30 p.m.</p> <p>MR SENIORS ACTIVITY CENTRE 12150 224th Street, Maple Ridge (604) 467-4993</p> <p>With generous support from the Maple Ridge Craft Ladies</p>
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TAKE-AWAY TURKEY DINNER

LIMIT of 2 PER PERSON

Pre-order your TAKE-AWAY meal
Nov 25 - Dec 11

MR centre: 604-467-4993
PM centre: 604-457-4771

Place order from the centre where you will pick up

Meal: \$10.00
Dessert: \$2.00

Pick up meal(s) on Fri Dec 20 11:30am-1:00pm
Limited dine-in available

PLEASE NOTE RMSS CENTRES WILL BE CLOSED:

MONDAY NOVEMBER 11 for REMEMBRANCE DAY

WEDNESDAY DECEMBER 25 for CHRISTMAS DAY

THURSDAY DECEMBER 26 for BOXING DAY



Let's We Forget




Note: On Dec 24, the centres will close at 2:00pm.
Regular hours of operation on Dec 31. Closed Jan 1.

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!



www.rmssseniors.org



Two Locations and Times:

Pitt Meadows Activity Centre

19065 119B Ave, Pitt Meadows

SECOND WEDNESDAY MONTHLY

10:00am - 11:00am

Maple Ridge Activity Centre

12150 224th Street, Maple Ridge

SECOND THURSDAY MONTHLY

9:30am - 10:30am

change

**REMEMBER TO "FALL BACK"
BY TURNING
YOUR CLOCK BACK
ONE HOUR ON NOVEMBER 3.**



CONGRATULATIONS, Myriam!



Winner of 9 medals
(in swimming) at this year's
BC Seniors Summer Games
in Kamloops!

*(Perhaps also in weight-lifting?
Carrying all those medals?)*



Friday, November 22

1:30 to 3:30pm

**TICKETS GO ON SALE: WEDNESDAY, NOVEMBER 6
IN PITT MEADOWS**

5 games

\$10 ticket includes 2 cards

additional cards may be purchased

PITT MEADOWS SENIORS ACTIVITY CENTRE

19065 119B AVENUE

PITT MEADOWS

604-457-4771



PIE AND ICE CREAM



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

TUESDAY, NOVEMBER 5 & DECEMBER 17

DROP-IN 1:00 TO 3:00 PM



PITT MEADOWS SENIORS ACTIVITY CENTRE

19065 119B AVE PITT MEADOWS

604-457-4771

EVENTS

VARIETY PLUS PRESENTS

Driving Home
FOR
CHRISTMAS

November 29 & 30 at 2pm

**TICKETS
\$12 EACH**

**MAPLE RIDGE SENIORS ACTIVITY CENTRE
12150 224TH ST, MAPLE RIDGE**

**DOOR PRIZES!
REFRESHMENTS!**

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

Presented by Variety Plus and Ridge Meadows Seniors Society

****TICKET SALES BEGIN NOVEMBER 1****






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

serve connect provide support
resource equip

Ridge Meadows Seniors Society



R.M.S.S.

"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

return * reuse * recycle * repeat * read * repair * resource

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.

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







Seniors Helping Santa

Each year our volunteers fill bags for people in need. The group has an ongoing partnership with London Drugs which has a Christmas tree on display outside their Valley Fair Mall location. On the tree are three different tags with a list of eight items.

A total of 26 items go into each bag for a senior in need. People wishing to donate may purchase the items on the tree tag and leave them at the store where they will be picked up and put into the gift bags by volunteers.

Seniors Helping Santa packed 250 bags for our Maple Ridge and Pitt Meadows seniors in 2023.

This year, the London Drugs Christmas tree will be up from November 13 - December 23.

If you would like more information please contact Bev Schmahmann: info@rmssseniors.org or phone 604-380-0516.





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.



Thu Dec 5

CAROL SHIP DINNER CRUISE

\$180

MR 4:15pm-10:30pm

PM 4:30pm-10:15pm

The local waters of Vancouver come alive this holiday season aboard Vancouver Cruises Carol Ship Dinner Cruise. The ship is lit up on the outside and decked out in their Christmas best on the inside. This tour includes live Christmas Carolers, song sheets and Holiday Buffet featuring slow-roasted Turkey and Honey Glazed Ham.

