

GrapeVine



RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows Mar & Apr 2025 Program Guide

(photo courtesy of Vanessa D., RMSS staff)



Congratulations to our own Bev S. for receiving a King's Coronation Award!
(various shots from Robbie Burns event, Pitt Meadows art wall and coffee shop)

FACILITY INFO

Maple Ridge

Seniors Activity Centre

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



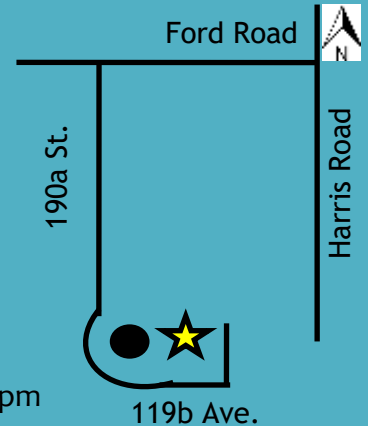
Member Services

Monday - Thursday 9:00am - 7:30pm
Friday 9:00am - 3:30pm
Saturday 10:00am - 3:30pm
Closed Apr 18 & 21

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 Apr 18 & 21



www.rmssseniors.org



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



VALUE STATEMENTS: We strive to ...

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

GOALS:

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

STAFF DIRECTORY:

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

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

Caregiver Connection Coordinator, Raman Singh
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Event Coordinator, Anita Bettsworth
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Outreach Coordinator, Bev Schmahmann
 604-380-0516; info@rmssseniors.org

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 604-457-4771; pmsc@rmssseniors.org

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

YouConnect Coordinator, Vanessa De Freitas
youconnect@rmssseniors.org

Kitchen Supervisor, Grace Nunnikhoven

Kitchen Staff: Leah, Comfort, Maria, Mushtari

Support Staff: Joys, Robyn, Sandra

MR Facility Attendants: Devon, Mojgan

PM Facility Attendant: Sally

Transportation Coordinator, Don Fernets
seniorsbus@gmail.com

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A MESSAGE FOR YOU



RMSS Kitchen

It's easy to recognize all the good work of our staff and volunteers who you see moving throughout our buildings on a daily basis. However, it's just as important to acknowledge the kitchen staff who work tirelessly behind the scenes to ensure that our centres, as well as Meals on Wheels clients, are offered nutritious and delicious meals every day. From the early hours of the morning the kitchen staff, under the direction of Grace, meticulously plan and prepare a variety of dishes. Their dedication goes beyond just cooking; they create a warm and welcoming environment, often going the extra mile to make mealtime a pleasant experience for all. Their efforts are truly commendable, and I want to take the time to thank them for all they do!

Shuttle Bus Catchment Ideas

Many moons ago, the Age Friendly Communities Initiative was launched to advise the cities of Maple Ridge and Pitt Meadows how to enhance the well-being, support, and security of older adults in our communities. This initiative brought together residents, stakeholders, and local agencies, and identified transportation as a key area of focus. Seniors expressed a desire for more recreational opportunities and better transportation options to access them.

In response, RMSS will be hosting a Bus Banter forum in April to gather your thoughts on developing a regular shuttle service between Maple Ridge and Pitt Meadows, exclusively for seniors 55+. We want to hear your suggestions for popular stops along the route, whether it's a lab, clinic, care home, favorite retail shops, grocery stores, movie theatres, or restaurants.

Even after a decade, we believe this need remains relevant for seniors. This shuttle service will be a direct result of community feedback, aiming to transport Ridge Meadows Seniors Society members between our senior centres and meet the needs of other nonprofit groups serving seniors. This initiative will enhance social participation and reduce isolation, improving seniors' ability to navigate our communities. I hope to see you there. *(See pg. 7 for more details.)*

Parking at Pitt Meadows The temporary parking lot at PM centre is now in use. It is located west of the round-about on 190a St. RMSS parking decals are required. Ask at PM Member Services for more info.

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.

ANYONE 55+
(including longstanding members) may try ANY new to them activity for **FREE**



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. For pre-registered programs, credit will be offered in the form of a make-up class, credit towards the next same class, or as a refund cheque. **For all: Staying home when feeling unwell is MANDATORY.**

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-reg classes may require a minimum registration in order to proceed.

5.) While some pre-reg classes may accommodate late enrollment, classes are not pro-rated.



EVENTS

PIE AND ICE CREAM

TUESDAY; MARCH 4 & APRIL 1



DROP-IN 1:00 TO 3:00 PM

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





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



SPECIAL MENU FEATURE....CONSTRUCTION MUD PIE



Wear some beads or a Mardi Gras Mask, it's a

MARDI GRAS

celebration full of vibrant colours, live music, refreshments & fun

TUESDAY, MARCH 11th
2:00 to 3:30 p.m.

TICKETS
\$6.00
Cash Only



GUESSING GAME CONTEST
Pictures of some of our staff & volunteers wearing masks will be posted around the centres. Collect a form from Member Services to record your guesses for a chance at a prize!

MAPLE RIDGE SENIORS ACTIVITY CENTRE
12150 224th Street
Maple Ridge
604-467-4993

St. Patrick's Day

Theme Lunch

MONDAY, MARCH 17
DROP-IN: 11:30 a.m. - 1:00 p.m.
Regular Lunch Prices in Effect

Enjoy a traditional Irish lunch of Irish Sausages & Champ. Find out if there really is gold at the end of the rainbow.

**MAPLE RIDGE SENIORS
ACTIVITY CENTRE**
12150 224th Street,
Maple Ridge
(604) 467-4993





WEAR
GREEN

BINGO

Thursday, March 20
1:30 to 3:30pm

TICKETS GO ON SALE: MONDAY, MARCH 3
IN PITT MEADOWS

6 games
\$10 ticket includes 2 cards
additional cards may be purchased

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





BRITISH COLUMBIA
Licence # 155807



EVENTS



IT'S TIME FOR A CRAFT SALE!




TUESDAY APR 8
10:00AM - 1:00PM

The spring sale is here! 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



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




Here's a party you won't soon forget, complete with fun & games, mocktails and live entertainment.

MRS. ROPER'S ROMP

That's Mrs. Roper from the classic sitcom 'Three's Company'. You know the one, with the red curly hair known for her quirky fun loving personality.

Thursday, April 10th
2:00 - 3:30 p.m.

Tickets are \$6.00 & go on Sale on March 12

Come dressed in your favorite bright clothing, muumuu or Hawaiian shirt and be prepared to just let loose.



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



SAVE THE DATE!