Package includes: 3 hour cruise, onboard carol singers, carol song sheets, traditional holiday buffet, ship staff gratuities, all fees and taxes

*Up to 48 seats available

Level: Easy

Registration opens Nov 5

(boat has steep narrow stairs)

Cancel by Nov 27



Sun Dec 15

SINGING CHRISTMAS TREE

\$130

MR 9:45am-5:30pm

PM 10:00am-5:15pm

Enjoy the Singing Christmas Tree choir as the tree lights up with 80 singers. Actors, dancers, musical soloists are all part of the festivities. Vancouver's biggest celebration and a highlight of the Christmas season. Enjoy dinner at the historic Sylvia Hotel overlooking English Bay.

Package includes: Early entry Broadway Church, SCT Festival, 3:00pm performance, lunch Sylvia Hotel, Broadway Church donation, all fees and taxes

*Up to 48 seats available

Level: Easy

Registration opens Nov 14

N.B. Early registration will be offered to those whose Dec 2023 trip missed the SCT performance.

Cancel by Dec 6


BUS TRIPS are often VERY popular and in high demand. When sold out, we keep a waitlist in case a duplicate tour is booked. Thank you for your patience. Registration begins at 9:00am.

PLEASE NOTE: Trips are for those with current memberships; only two trips may be purchased at a time
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.



BUS TRIPS



Sat Feb 1

MYSTERY TOUR

\$140

MR 9:00am-4:45pm

PM 9:15am-4:30pm

This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes, and props! A must see attraction, a great lunch and afternoon mystery stops included. **Use the clues correctly and WIN a variety of prizes including a free Enjoy the Journey Day Tour!**

Package includes: Mystery Attractions, Lunch, Mystery Stops, Prizes, All fees and taxes

**Up to 24 seats available*

Level: Easy

Registration opens Dec 17

Cancel by Jan 24



Thank you to Irene & Donna for sharing photos from Hell's Gate & Butchart Gardens.

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 buses 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



Legion 88 Maple Ridge

Invites you to attend our Sit-Down Dinner & Show

Featuring *The Comedy Magic of Chris Yuill*

Sunday, November 24 5:30pm

\$40 Per Person (Legion Members and guests)

Tickets available at the Legion Office

Sunday, December 8 9:00am

Christmas for the Children at Maple Ridge Legion

Includes a free Breakfast for the children

(Adults \$15), a Visit with Santa & Mrs. Claus.

Tickets available at the Legion Office

(Legion Members and guests)



MONTH AT A GLANCE - NOVEMBER




















Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Absolute Hearing (by appt.)	2
< 50/50 sales available at BOTH centres Nov 4-9. Winner drawn Nov 12! >						
3 	4 	5 Pie & Ice Cream Info Session: Navigating the Dementia Journey	6 Social Dance -evening	7 Tech Help Canasta/ Games	8 Tai Chi 	9 Chair Fit
10	11 REMEMBRANCE DAY RMSS CLOSED	12 Info Session: Canadian Dental Care Plan	13 Welcome Tour at PM 	14 Welcome Tour at MR Info Session: MR Street Outreach Society	15 Book Club Hospice Society Grief Support	16
17	18 Stay Fit 3 morning or evening class	19 Info Session: Celebrate MR150 with MR Museum	20 	21 Ukulele 	22 	23 Workshop: Centrepiece with Candles
24	25 Service Clinic: FortisBC (PM) Foot Care w/ Vilma	26 CRAFT SALE BUS TRIP: Harrison Bald Eagles	27 Service Clinic: FortisBC (MR)	28 Wellness Workshop: Dementia Friendly Communities	29 Painting w/ Kim ***** * VARIETY PLUS PRESENTS * * Driving Home for Christmas * *****	30



If you see something within the calendar grid, you will find additional information in our GrapeVine. (More details? Which centre? What time? Pre-reg. required?)
 Check the table of contents. Workshop & event info on page 44.
 You can also ask at reception or check our website at www.rmssseniors.org.

MONTH AT A GLANCE - DECEMBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 BUS TRIP: Arts Whistler Holiday Market	2	3 Chair Fit 	4  Social Dance -evening	5 BUS TRIP CHRISTMAS EVENT at PM	6 Table Tennis 	7 Rhythm & Reach
< 50/50 sales available at BOTH centres Dec 2-7. Winner drawn Dec 9! >						
8	9 	10 CHRISTMAS EVENT at MR	11 Welcome Tour at PM 	12 Welcome Tour at MR 	13 Caregiver Connection Foot Care w/ Gigi & Yvette (by appt.)	14  Karaoke
15 BUS TRIP: Singing Christmas Tree	16 	17 Pie & Ice Cream Therapeutic Yoga -evenings 	18 	19  Gentle Pilates -evenings	20 TURKEY TAKEAWAY 	21 Badminton
22	23 	24  CLOSING at 2:00pm	25  CHRISTMAS DAY RMSS CLOSED	26 BOXING DAY RMSS CLOSED	27 	28 
29	30 	31 	1 NEW YEAR'S DAY RMSS CLOSED			



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.
- To help those with allergies and sensitivities, please refrain from wearing perfume or scented products.