RMSS SECURE DOCUMENT SHREDDING FUNDRAISER



ONSITE SHREDDING PROVIDED BY RECORDXPRESS

Minimum CASH ONLY donation
\$10 per plastic grocery bag
\$25 per bankers/copy paper box



Saturday June 14, 2025
9am - 12pm



Maple Ridge Activity Centre
12150 224th Street, Maple Ridge
Parking Lot (Rain OR Shine)

All funds raised benefit the Ridge Meadows Seniors Society as they support seniors in Maple Ridge and Pitt Meadows

EVENTS



info session



BUS BANTER



Want to shop during the week...

- but don't want to drive?
- where would you want the stops to be?

Or shuttle between RMSS centres...

- to meet up with friends?
- or attend programs and events?

Perhaps a lab/clinic/care home you frequent...

- which ones? which days?

We invite you to share your thoughts about developing a regular bus shuttle service (using the Seniors Bus). It could run between RMSS centres with specified retail stops along the way. Join the exploratory conversation!

Tue Apr 8
10:00-11:00am

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

FREE pre-registration required.



Tue Apr 8
1:30-2:30pm

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

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

GLOBAL COFFEE

FUNDRAISING

Our coffees are roasted freshly to order in small batches to ensure you get the perfect cup of coffee. Organic & ethically sourced. 100% Arabica beans. Resealable zip-lock bag for freshness.



From APRIL 14 - MAY 12 support your love of BOTH with this online coffee bean fundraiser!



More details to come within RMSS centres!
Order online: www.globalcoffeefundraising.ca/rmss






We Love Our Volunteers!



Do you know we rely on over 150 Volunteers to help us run the centres, lead activities, offer services, assist with programs and oversee our society?

That's a lot of people giving a ton of time, talent... and heart!!

April is Volunteer Month. Tap a few volunteers on the shoulder and thank them for their contribution. Let them know you love them as much as we do!

Thank you!



National Volunteer Week 2025
April 27-May 3



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 April 30th, 2025




FREE TAX PREP SERVICES

TO QUALIFY:


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

Appointment required

<p>MAPLE RIDGE CENTRE Tuesdays (Mar 4 – May 6) 9:00am – 2:00pm Wednesdays (Mar 5 – May 7) 12:00 – 3:00pm 12150 224 St., Maple Ridge 604-467-4993</p>	<p>PITT MEADOWS CENTRE Thursdays (Mar 6 – May 8) 9:00am – 3:00pm 19065 119B Ave., Pitt Meadows 604-457-4771</p>
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www.rmssseniors.org



ALL appointment bookings starting Feb 3



On Sunday March 9, remember to turn your clocks one hour ahead.

PLEASE NOTE RMSS CENTRES WILL BE CLOSED:

FRIDAY, APRIL 18 for GOOD FRIDAY and **MONDAY, APRIL 21 for EASTER**


KNOWLEDGE + SKILLS + CONFIDENCE

Chronic Pain Self-Management Program



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

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

DATES/TIME: March 22, 2025 to April 26, 2025
 Saturdays, 10:30am to 1:00pm

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

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

Connect with us: @SelfManagementBC @SMPatUMIC

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!




INTRO TO PICKLEBALL




Join our **Learn to Play Pickleball Clinic** and discover the excitement of this fun and fast-paced sport! Our expert instructors will guide you through the basics: covering serving, returning serves, scoring, court positioning, and basic tactics. Suited for beginners or those with fewer than 20 games played. Equipment is provided. No need to purchase a paddle beforehand. Gain confidence for any pickleball court!

Saturday April 12 - \$20/person
 \$20 includes one hour of instruction, equipment, and playtime

Available timeslots: 10:30am, 11:45am, 1:00pm, 2:15pm
 Registration opens Mar 6; closes Apr 9 (noon); min 6/max 12 ppl per timeslot

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

Hosted by **ELEVATE PICKLEBALL**

membership required

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





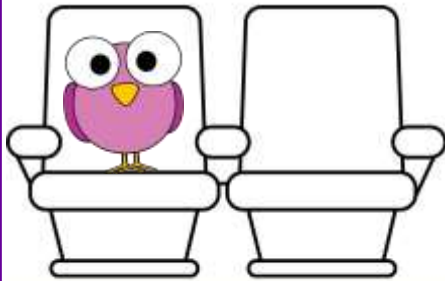
BUS TRIPS



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.

**LIMITED SEATS MAY BE AVAILABLE FOR THE FOLLOWING TRIPS.
SEE MEMBER SERVICES FOR MORE INFORMATION.**



Tue Mar 18 -
Wildlife Photographer of the Year \$150
Details at Member Services and bulletin board.



Tue Apr 1 - Granville Island \$70
Details at Member Services and bulletin board.



Fri Apr 11 VINES & WINES \$140

MR 9:00am-4:30pm  PM 9:15am-4:15pm 

Travel to the fertile Abbotsford Valley for wine tastings at Singletree Winery, Mann Farms Estate Winery and a guided tour and tasting at the lovely Seaside Pearl featuring a chapel tasting room. Includes lunch at Greek Islands Restaurant.

Package includes: Seaside Pearl Tour/Tasting, Singletree Winery Tasting, Mann Farms Estate Winery Tasting, Lunch at Greek Islands Restaurant

*Up to 48 seats available

Level: Easy

Registration opens Feb 25
Cancel by Apr 3

Thank you, Legion 88  Thank you,  for Meadowtown Centre for bus trip parking.



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. Please note parking pick up location.

Some MR pick up/drop off locations have been moved to the Legion (details at reception).



Look for the Legion poppy logo. **NEW! ALL PM pick up/drop off locations occur from Meadowtown Ctr.**

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





BUS TRIPS

Enjoy THE JOURNEY



Fri May 9

HASTINGS HORSE RACING

\$120

MR 4:00pm-10:30pm

PM 4:15pm-10:15pm 

Experience exhilarating thoroughbred horse racing from your reserved seat at Vancouver's picturesque racecourse. See the horses up close at the Paddock, enjoy dinner at Silks Buffet Restaurant at 6:00pm and live racing at 7:00pm.

Package includes: 4 hours Hastings Racecourse, Reserved Seat, Dinner Silks Buffet, Escorted Seating

*Up to 48 seats available

Level: Easy


Registration opens Mar 20
Cancel by May 1




Tue May 20

FORBIDDEN VANCOUVER TOUR

\$160

MR 8:15am-5:30pm 

PM 8:30am-5:15pm 

Explore Vancouver's dirtiest Prohibition-era secrets with a local guide. From mobsters and rum-runners to rioters and crooked politicians, this historical walking tour uncovers Gastown's most historic streets - and most illicit stories. This walking tour is only a couple blocks long. Includes lunch at Steamworks Main Street and an afternoon visit to Spanish Banks.

Package includes: Main Street Coffee Stop, Forbidden Vancouver Guide, 1.5 Hour Forbidden Tour, Lunch Steamworks, Spanish Banks

*Up to 48 seats available

Level: Easy
(note activities)

Registration opens Apr 8
Cancel by May 12




Sun Jun 15

CLASSIC PLANES & BC TRAINS

\$150

MR 8:15am-4:45pm

PM 8:30am-4:30pm 

Ride into the past on Surrey's Heritage Railway! Take the one-hour Sullivan Excursion aboard the B.C. electric interurban train car and take a guided tour of the Canadian Museum of Flight. Includes a delicious lunch at Adrian's at the Airport.

Package includes: Surrey's Heritage Railway, Sullivan Excursion Train Ride, SHR Music Festival, Canadian Museum of Flight Tour, Lunch at Adrian's at the Airport

*Up to 48 seats available

Level: Easy

Registration opens May 1
Cancel by Jun 6

Remember to forward any trip photos to carmen@rmssseniors.org

Include trip name and names of those in the photo.



MONTH AT A GLANCE - MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 
< 50/50 sales available at BOTH centres Mar 3-8. Winner drawn Mar 10! > 						
2	3 	4 BUS TRIP: Westminster ...Abbey.. Pie & Ice Cream 	5 Table Tennis 	6 Tech Help Canasta/ Games	7 Caregiver Connection 	8  Karaoke
9	10 Stay Fit 3 morning or evening class	11 BUS TRIP: Britannia Mines Event: 	12 Welcome Tour at PM Tech Help	13  Welcome TOUR at MR	14 Tai Chi 	15 Workshop: Getting Started with A.I. Wellness Workshop: Lower Limb Care
16	17  Themed Lunch: St. Patrick's Day	18 Therapeutic Yoga -evenings 	19 	20 Ukulele 	21 Book Club Hospice Society Grief Support	22  Workshop: Chronic Pain
23	24 Foot Care w/ Vilma (by appt.)	25  	26  	27  Wellness Workshop: In the Fullness of Years	28 Painting w/ Kim 	29 Rhythm & Reach
30	31					

If you see something within the calendar grid, you will find additional information in our GrapeVine. (More details? Which centre? What time? Pre-reg. required?)
 Check the table of contents. Workshop & event info on page 44-45.
 You can also ask at reception or check our website at www.rmssseniors.org.

MONTH AT A GLANCE - APRIL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 BUS TRIP: Granville Isl. Pie & Ice Cream	2 Hawaiian Dance 	3 Gentle Pilates - evenings	4 Absolute Hearing (by appt.)	5 INFO SESSION: Seniors Real Estate Strategies (PM)
< 50/50 sales available at BOTH centres Mar 31 - Apr 5. Winner drawn Apr 7! >						
6	7	8 CRAFT SALE Bus Banter (PM/MR)	9 Welcome Tour at PM 	10 Welcome Tour at MR Event: Mrs. Roper's Romp	11 BUS TRIP: Vines & Wines Carpet Bowling	12 WORKSHOP: Intro to Pickleball
13	14	15 INFO SESSION: Choose to Move	16 INFO SESSION: Seniors Real Estate Strategies (MR)	17 Chair Fit Workshop: Arranging Fresh Flowers	18 GOOD FRIDAY RMSS CLOSED	19 Badminton
20	21 EASTER MONDAY RMSS CLOSED	22 Craft Ladies 	23	24 Wellness Workshop: Benefits of Physiotherapy Armchair Traveller: Bowron Lakes	25 Hospice Society Grief Support Foot Care w/ Gigi & Yvette (by appt.)	26 WORKSHOP: Preserving Heritage Photos
27	28 Tech Help 	29 Iceless Curling	30			

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!

ANYONE 55+ (including longstanding members) may try ANY new to them activity for FREE.

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.



PAR-Q+

The Physical Activity Readiness Questionnaire for Everyone

The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

GENERAL HEALTH QUESTIONS

Please read the 7 questions below carefully and answer each one honestly:	YES	NO
1) Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood pressure <input type="checkbox"/> ?	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? <small>Answer NO if your dizziness was associated with over-breathing (including during vigorous exercise)</small>	<input type="checkbox"/>	<input type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)?	<input type="checkbox"/>	<input type="checkbox"/>
5) Are you currently taking prescribed medications for a chronic medical condition?	<input type="checkbox"/>	<input type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? <small>Answer NO if you had a problem in the past, but it does not limit your current ability to be physically active.</small>	<input type="checkbox"/>	<input type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered YES to one or more of the above questions, inform the fitness instructor ahead of class.

Review PAR-Q+ signage ahead of starting a fitness class. Signs are located in halls where programs occur.

As some of our patrons are allergic or highly sensitive to scented products, in consideration of others, please refrain from wearing scented or perfumed products.

Thank you

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 Apr 21



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 Apr 18 & 21
Mon	6:30-7:15pm	MR	Hall C	\$2 drop-in	No class Apr 21



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 #3: Mar 10, 17, 24, 31 reg. opens Mar 3

Sess #4: Apr 7, 14, (no 21), 28, May 5 reg. opens Mar 31



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

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


CAN ACCOMMODATE UP TO 2 WHEELCHAIRS!

BOOK NOW!

WWW.RMSSSENIORS.ORG/BUS-RENTALS







LOOKING FOR A MORNING COFFEE KLATSCH?

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



PROGRAM INFORMATION - Fitness

CHAIR and SPECIALTY CLASSES: (for Chair Tai Chi go to pg. 20)

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 Apr 18 & 21
Tu - Th	9:30-10:15am	MR	Hall C	\$2 drop-in	
**Thu	10:15-11:00am	PM	Main Hall	\$2 drop-in	
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	



PROGRAM INFORMATION - Fitness

YOGA CLASSES:

CHAIR YOGA:

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

Instructors: PM: Virginia / Kelli / Lilly

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 Apr 21
Tue	1:30-2:10pm	PM	Main Hall	\$2 drop-in	
Thu	11:30-12:15pm	PM	Main Hall	\$2 drop-in	
Thu	2:15-3:00pm	MR	Hall C	\$2 drop-in	



GENTLE HATHA YOGA:

With something for everyone, this Hatha Yoga class has lots of options and modifications. Learn how to practice yoga on a mat using props such as a chair, block, strap, and bolster.

at MRSC

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

Instructors: MR: Virginia / 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 Apr 21



at PMSC

Cost: \$20 / 4 classes (pre-reg.; min. 10 to proceed)

Instructor: PM: Lynda

***Bring:** your own mat

Weekday	Time	Centre	Room	Cost	Of Note
Tue	12:15-1:00pm	PM	Main Hall	\$20/4 classes	Pre-registered

Sess #3: Mar 18, 25, Apr 1, 8 reg. opens Mar 4

Sess #4: Apr 22, 29, May 6, 13 reg. opens Apr 8



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	



Minds in Motion®

A fitness and social program for people living with early-stage dementia and their care partner.