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)
<small>participant endorsements</small> "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

Membership required
\$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

SNOW DAY?

This winter, when in doubt, listen to the morning news / radio. If you hear that schools in Maple Ridge & Pitt Meadows are closed, you'll know RMSS centres are as well.

***and/or check your email, Facebook or Instagram.**

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 Nov 11



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 Nov 11, Dec 25 Jan 1
Mon	6:30-7:15pm	MR	Hall C	\$2 drop-in	No class Nov 11



PROGRAM INFORMATION - Fitness

DANCE FITNESS CLASSES: (pre-registered)

DANCE FIT w/ Pat: **Cost:** \$20 / 4 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	\$20/4 classes	

Sess #9: Nov 18, 25, Dec 2, 9 reg. opens Nov 4





LOOKING FOR A MORNING COFFEE KLATSCH?

At MR: Mon-Fri 9:00am
At PM: Tue/Thu 9:30am

Meals on Wheels ...more than a meal

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



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



Visit our website





community SERVICES
Changing lives together



United Way
West Coast

604-467-6911
comservice.bc.ca

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 Nov 11, Dec 25, Jan 1
Tu - Th	9:30-10:15am	MR	Hall C	\$2 drop-in	No class Dec 26
**Thu	10:15-11:00am	PM	Main Hall	\$2 drop-in	No class Dec 26
Sat	10:30-11:15am	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	No class Dec 25, Jan 1



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 Nov 11
Tue	1:15-2:00pm	PM	Main Hall	\$2 drop-in	
Thu	11:30-12:15pm	PM	Main Hall	\$2 drop-in	No class Dec 26
Thu	2:15-3:00pm	MR	Hall C	\$2 drop-in	No class Dec 26



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 / Kelli

***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 Nov 11, Dec 26



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 #10: Nov 19, 26, Dec 3, 10 reg. opens Nov 5



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 Dec 24



PILATES CLASS:

GENTLE PILATES:

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



Instructor: MR: Leigha

Pilates is a breath based exercise and designed to help older adults maintain flexibility, strength and balance. It emphasizes core strength, proper alignment and controlled movement improving daily body function. This is a beginner's class with adaptations for those at an intermediate level.

* **Bring:** your own mat

Weekday	Time	Centre	Room	Cost	Of Note
Thu	6:30-7:15pm	MR	Hall C	\$2 drop-in	No class Dec 26



FAREWELL & BEST OF LUCK, JANE!

After 10 amazing years at RMSS, Jane is choosing to focus on family, health, and her home studio. (Jane offers smaller classes addressing modifications for those with health challenges.)

We have very much appreciated Jane's quality and dedicated instruction to our members - and are grateful she remains available to sub classes.

We congratulate you as you enter this new season!!!

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 Nov 11, Dec 9
Wed	2:45-3:45pm	PM	Arts & Crafts	\$2 drop-in	No class Nov 6, Dec 11, Dec 25, Jan 1



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 Nov 11, Dec 23, 30
Tue -Advanced	6:00-7:45pm	MR	Hall B	\$2 drop-in	No class Dec 24, 31
Wed -All levels	2:00-3:30pm	MR	Hall B	\$2 drop-in	No class Dec 25, Jan 1
Fri -All levels	10:15-11:15am	PM	Main Hall	\$2 drop-in	No class Dec 27



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 Nov 11
Sat	10:30am-12:30pm	MR	Halls A&B	\$2 drop-in	Not on Nov 30

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 Nov 11, Dec 23
Thu	1:00-2:30pm	PM	Main Hall	\$2 drop-in	Not on Dec 5 & 26, Jan 2
Fri	1:00-3:00pm	MR	Halls A&B	\$2 drop-in	Not on Dec 27

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	Not on Dec 24

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 Nov 11
Mon	3:30-5:00pm	MR	Hall A	\$2 drop-in	Not on Nov 11
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	Not on Dec 25, Jan 1
Wed	10:15am-12:30pm	PM	Hall A	\$2 drop-in	Not on Dec 25, Jan 1
Wed	5:30-7:30pm	MR	Hall A	\$2 drop-in	Not on Dec 25, Jan 1
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 Nov 11, Dec 25/26, Jan 1
Mon - Fri Sat	9:00am-4:00pm 9:00am-1:00pm	PM	Snooker	\$4 drop-in	Not on Nov 11, Dec 25/26, Jan 1
Tue - Ladies	2:00-4:00pm	MR	Snooker	\$4 drop-in	Not on Dec 24
Wed - Ladies	1:30-3:30pm	PM	Snooker	\$4 drop-in	Not on Dec 25, Jan 1
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 Nov 7, 21, Dec 5, 19

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 Nov 11
Wed - ACBL	12:30-4:00pm	MR	Hall A	\$2 drop-in	Not on Dec 25, Jan 1
Wed - Social	1:00-4:00pm	MR	Craft Rm	\$2 drop-in	No partner required Not on Dec 25, Jan 1
Fri - Partnership	12:30-4:00pm	MR	Hall C	\$2 drop-in	Not on Nov 30

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 Dec 25, Jan 1




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	Not on Dec 26



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 Dec 10 & 24
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	Not on Dec 26
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 Member Services 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
	Crafts 9:30 - 11:30	 Nov 26	**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	**Grief Support 10:00-11:00
Chair Tai Chi 1:30 - 2:30	Scrabble 12:45 - 3:30	ACBL (Bridge) 12:30 - 4:00	Line Dance Fun 10:45 - noon	**Caregiver Conn. 10:30 - 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	Table Tennis - Beg 11:00 - noon
Meditation 1:30 - 2:30		Variety Plus 1:00 - 4:00	Ukulele 1:00 - 2:30	Partnership (Bridge) 12:30 - 4:00
**Book Club 2:00 - 3:30		**Caregiver Walk 1:30 - 2:30	Mah Jong 1:00 - 3:30	Scrabble 12:45 - 3:30
Gentle Hatha Yoga 3:30 - 4:15	Ladies Snooker 2:00 - 4:00	Chess 1:30 - 4:00	Canasta/Games 1:00 - 4:00	Carpet Bowling 1:00 - 3:00
 Table Tennis 3:30 - 5:00		Mexican Train 1:30 - 4:00	**Rhythm of Care 1:00 - 3:00	Create 1:30 - 3:30
Badminton 5:45 - 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 Member Services 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	**Grief Support 10:00-11:00
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	Tai Chi 10:15 - 11:15
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 1:30 - 2:10	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	Tech Help 1:00 - 3:00	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>	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	Not on Dec 24
Thu	1:00-3:30pm	MR	SA & Lounge	\$2 drop-in	Not on Dec 26, Jan 2

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 Dec 25, Jan 1

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	Not on Dec 24
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	Back in January

WHIST:

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



Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00-3:00pm	PM	Lounge	\$2 drop-in	Not on Dec 25, Jan 1

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	Not on Dec 25, Jan 1
Flamenco	Wed	3:00-4:00pm	PM	Hall B	\$2 drop-in	Not on Dec 25, Jan 1
NEW DAY Hawaiian	Wed*	12:30-1:30pm	MR	Hall C	\$2 drop-in	*now on Wednesdays Not on Dec 25, Jan 1
Social Dance	Wed	6:00-7:30pm	MR	Hall C	\$2 drop-in	On Nov 6 & Jan 8 (not in Dec)
Line Dance -beg. (see NOTE above)	Mon	11:30am-12:30pm	PM	Main Hall	\$2 drop-in	No class Nov 11, Dec 23 & 30
-beg. (see NOTE above)	Mon	1:30-2:45pm	MR	Hall C	\$2 drop-in	No class Nov 11, Dec 23 & 30
-int.	Tue	*10:45am-noon	MR	Hall C	Pre-registered	In session min 2 years exp.
NEW TIME Line Dance Fun!	Thu	*10:45am-noon	MR	Hall C	\$2 drop-in	Not on Dec 26, Jan 2

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 Nov 4, 18 Dec 2 & 16
Fri	10:00am-noon	MR	Craft Rm	\$2 drop-in	Meet Nov 1, 15 Dec 6 & 20

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 Nov 26
Wed	9:30-11:30am	PM	Arts & Craft	\$2 drop-in	Not on Dec 25, Jan 1

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: \$10 / 5 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	\$10/5 classes reg. opens Oct 29	Runs Nov 12 - Dec 10

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	Not on Dec 28

KARAOKE:

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

Karaoke is a great place to meet others, watch others perform, even sing along! Join in the fun!