Online (English)
Hosted online via zoom

Groups meet weekly:
Thursdays: 1 – 2:30 p.m.
Fridays: 10 - 11:30 a.m.

Sessions are free to attend. For more information and to register, please call the First Link® Dementia Helpline at 1-800-936-6033 or visit alzbc.org/mm.

Alzheimer Society

BRITISH COLUMBIA

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 Mar 31 & Apr 21
Wed	2:45-3:45pm	PM	Arts & Crafts	\$2 drop-in	No class Apr 2



TAI CHI/QIGONG:

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

Instructors: MR: Berna, Dina, Wayne PM: Kay

Gentle slow movements that focus on breathing, balance and core strength. Tai Chi helps to reduce stress and increase flexibility. Over time, this practice improves the mind, strengthens the body and spirit, and slows the aging process.

Weekday	Time	Centre	Room	Cost	Of Note
Mon -Chair	1:30-2:30pm	MR	Social Activity	\$2 drop-in	No class Apr 21
Tue -Advanced	6:00-7:45pm	MR	Hall B	\$2 drop-in	
Wed -All levels	2:00-3:30pm	MR	Hall B	\$2 drop-in	
Fri -All levels	10:15-11:15am	PM	Main Hall	\$2 drop-in	No class Apr 18



SPORTS:

BADMINTON:

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

An excellent form of exercise whether played for fun or aiming to win!

Bring a friend. Invite someone to play with you if they come alone. Equipment provided.



Weekday	Time	Centre	Room	Cost	Of Note
Mon	5:45-7:30pm	MR	Halls A&B	\$2 drop-in	Not on Apr 21
Sat	10:30am-12:30pm	MR	Halls A&B	\$2 drop-in	Not on Apr 12

PROGRAM INFORMATION - Sports

CARPET BOWLING:

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

A variant of lawn bowling, learn the skill of curving a weighted bowl. Open to newcomers.



Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:00pm	MR	Halls A&B	\$2 drop-in	Not on Apr 21
Thu	1:00-2:30pm	PM	Main Hall	\$2 drop-in	Not on Apr 10
Fri	1:00-3:00pm	MR	Halls A&B	\$2 drop-in	Not on Apr 4 & 18

ICELESS CURLING:

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

An adaptive way to curl suited to standing, assisted, even sitting. No experience required.



Weekday	Time	Centre	Room	Cost	Of Note
Tue	2:30-4:00pm	PM	Main Hall	\$2 drop-in	

TABLE TENNIS:

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

Enjoy this stimulating exercise of both your mind and body.

***Bring:** table tennis paddle (balls provided) * paddles available for beginners



Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:15-3:30pm	PM	Hall B	\$2 drop-in	Not on Apr 21
Mon	3:30-5:00pm	MR	Hall A	\$2 drop-in	Not on Apr 21
Tue	8:45-11:00am	MR	Hall A	\$2 drop-in	In Hall B following Monday stats
Wed	8:45-11:00am	MR	Hall A	\$2 drop-in	
Wed	10:15am-12:30pm	PM	Hall A	\$2 drop-in	
Wed	5:30-7:30pm	MR	Hall A	\$2 drop-in	
Fri	8:45-11:00am	MR	Hall A	\$2 drop-in	Not on Apr 18
Fri	11:00am-noon - *Beginners	MR	Hall A	\$2 drop-in	Not on Apr 18
Fri	12:30-1:15pm *Beginners	PM	Main Hall	\$2 drop-in	Not on Apr 18
Fri	1:15-3:30pm	PM	Main Hall	\$2 drop-in	Not on Apr 18

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 Eamonn @ 236-333-9364

PM centre: call John @ 604-720-7020



Weekday	Time	Centre	Room	Cost	Of Note
Mon - Thu	8:45am-7:30pm	MR	Snooker	\$4 drop-in	Not on Apr 18 & 21
Fri	8:45am-4:00pm				
Sat	10:00am-3:00pm				
Mon - Fri	9:00am-4:00pm	PM	Snooker	\$4 drop-in	Not on Apr 18 & 21
Sat	9:00am-1:00pm				
Tue - Ladies	2:00-4:00pm	MR	Snooker	\$4 drop-in	
Wed - Ladies	1:30-3:30pm	PM	Snooker	\$4 drop-in	
Fri - Ladies	9:00am-noon	MR	Snooker	\$4 drop-in	Not on Apr 18
Fri - Beginners	9:00am-noon	MR	Snooker	\$4 drop-in	Not on Apr 18

Are you a 55+ senior & interested in playing snooker?

The Lower Mainland Seniors Snooker league consists of several teams from community seniors' centres in area such as Richmond, Burnaby, New Westminster, Delta, Coquitlam, Pitt Meadows & Maple Ridge.

You can view the league website at <https://sites.google.com/view/lmseniorsnookerleague-2020/news>

If you would like further information please contact Paul Scanlon, League President, at lmseniorsnooker@gmail.com or call 604-465-4511.



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



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 Apr 21
Wed - ACBL	12:00-3:30pm	MR	Hall A	\$2 drop-in	
Wed - Social	1:00-4:00pm	MR	Craft Rm	\$2 drop-in	No partner required
Fri - Partnership	12:30-4:00pm	MR	Hall C	\$2 drop-in	Not on Apr 18

CHESS:


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

Chessboard available. Who wants to play? Learn? Teach? Email carmen@rmssseniors.org 

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

CANASTA:


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

Now offered on Thursday afternoons - check it out! 