Weekday	Time	Centre	Room	Cost	Of Note
Sat	12:30-3:00pm	MR	Lounge	\$2 drop-in	Not on Nov 30

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	Not on Dec 19, 26 Jan 2

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	Not in Dec; resumes Jan 9
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	Resumes in January

PROGRAM INFORMATION


TECH HELP:

Cost: \$2.00 / by appointment

Volunteer: PM: John, Lance 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 Dec 16, 23, 30
Thu	9:00am-noon	MR	Boardroom	\$2 by appt	Not on Dec 19, 26, Jan 2
NEW! Thu	1:00-3:00pm	PM	Lounge	\$2 by appt	Not on Dec 26



QUESTION FOR YOU! What are YOU looking for in a drop-in Wellness Clinic?
Blood pressure reading? Knowing your weight? Footcare? Meeting with a nurse to ask a question? **THESE we have! :D**
How about access to a pharmacist? physiotherapist? What **ELSE** would benefit **YOU**?
Let us know! Email carmen@rmssseniors.org. We want your feedback.

WELLNESS CLINIC:

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

Foot Care: \$5 (by appointment)

A bi-monthly clinic where your blood pressure can be measured, a general check up is offered, visit with a nurse, even receive foot care (by appointment) offered by semi-retired professionals. Your vitals are given to you in print form to pass along to your own physician as part of regular monitoring between GP appts.

Weekday	Time	Centre	Room	Cost	Of Note
Thu	9:00am-noon	MR	Social Activity	\$1 drop-in	Only on Nov 14, 28 Dec 12



Check out our Wellness Workshop! (pg. 31)



THINGS YOU DON'T WANT TO MISS!

UNDERSTANDING THE CANADIAN DENTAL CARE PLAN INFORMATION SESSION



JOIN US FOR AN INFORMATION SESSION ON ACCESSING THE CANADIAN DENTAL PLAN. WE WILL GO OVER THE NEW DENTAL PLAN, WHO IS ELIGIBLE, AND HOW TO APPLY.

Maple Ridge Seniors Activity Centre
 Tuesday November 12, 2024
 1:30 PM - 2:30 PM

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




info session



STREET SMARTS FOR SENIORS: a discussion on the toxic drug issue


The MR Street Outreach Society connects with businesses & organizations to develop positive relationships with street engaged citizens and enhance the downtown experience for everyone. The program addresses community safety from all sides - with compassion, creativity, and knowledge exchange. Learn from peers as they share stories and experiences.

Thursday, November 14 10:30-11:30am
FREE
 pre-registration required
 604-457-4771


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



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


info session




CELEBRATE MR150

Join Shea Henry, Director of the Maple Ridge Museum and Archives, on a journey through the rich history of Maple Ridge. Learn about the museum's thousands of artifacts, photographs and documents that tell the story of our community's evolution and the "Museum on the Move" program that brings the museum directly to the community.


Tuesday November 19
 1:00-2:00pm
FREE - pre-register at 604-467-4993




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



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




wellness workshop



Remember to visit our Wellness Clinic!
 2nd & 4th Thursday
 09:00 - 12:00

DEMENTIA FRIENDLY COMMUNITIES

Join us to learn more about dementia and explore simple strategies that can create a more supportive, inclusive and welcoming community for people affected by the disease.

Get an overview on the Alzheimer Society of BC, its services, events, and support groups.

Presenter: Castine Breckwoldt
 Support and Education Coordinator



Thursday, November 28 10:00-11:00am
FREE - pre-registration required. Call 604-467-4993

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






dance

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

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

Social Dance

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


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

Nov 6 & Jan 8
(not in Dec)

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

membership required

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



TECH HELP

KEEP LEARNING

Tech Help is offered at both centres - and who doesn't need to ask for help sometimes?

Call Member Services to book a one-on-one appointment with one of our volunteers.
Cost: \$2.00

Thursdays with Peter
9:00am - noon

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

Mondays with John
12:30 - 2:45pm

Thursdays with Lance
1:00 - 3:00pm

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

membership required **NEW!**

Looking for an additional tech support volunteer to help at our MR centre. Could this be you? Email kara@rmssseniors.org

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



Christmas craft

Sample project photo; natural greenery will be provided

CENTREPIECE with Candles

Looking to make some Christmas decor for either your home or to gift? Join Colombe as she helps you create a festive centerpiece with three display candles & tray.

Candles are 3"x3" cedar blocks in 4", 6.5", 9" heights with wooden flames set on a cedar tray. Candles can be painted red, green or gold. Natural greenery provided. You'll sand, paint, varnish, and glue.

(Additional candles available to order at workshop.)