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


CRIB: No partner required

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

Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00-3:30pm	MR	Hall C	\$2 drop-in	Pls arrive by 12:50pm 
Fri	1:00-3:30pm	PM	Arts & Crafts	\$2 drop-in	Not on Apr 18

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	Not on Apr 18

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
	Table Tennis 8:45 - 11:00	Table Tennis 8:45 - 11:00	Tech Help 9:00 - noon	Ladies & Beginners Snooker 9:00-noon
Chair Fit 10:00 - 10:45	Chair Fit 9:30 - 10:15	Chair Fit 10:00 - 10:45	Chair Fit 9:30 - 10:15	Chair Fit 10:00 - 10:45
*Dance Fit 11:15 - noon	Crafts 9:30 - 11:30	ACBL (Bridge) 12:00 - 3:30	Silvertones 10:00 - 11:30	**Book Club 10:00 - noon
Carpet Bowling 1:00 - 3:00	*Line Dance - Int 10:45 - noon	Hawaiian Dance 12:30 - 1:30	Line Dance Fun 10:45 - noon	**Grief Support 10:00-11:00
Chair Tai Chi 1:30 - 2:30	Scrabble 12:45 - 3:30	Social Bridge 1:00 - 4:00	**Caregiver Connection 1:00 - 2:30	**Caregiver Conn. 10:30 - noon
Line Dance - Beg 1:30-2:45	Crib 1:00 - 3:30	 Tech Help 1:00 - 3:00	Ukulele 1:00 - 2:30	Table Tennis - Beg 11:00 - noon
Meditation 1:30 - 2:30	*Wordsmith 1:00-3:00	Variety Plus 1:00 - 4:00	Mah Jong 1:00 - 3:30	Partnership (Bridge) 12:30 - 4:00
		**Caregiver Walk 1:30 - 2:30	Canasta/Games 1:00 - 4:00	Scrabble 12:45 - 3:30
Gentle Hatha Yoga 3:30 - 4:15	Ladies Snooker 2:00 - 4:00	Chess 1:30 - 4:00	**Rhythm of Care 1:00 - 3:00	Carpet Bowling 1:00 - 3:00
Table Tennis 3:30 - 5:00		Mexican Train 1:30 - 4:00	Chair Yoga 2:15 - 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	Gentle Hatha Yoga 3:30 - 4:15	Badminton (Sat) 10:30am-12:30pm
Stay Fit 3 6:30 - 7:15pm	Therapeutic Yoga 6:30 - 7:15pm	Table Tennis 5:30 - 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; 12:30-2:30pm				
Chair Yoga 10:15 - 11:00	Scrabble 10:00 - noon	Crafts 9:30 - 11:30	Ukulele 10:00 - 11:30	**Grief Support 10:00-11:00
Line Dance - Beg 11:30 - 12:30	*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				
Tech Help 12:30 - 2:45	Mah Jong 1:00 - 3:30	Whist 1:00 - 3:00	Chair Yoga 11:30 - 12:15	Table Tennis - Beg 12:30 - 1:15
Bridge 1:00 - 3:45	Chair Yoga 1:30 - 2:10	Ladies Snooker 1:30 - 3:30	Carpet Bowling 1:00 - 2:30	Games 12:45 - 3:45
Table Tennis 1:15 - 3:30	*Beg French 2:00 - 3:00	Ballet 2:00-3:00	Tech Help 1:00 - 3:00	Crib 1:00 - 3:30
**Caregiver Walk & Coffee 1:30 - 2:30	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
		Flamenco 3:00 - 4:00	Rhythm & Reach 9:15 - 10:00 <i>(Saturdays)</i>	Chair Fit 1 10:30 - 11:15 <i>(Saturdays)</i>
			Jam Session 10:00 - noon <i>(Saturdays)</i>	**Create 10:30 - 12:30pm <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	SA & Lounge	\$2 drop-in	

MEXICAN TRAIN:

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



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

SCRABBLE:

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	10:00am-noon	PM	Arts & Crafts	\$2 drop-in	
Tue	12:45-3:30pm	MR	Library	\$2 drop-in	
Fri	12:45-3:30pm	MR	Library	\$2 drop-in	Not on Apr 18

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	Coming soon

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. 16).

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? 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	
Hawaiian	Wed	12:30-1:30pm	MR	Hall C	\$2 drop-in	
Social Dance	Wed	6:00-7:30pm	MR	Hall C	\$2 drop-in	
Line Dance -beg. (see NOTE above)	Mon	11:30am-12:30pm	PM	Main Hall	\$2 drop-in	No class Feb 17
-beg. (see NOTE above)	Mon	1:30-2:45pm	MR	Hall C	\$2 drop-in	No class Feb 17
-int	Tue	10:45am-noon	MR	Hall C	Pre-registered \$24/12 classes	Runs Apr 1 - Jun 24 min 2 years exp.
Line Dance Fun!	Thu	10:45am-noon	MR	Hall C	\$2 drop-in	

PROGRAM INFORMATION - The Arts

BOOK CLUB:

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



This book club known as “The Mavericks” reviews books with movie adaptations (viewed together). Meets Fridays - twice a month.

Weekday	Time	Centre	Room	Cost	Of Note
Fri	10:00am-noon	MR	Craft Rm	\$2 drop-in	Meet Mar 7 & 21, Apr 4 & 25 (no 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	
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	
Sat	10:30am-12:30pm	PM	Arts & Craft	\$2 drop-in	Monthly: Mar 8 & Apr 12



The Saturday self-directed group will focus on making cards & bookmarks; donated supplies provided. All art enthusiasts welcome to bring their own hobby projects.

BEGINNERS CONVERSATIONAL FRENCH:

Cost: \$16 / 8 classes (pre-reg)



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

Weekday	Time	Centre	Room	Cost	Of Note
Tue	2:00-3:00pm	PM	Arts & Craft	\$16/8 classes reg. open	Runs Mar 11 - May 6 (not on Apr 22)

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
Thu - some exp.	10:00-11:30am	PM	Arts & Craft	\$2 drop-in	
Thu - beginners	12:15-1:00pm	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. Singing or theatre experience preferred.



Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00-4:00pm	MR	Hall C	none	New members accepted Aug '25

PROGRAM INFORMATION

TECH HELP:

Cost: \$2.00 / by appointment

Volunteers: PM: John, Lance MR: Peter, Somi

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



***Must know your password to access your device. Bring your device's charge cord.**

Book your 30 minute appointment ahead of your visit. To book your appointment call:

MR centre: 604-467-4993

PM centre: 604-457-4771

Weekday	Time	Centre	Room	Cost	Of Note
Mon	12:30-2:45pm	PM	Wellness Rm	\$2 by appt	
NEW! Wed	1:00-3:00pm	MR	Library Rm	\$2 by appt	Starting Mar 12
Thu	9:00am-noon	MR	Boardroom	\$2 by appt	
NEW! Thu	1:00-3:00pm	PM	Lounge	\$2 by appt	



WELLNESS CLINIC:

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

Foot Care: \$5 (by appointment)



A bi-monthly clinic allowing for a WELLNESS CHECK by nurses: blood pressure monitoring (or review your technique for home measurements), oxygen levels measured, or have questions answered. Information is given to you to share with own physician as part of regular monitoring. During some visits meet with a pharmacist, a physiotherapist, or take in a Wellness Workshop or Wellness Chat. Professional foot care offered (by appointment). Pop on by as we continue to refresh using MR Community Foundation funds.

Weekday	Time	Centre	Room	Cost	Of Note
 Thu	9:00am-noon	MR	Social Activity	\$1 drop-in	Every 2nd & 4th Thu: Mar 13, 27, Apr 10, 24 





Check out our Wellness Workshops! (pg. 31)




Starting April 10, join Wellness Chats on the 2nd Thursday each month within the Wellness Clinic from 10:00-11:00am. Different topics will be addressed. The chats will be facilitated.

"I love the Wellness Clinic! It is so great. Everyone is so professional. It is convenient to be able to pop in when needed - and it is just two blocks from my place." - Rick M.

WELLNESS

wellness workshop



at PM centre

LOWER LIMB CARE

Proper footcare is crucial for seniors to maintain an active and healthy lifestyle. Topics addressed: foot care (bunions, ingrown toenails, foot fungus, diabetic ulcers, and other conditions) as well as edema (swelling). Come learn of the vital importance of taking care of your lower limbs. Time allotted for Q&A.

Presented as a community service by Just Like Family Home Care


JUST LIKE FAMILY HOME CARE

Saturday, March 15 11:00am-noon
FREE - pre-registration required. Call 604-457-4771


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

ALL 55+ WELCOME


55+



wellness workshop



Remember to visit our Wellness Clinic!




2nd & 4th Thursday
09:00 - 12:00

THRIVING IN THE FULLNESS OF YEARS

“In the Fullness of Years: Thriving in Your Senior Years” – A practical look at transcending mental and physical declines to enjoy the most meaningful years of your life.

Presented by Dr. Bart Begalka.
Bart Begalka retired from academics in 2020 (Graduate Counselling Psychology) but still works a few hours a week as a psychotherapist. His doctorate is in Education.



Starting April 10, join Wellness Chats on the 2nd Thursday each month within the Wellness Clinic from 10-11am as we address different facilitated topics.

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

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

ALL 55+ WELCOME

55+



wellness workshop



Remember to visit our Wellness Clinic!



2nd & 4th Thursday
09:00 - 12:00

BENEFITS OF PHYSIOTHERAPY

- techniques to improve overall strength, balance and core stability maintaining one's independence
- pre & post surgical therapy - prescribed exercises
- reducing chronic pain symptoms
- access info & help without extended benefits

David Moffit is a local physiotherapist. He is offering this information as a community service. Q&A to follow.

At the Wellness Clinic, we are looking to offer occasional physiotherapy services where preventative tips and exercise therapies will be offered. Interested?

Thursday, April 24 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

ALL 55+ AND THEIR CAREGIVERS WELCOME

55+



info session




CANADIAN DENTAL CARE PLAN

As we age, maintaining one's oral health, and that of those we love and care for, is an essential component to optimum health. The Canadian government is offering many free services to those who qualify. www.canada.ca/en/services/benefits/dental/dental-care-plan.html

This session will remind us of how important our oral health is, and to realize and utilize the available resources from the federal government.

FREE - pre-register by Apr 30 at 604-457-4771
This is a community service provided by Dr. Chan DMD
No solicitation for business.

Saturday May 3
11:30am - 12:30pm
PM Seniors Activity Centre
19065 119B Ave.
604-457-4771



ALL 55+ AND THEIR CAREGIVERS WELCOME

55+

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



TECH HELP

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



KEEP LEARNIN'



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

NEW!
Wednesdays with Somi
1:00 - 3:00pm
Thursdays with Peter
9:00am - noon

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

NEW!
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

*RMSS membership required
New to this service? Come and try it for FREE!

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




GETTING STARTED WITH AI

What is AI? Why would I want to use it?




KEEP LEARNIN'

Chat

In this relaxed, hands-on workshop participants will discover how AI (artificial intelligence) can assist in daily living: draft emails; create grocery lists; plan trips, explore hobbies or learn new skills; save time and simplify everyday tasks. Perfect for beginners with plenty of time for questions and practice. Attendees to bring their own laptops, tablets, or smartphones.

Saturday March 15
10:30am - noon
FREE to attend
pre-register by Mar 13 at 604-467-4993

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

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




Beginner Conversational French



Continuing our cassette tape series... this class is a combination of tapes, review and songs.
Let's practice Beginner Conversational French together. Using a resource guide and help from Teena, this discussion group will focus on weekly themes. (Some prior French language needed.)

Tuesdays
2:00 - 3:00pm
Pre-registered: Mar 11 - May 6
Cost: \$16 (8 weeks)

Minimum 6 registered to proceed. (Max 14)
Registration opens Mar 4

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

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




info session



Seniors Real Estate Strategies

Topics addressed:

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

There will be time for Questions & Answers.

Presented as a community service by Seniors Real Estate Specialist[®] (SRES[®]) Janet Helm with Royal LePage Elite West

Sat Apr 5
11:00am-noon

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

FREE
pre-registration
required.



Wed Apr 16
10:30-11:30am

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

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





painting & mixed media



Sample project

PAINTING w/ Kimberley

Two-part pre-registered class:
Fri Mar 28 & Apr 4
9:30am-noon
Cost: \$25.00*

(includes instruction and supplies)
 Minimum 5 participants; reg. opens Feb 28
 *RMSS membership required

Register by 12:00pm Mar 25

membership required

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

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




create



Flowers provided based on seasonal availability.



Arranging Fresh Flowers

Join Meadows Flowers for a unique, hands on, floral making experience. They'll share their passion for flowers and some florist tips and tricks. Prepare a centrepiece or hostess gift in time for Easter. Spring flowers and shades based on availability.

Thursday, Apr 17
1:30-3:00pm
\$35.00 pre-registered*

Includes instruction and supplies
 Min 10, Max 20 participants; reg. opens Mar 6
 *RMSS membership required

Register by noon Apr 2

membership required

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

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




seasonal event

ARMCHAIR TRAVELLER



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



Thu Apr 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 Bowron Lake Park!

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

*RMSS membership required
 But if this is your first time attending this program, it is FREE.

membership required

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

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




create




Preserving Heritage Photos

The aim of this 4-week workshop is to preserve and renew the heritage we have in pictures and to protect them by distributing them as widely within the family as possible. Topics covered include:

- methods and tools needed to digitize photos
- software options and how to use them
- repairing damaged photos
- hands-on practise

Saturday Apr 26 - May 17
1:00 - 3:00pm
\$15 / 4 sessions

registration opens Mar 28; min. 5, max 20

Register by Apr 22 noon

membership required

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

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



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Emerald Pig Theatrical Society proudly presents

Sugar Road

*A romantic comedy by Kristen Da Silva
Directed by Angeta Bell*



*Heritage Hall, Pitt Meadows
May 1 to 3 at 7:30pm
May 3 at 1:00pm*



*Albion Community Centre, Maple Ridge
May 8 to 10 at 7:30pm
May 11 at 1:00pm*



tickets at emeraldpig.ca or scan the QR code



Produced by permission of the Playwright and Marquis Literary

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



Family and Caregivers Support Program

Caregiver Support Group



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.