Saturday November 23
10:30am-12:30pm
Cost: \$45.00*
(includes instruction and supplies)
Min 8, Max 15 participants; reg. opens Nov 1
**RMSS membership required*

Register by 12:00pm Nov 15

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

membership required

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



painting & mixed media

N.B. These are cards, not canvases. Sample project shown.

PAINTING w/ Kimberley

One day pre-registered class:
Fri Nov 29
9:30am-noon
Cost: \$15.00*

Register by 12:00pm Nov 26

(includes instruction and supplies)
 Minimum 5 participants; reg. opens Nov 1
 *RMSS membership required

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+

DEMENTIA WORKSHOP

Navigating the dementia journey



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

WHERE
 Maple Ridge Seniors Centre
 12150 224 Ave. Maple Ridge
 604-467-4993



WHEN
 Tue November 5
 1:30 - 3:00 pm

REGISTRATION
 Register at no cost through the First Link® Dementia Helpline at 1-800-936-6033 **OR** call the MR Seniors Activity Centre at 604-467-4993






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: November 9, 2024 to December 14, 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](https://www.facebook.com/SelfManagementBC) [@SMPatUVic](https://www.instagram.com/SMPatUVic)

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






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

POP-UP SERVICE CLINICS

FortisBC

FortisBC will be onsite to share information about energy conservation including available rebates, programs for income-qualified individuals and general tips and tricks for ways to save energy in your home.

DROP-IN CLINIC DATES:

Mon Nov 25 9:30am-1:00pm
at Pitt Meadows centre

Wed Nov 27 9:00am-12:30pm
at Maple Ridge centre






SPEC PRODUCTIONS
facular THEATRE GROUP
 PRESENTS

Puss in Boots


A Musical Pantomime

December 18 19 & 20 2024 at 7:00pm
December 20 2024 at 2:00pm


THE ACT ARTS CENTRE MAPLE RIDGE

General Admission: \$29
 Students & Seniors: \$25
 (plus taxes and service fees)


GET YOUR TICKETS THROUGH
theactmapleridge.org/tickets



WAE ACT arts centre



Beez foot care



Vilma Baldoz-Abalos

Footcare Services

Certified Footcare Nurse / Registered Nurse

\$40 for approx. 15-20 minute appointment

Upcoming dates (Mondays): Nov 18 & 25
 Dec 2 & 9
 Jan 13 & 27

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

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



LOWER MAINLAND denture centre

Why choose us?

- **We Accept the Canadian Dental Care Plan!**
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- ***NO dentist referral***
- ***Financing options Available***
- ***Open on Saturdays***
- ***Complimentary consultation!***



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Let us help you achieve that!



Complete & Partial Dentures / Dentures over Implants / Digital Dentures
Same day Relines & Repairs / Soft Liner & Flexible Partials / Copy Dentures

Mobile Denture Services: We come to you!!!



604-457-3763

We can't wait to make you smile!



For more information, visit us at:
www.lowermainlanddenture.ca

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

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

 Please call Vanessa 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.



MACDONALD MEECHAN NOTARIES

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



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

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



A Proud Member of the Society of Notaries Public of BC

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

604.457.0050



Christmas
Special



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

Initial appointment (1st discussion) must be booked during the months of November and December 2024. Continues to be valid if your 2nd appointment (Documents signing day) is booked for January 2025. Cannot be combined with any other discount. Must present this coupon at time of initial appointment. We will be closed for the holiday season from December 23rd, 2024 to January 2nd, 2025.



At RMSS' birthday celebrations we encouraged attendees to wear hats or fascinators.
Looking good, Betty & Roger!

"I work for you!"




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



Seniors get 50% off lens upgrades

Ask in store for more details 

Must be 65 years+ as of purchase date. Conditions and exclusions apply, ask us for details.

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.

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Home Care

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

www.qualicare.com

RMSS DRIVING SERVICE

NEED A RIDE? It's simple!

1. Become an RMSS Member: \$35 a year or complimentary for those 90+.
2. **Please try to book at least one week ahead.**
3. Call a driver from the schedule below. If no drivers are available, try drivers listed for other days. Answer a few questions and book your ride.
4. Remember to give your name and number when leaving a message.
5. Arrange for someone to accompany you if you need more than basic assistance.
6. 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
	- <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>
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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



Protecting your family's future.