Wednesday, April 2

6:00 PM – 7:30 PM

Join us for at the Pitt Meadows Public Library to connect with other caregivers who are on their caregiving journey. Location: 12990 Harris Road

To register or for more info contact:

Raman Singh
 Email: raman@rmssseniors.org
 Phone: 604-380-0516

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

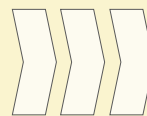


Ridge Meadows Seniors Society Caregiver Connection & Support

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
 Bi-Weekly at Golden Ears United Church

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.



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Pitt Meadows, BC V3Y 2J2

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- Your eye exam, including an OCT eye health scan, could be at no cost to you
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Drop by anytime to find what's right for you

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(778) 262-1193




Eye exam: Costs are covered by provincial health care for eligible patients. Eye exams are provided by independent Optometrists who are not employed by Specsavers. The independent Doctor of Optometry operating the clinic where eye exams are performed may have a financial interest in a Specsavers retail store. **50% off lens upgrades:** Must be 65 years + as of purchase date. Conditions and exclusions apply, see Specsavers.ca for details. **Progressive lenses:** Cannot be used with other offers. 1.5 Standard progressive lenses (or 1.6 for rimless ranges) and scratch-resistant treatment included. Excludes safety eyewear. Extra Options available at an additional charge. Subject to suitability.



Lisa Beare, MLA
 Maple Ridge - Pitt Meadows
 #104 - 20130 Lougheed Hwy
 Maple Ridge, BC V2X 2P7
 PH: 604-465-9299
 lisa.beare.MLA@leg.bc.ca
 www.lisabeare.ca

Our Community Office Can Help With:

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

BC Senior's Supplement

If you are a low-income senior and receive:

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

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

For More Information call:
 1-866-866-0800



LEGISLATIVE ASSEMBLY
 OF BRITISH COLUMBIA

BC Senior's Advocate

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

Open weekdays 8:30am-4:30pm
 Toll-free 1-877-952-3181
 Email: info@seniorsadvocatebc.ca



Services Offered

- | | |
|----------------------|-------------------|
| Transportation | Personal Care |
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| FootCare | Meal Planning |

Call now for more details

778-998-2039
778-998-2013

info@beezhomecare.ca
beezhomecare.ca

FOOT CARE



Certified FootCare Nurse/RN



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

Available Dates

March 17,24,31
 April 14

\$40

Maple Ridge Seniors Activity Centre
 12150 224 Street, Maple Ridge

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.** Include all additional stops.
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):

Maple Ridge \$10 ~ Eagle Ridge \$25 ~ Langley \$25 ~ Mission \$25 ~ Royal Columbian \$30

Surrey \$30 ~ Burnaby \$35 ~ Abbotsford \$40 ~ Lions Gate \$50 ~ Vancouver \$50 ~ St Paul's \$55

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Drivers Available for Local and Metro Vancouver Trips During Business Hours:					
Peter B 604-230-5732		√	√		√
Gordon C 778-840-3557	√	√	√	√	√
Claudia F 604-467-8385			√		√
Duffy M 604-466-9617	√	√		√	
Drivers Available for Maple Ridge & Pitt Meadows Trips, Afternoons Only:					
Tami D 604-209-0752	√	√	√	√	√
<i>Rate sheets are available at the centres and from your Drivers</i>					

Contact Kara for more information
about our service or joining
the Driving Team:
604-380-0517

Our first priority is medical trips. Please be understanding if a Driver needs to reschedule. We do not offer on-demand taxi services. Please follow your Driver's health and safety suggestions. Keep your RMSS Membership up to date.

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\$2000 Rebate for Moving Cost.

*rebate issued upon closing transaction, seniors only
Offer expires May 31, 2025

Let me help you make this exciting transition to a home that works for your needs today and tomorrow.

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Scott & Hazel



Angela Dundas

604-857-3232

adundas777@gmail.com

www.angeladundas.com

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Thinking about selling your home?

Your next chapter deserves peace of mind. Now might be the perfect time to sell your home and free up valuable equity for your family or your dreams.

OUR TEAM MAKES IT EASY

From evaluating your home's value to handling every detail of the sale.

Let us guide you through a stress-free process, so you can focus on enjoying your retirement to the fullest!

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WITH EVERY SUCCESSFUL SALE WE WILL DONATE \$500 TO A CHARITY OF YOUR CHOICE!

This communication is not intended to cause or induce breach of an existing agency agreement.



WORKSHOP & EVENT DETAILS

- Mar 3-8:** 50/50 ticket sales
- Mar 4:** **Bus Trip: Westminster Abbey** (registration closed)
- Mar 4:** **Event: Pie & Ice Cream Social** (see pg. 5)
\$4.00; Tue Mar 4 1:00-3:00pm at PM centre
- Mar 11:** **Bus Trip: Boom! Britannia Mines** (see Member Services for availability)
- Mar 11:** **Event: Mardi Gras** (see pg. 5)
\$6.00; Tue Mar 11 2:00-3:30pm at MR centre; tickets on sale
- Mar 12/13:** **Welcome Tours at PM/MR centres** (see pg. 6)
- Mar 15:** **Info Session: Getting Started with A.I.** (see pg. 32)
FREE; Sat Mar 15 10:30am-noon at MR centre; pre-register at 604-467-4993
- Mar 15:** **Wellness Workshop: Lower Limb Care** (see pg. 31)
FREE; Sat Mar 15 11:00am-noon at PM centre; pre-register at 604-457-4771
- Mar 17:** **Themed Lunch - St. Patrick's Day** (see pg. 6) regular lunch pricing; at MR centre
- Mar 18:** **Bus Trip: Wildlife Photographer of the Year** (see Member Services for availability)
- Mar 20:** **Event: Bingo** (see pg. 5)
\$10.00; Thu Mar 20 1:30-3:00pm at PM centre; ticket sales begin Mar 3
- Mar 22-** **Workshop: Chronic Pain Self-Management** (see pg. 9)
Apr 26: FREE; Saturdays (6 sessions) 10:30am-1:00pm at MR centre; to register call 1-866-902-3767
- Mar 27:** **Wellness Workshop: In the Fullness of Years** (see pg. 31)
FREE; Thu Mar 27 10:00-11:00am at MR centre; pre-register at 604-467-4993
- Mar 28/** **Workshop: Painting with Kim** (see pg. 33)
Apr 4: \$25.00 (two weeks); Fri Mar 28 & Apr 4 9:30am-noon at PM centre; reg. opens Feb 28
- Apr 1:** **Bus Trip: Granville Island** (see Member Services for availability)
- Apr 1:** **Event: Pie & Ice Cream Social** (see pg. 5)
\$4.00; Tue Apr 1 1:00-3:00pm at PM centre
- Apr 5:** **Info Session: Seniors Real Estate Strategies** (see pg. 32)
FREE; Sat Apr 5 11:00am-noon at PM centre; pre-register at 604-457-4771
- Apr 8:** **Event: Craft Sale** (see pg. 6)
Tue Apr 8 10:00am-1:00pm at MR centre; cash sales only
- Apr 8:** **Info Session: Bus Banter** (see pg. 7)
FREE; Tue Apr 8 10:00-11:00pm at PM centre; pre-register at 604-457-4771
FREE; Tue Apr 8 1:30-2:30pm at MR centre; pre-register at 604-467-4993
- Apr 10/11:** **Welcome Tours at PM/MR centres** (see pg. 6)
- Apr 12:** **Workshop: Introduction to Pickleball** (see pg. 9)
\$20.00; Sat Apr 12; register for time specific lesson; at MR centre; reg opens Mar 6
- Apr 15:** **Info Session: Choose to Move** (see pg. 46)
FREE; Tue Apr 15 11:00am-noon; to register call 604-465-2473
- Apr 16:** **Info Session: Seniors Real Estate Strategies** (see pg. 32)
FREE; Wed Apr 16 10:30-11:30am at MR centre; pre-register at 604-467-4993