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

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

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

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

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

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



www.meadowridgelaw.com



Rhonda Murray
Partner

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

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

WORKSHOP & EVENT DETAILS

- Nov 4-9:** 50/50 ticket sales (see pg. 45)
- Nov 5:** **Event: Pie & Ice Cream Social** (see pg. 6)
\$4.00; Tue Nov 5 1:00-3:00pm at PM centre
- Nov 5:** **Info Session: Navigating the Dementia Journey** (see pg. 33)
FREE; Tue Nov 5 1:30-3:00pm at MR centre; pre-register at 604-467-4993
- Nov 6:** **Social Dance** (see pg. 27, 32)
- Nov 11:** **RMSS centres closed for Remembrance Day**
- Nov 12:** **Info Session: Canadian Dental Care Plan** (see pg. 31)
FREE; Tue Nov 12 1:30-2:30pm at MR centre; pre-register at 604-380-0516
- Nov 13/14:** **Welcome Tour at PM/MR centres** (see pg. 6)
- Nov 14:** **Info Session: Maple Ridge Street Outreach Society** (see pg. 31)
FREE; Thu Nov 14 10:30-11:30am at PM centre; pre-register at 604-457-4771
- Nov 19:** **Info Session: Celebrate MR150 with Maple Ridge Museum** (see pg. 31)
FREE; Tue Nov 19 1:00-2:00pm at MR centre; pre-register at 604-467-4993
- Nov 22:** **Event: Bingo** (see pg. 6)
\$10.00; Fri Nov 22 1:30-3:00pm at PM centre; ticket sales begin Nov 6
- Nov 23:** **Workshop: Centrepiece with Candles** (see pg. 32)
\$45.00; Sat Nov 23 10:30am-12:30pm at MR centre; registration opens Nov 1
- Nov 28:** **Wellness Workshop: Dementia Friendly Communities** (see pg. 31)
- Nov 29:** **Workshop: Painting with Kim** (see pg. 32)
\$15; Fri Nov 29 9:30am-noon at PM centre; reg. opens Nov 1
- Nov 29/30:** **Event: Variety Plus presents "Driving Home for Christmas"** (see pg. 7)
\$12.00; Fri Nov 29 & Sat Nov 30 2:00-4:00pm at MR centre; ticket sales begin Nov 1
- Dec 1:** **Bus Trip: Arts Whistler Holiday Market** (see Members' Desk for availability)
- Dec 2-7:** 50/50 ticket sales (see pg. 45)
- Dec 5:** **Event: Christmas Social at PM** (see pg. 5)
\$6.00; 2:00-3:30pm at PM centre; ticket sales begin Nov 6
- Dec 5:** **Bus Trip: Carol Ship Dinner Cruise** (see pg. 10)
- Dec 10:** **Event: Christmas Social at MR** (see pg. 5)
\$6.00; 2:00-3:30pm at MR centre; ticket sales begin Nov 6
- Dec 11/12:** **Welcome Tour at PM/MR centres** (see pg. 6)
- Dec 15:** **Bus Trip: Singing Christmas Tree** (see pg. 10)
- Dec 17:** **Event: Pie & Ice Cream Social** (see pg. 6)
\$4.00; Tue Dec 17 1:00-3:00pm at PM centre
- Dec 20:** **Event: Turkey Take-away** (see pg. 5)
- Dec 24:** **RMSS centres close at 2:00pm**
- Dec 25/26:** **RMSS centres closed for Christmas and Boxing Day**
- Dec 31:** **RMSS centres regular hours of operation; Jan 1: RMSS centres closed for New Year's Day**

Home Support Tailored To Your Individual Needs



We offer:

- Wound Care
- Alzheimer Care
- Palliative Care
- Respite Care
- Live-In Caregiver
- Personal Care
- Meal Preparation
- Medication Reminder
- Homemaking
- Transportation



Safe Care Home Support

Call 604-945-5005 for
FREE In-Home Consultation

ICBC Claims Accepted



SafeCareHomeSupport.ca

Dementia - Friendly Adult Day Program

Day program option that focuses on organized cognitive stimulating activities in a group setting to reduce isolation for older adults with mild to moderate cognitive impairment. At the same time, this program assists caregivers with respite and offers caregivers support.





Adult Cognitive Wellness Centre
Recreation Rehab Results

- Maple Ridge Seniors Centre on Thursdays
- Pitt Meadows Seniors Centre on Mondays

This is a partnership program between the Ridge Meadows Seniors Society and the ACWC.

To Learn More and Register:
778-549-6413 or
info@adultcognitiwellnesscentre.ca

AdultCognitiveWellnessCentre.ca



It takes a team to put on an event! Thank you volunteers (not all shown) and staff!