WORKSHOP & EVENT DETAILS

- Apr 17:** **Workshop: Arranging Fresh Flowers** (see pg. 33)
\$35.00; Thu Apr 17 1:30-3:00pm at PM centre; reg opens Mar 6
- Apr 18:** **RMSS centres closed for GOOD FRIDAY**
- Apr 21:** **RMSS centres closed for EASTER MONDAY**
- Apr 24:** **Wellness Workshop: Benefits of Physiotherapy** (see pg. 31)
FREE; Thu Apr 24 10:00-11:00am at MR centre; pre-register at 604-467-4993
- Apr 24:** **Armchair Traveller: Bowron Lakes** (see pg. 33)
\$2.00 drop-in pass; Thu Apr 24 1:30-2:30pm at PM centre
- Apr 26:** **Workshop: Preserving Heritage Photos** (see pg. 33)
\$15.00; Saturdays (4 weeks) 1:00-3:00pm at MR centre; reg opens Mar 28



Maple Ridge centre licence #151117
Pitt Meadows centre licence #1511122

January & February 50/50 winners:

- January: Betty F.** \$ 154.00 (PM)
- Carmen M.** \$ 163.00 (MR)
- February: Ron N.** \$ 99.50 (PM)
- Lillian H.** \$ 139.50 (MR)



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OR

-\$10,000 **FortisBC REBATE** **Non-income Qualified Customers**
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AROUND TOWN

FREE PROGRAMS

Choose to Move 55Y+

Join us for an information session to learn more about the Choose to Move Programs. This is a free and flexible program that provides participants with the motivation and support to become more active.

For information on the **FREE 55Y+ Choose to Move Programs**, call Jackie at the Pitt Meadows Family Recreation Centre at 604.465.2473 or email jdidikson@pittmeadows.ca

NEW to Maple Ridge in April!

Forever Fit

This fitness program is designed for older adults to enhance strength, mobility, and overall wellness. With low-impact exercises, it promotes balance, flexibility, and cardiovascular health.

When: Wednesday, April 2-April 30
 Time: 9:15 AM-10:15 AM
 Where: Albion Community Centre
 Cost: \$49.90 (4 sessions)

Low Impact

Low-impact focuses on exercises that are gentle on the joints while still providing a full-body challenge. It's designed to improve strength, flexibility, and cardiovascular health.

When: Tuesday and Thursdays
 Time: 10:30 AM-11:30 AM
 Where: Maple Ridge Leisure Centre
 Cost: Drop-In Admission

For more information OR to register please call the Maple Ridge Customer Experience team at 604-467-7422

Want to learn more about Choose to Move? Come to the info session at Pitt Meadows Seniors Activity Centre on Tuesday, April 15 11am. Register with PMFRC.

shapes who we are, strengthens our community, and inspires us to build one future together.

Earth Day '25 Stories

JOIN US ON SAT. APRIL 26
 10 am - 2 pm @ Memorial Peace Park

MANEY FARMERS MARKET - FOOD TRUCK FESTIVAL - FAMILY FREecycle - ELECTRIC VEHICLE DISPLAY
 REPAIR CAFÉ - CYCLE RECYCLE FREE BIKE DRAW - KIDS PLAY ZONE - ART STUDIO TOUR - & MORE

REPAIR CAFÉ

Sat Mar 15
 10:00am-2:00pm

Maple Ridge Seniors Activity Centre!

Seniors Network Education Series: Tax Time Made Easier- Resources and Tips for Seniors

March 5 1-2:30pm at Maple Ridge Library

Join us for an informative session on tax support for seniors! Learn about available benefits, practical tips, and local resources to help maximize savings and navigate tax season with confidence. Snacks, coffee and tea provided. Register with seniorsnetworkmpk@gmail.com or call 604-786-7404.



**Dancing every Friday, Saturday Night,
and Sunday afternoons.**

Check out our website for details

www.mapleridgelegion.ca



Legion Members with Guests Welcome



**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



**The Maple Ridge Lions Club
HEALTH & WELLNESS EVENT**
Featuring Hearing, Sight, Mobility and more!



Come connect, shop and learn about new products & services

Saturday, April 12: 11am to 2pm

Golden Ears United Church

22165 Dewdney Trunk Rd. Maple Ridge, BC

For more details contact mapleridgelionsclub@shaw.ca

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

VOLUNTEER APPRECIATION!

We want to recognize RMSS' amazing volunteers. Please send nominations to: kara@rmssseniors.org



We want to nominate our Food Bank volunteers!

This team of dedicated women spend a few hours each week preparing, serving, and hosting RMSS' pop up Food Bank (a partnership with Friends in Need).



Thank you to:

Terry, Patricia Toni Aline Brandy (back)

Lillian, Joan, Barbara (front)

Judy, Linda, Rebecca, Mary (not in photo)



RIDGE MEADOWS SENIORS SOCIETY - BOARD OF DIRECTORS 2024/2025

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



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