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 Nov 4-9...drawn Nov 12
 Sold Dec 2-7...drawn Dec 9





CONGRATULATIONS

September & October 50/50 winners:

September:	Pam L.	\$60.00 (PM)
	Linda M.	\$134.00 (MR)
October:	Rozella H.	\$93.00 (PM)
	Dorothy C.	\$227.00 (MR)

AROUND TOWN



Community Events



Remembrance Day

Join us November 11 in ɔ̄xʷhék ʷnas (Spirit Square) with the ceremony lead by the Royal Canadian Legion.



Christmas in Pitt Meadows

Kick off the holiday season on December 6 at our Christmas in Pitt Meadows event.

For details about upcoming events visit pittmeadows.ca/events



Change is Coming to Recycling Services

Starting January 1, 2025 RECYCLE BC will provide recycling collection services in Maple Ridge.



Got Questions? Here are some answers!

What is changing?

Starting **January 1, 2025**, Recycle BC is assuming responsibility for Maple Ridge's residential curbside and multi-family recycling services.

Will RMRS still operate the Recycling Depot?

Yes. Maple Ridge is focused on a redesign and expansion of the Recycling Depot and will continue to accept a full range of recyclable items, including those in the Recycle BC program. **Ridge Meadows Recycling and the Supported Work program will continue as usual.**

Will flexible plastics still be collected curbside?

Yes, flexible plastics will still be collected, but only every two weeks. Maple Ridge will be the first municipality in BC to have flexible plastics collected curbside & at apartments through Recycle BC direct services.

Will I use the same boxes and bags as I do now?

Yes, you will continue to use the same recycling boxes and bags as you do now, you'll just sort the items slightly differently:

- Flexible plastics (crinkly wrappers, plastic bags, etc.) will go in the **red/pink box** or **flexible plastics** recycling cart.
- Hard plastic and metal containers, cartons, and paper cups will go in the **blue box** or **mixed container** recycling cart.

Closer to transition time, Recycle BC will provide you with stickers to place on your red/pink and blue boxes to help with the changes.

Paper in the **yellow bag** or paper recycling cart and **glass bottles and jars** in the **grey box** or glass recycling cart will stay the same.

For help sorting visit RecycleBC.ca/materials or download the Recycle BC app.

More information at www.recyclebc.ca/mapleridge



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.



Wayne & Gail enjoying RMSS' birthday fun.

YEAR END GIVING



LET'S KICK OFF THE GIVING SEASON WITH

GIVING TUESDAY

December 3, 2024

DONATE TO THE RIDGE MEADOWS SENIORS SOCIETY

Help support our programs, services and resources which assist seniors to live a happy, healthy life.

For more information about the Ridge Meadows Seniors Society visit us on the web: www.rmssseniors.org

On December 3rd

Scan here to donate

Donating is as Easy as Recycling!

Step 1: Put your containers in sealed clear plastic bags. Bags and labels available for pick up at reception of both activity centre locations.

Step 2: Put a label on each of your bags and drop them off. No sorting required! *during depot business hours

Step 3: Encoorp will sort your containers and credit the Ridge Meadows Seniors Society account.

OR...

Print Your Own Labels!
If you already have your own bags you can print your own labels at the kiosk.

At the Express depot, use Ridge Meadows Seniors Society phone number 604-467-4993 to log in and print your own bag labels.

There are many ways to support RMSS throughout the year.

Whether you're purchasing from one of the listed Neighbourhood Liquor Stores (ask for the sale to go towards RMSS and we receive 5%), recycling with Return-It (direct the refund to the RMSS account: 604-467-4993), scanning the above QR code on Giving Tuesday, December 3 (or the QR code on the back cover of the GrapeVine year round), or asking family & friends to donate to RMSS in your name, EACH DONATION supports the RMSS vision and mission:

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

Charitable tax receipts are given for donations over \$25.00. (donor name & address required)

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 ...

Irene C. has volunteered in many capacities from helping serve lunch to Foodbank, from washing dishes on pie & ice cream day to supporting our Cognitive Wellness program.

Irene also spends time each month distributing the GrapeVine to some 15 different locations, ensuring local businesses and medical offices have this resource available for their customers.

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



RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2024/2025

President.....Karen Hjort-Olsen

Vice-President.....Bobbi Duncan

Secretary..... Patricia Gordon

Treasurer.....Kathy Baxter

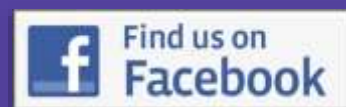
Director..... Margaret Attwell

Director..... Leslie Carnie

Director..... Deborah Jamieson

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

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



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