

# GrapeVine



## RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows May & June 2025 Program Guide



“See Something, Say Something”  
Crime Stoppers Info Session  
coming Jul 31 to both centres.

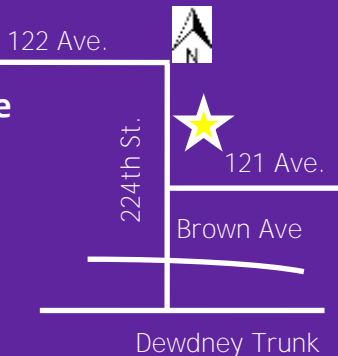
Join Variety Plus in their tribute “Across the Pond” May 23 & 24.  
June 15 is World Elder Abuse Awareness Day. Wear purple to show support!

### FACILITY INFO

#### Maple Ridge

#### Seniors Activity Centre

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



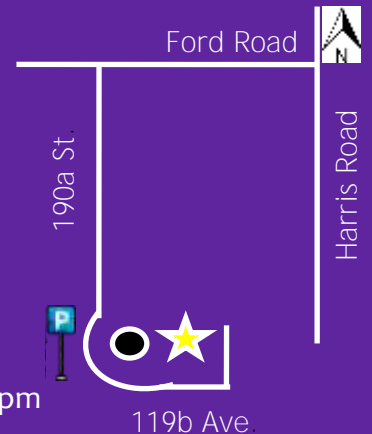
#### Member Services

Monday - Thursday 9:00am - 7:30pm  
Friday 9:00am - 3:30pm  
Saturday 10:00am - 3:30pm  
**Closed May 19**

#### 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 May 19**



[www.rmssseniors.org](http://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](mailto:maria@rmssseniors.org)

**Administrative Coordinator, Nancy Markham**  
 604-467-4593; [nancy@rmssseniors.org](mailto:nancy@rmssseniors.org)

**Activity Coordinator, Carmen Tischer**  
 604-477-0425; [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org)

**Bookkeeper** [bookkeeper@rmssseniors.org](mailto:bookkeeper@rmssseniors.org)

**Caregiver Connection Coordinator, Raman Singh**  
 604-380-0516; [raman@rmssseniors.org](mailto:raman@rmssseniors.org)

**Event Coordinator, Anita Bettsworth**  
 604-457-4771; [anita@rmssseniors.org](mailto:anita@rmssseniors.org)

**Outreach Coordinator, Bev Schmahmann**  
 604-380-0516; [info@rmssseniors.org](mailto:info@rmssseniors.org)

**PM Facility Coordinator, Marcia de Vega**  
 604-457-4771; [pmsc@rmssseniors.org](mailto:pmsc@rmssseniors.org)

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 604-380-0517; [kara@rmssseniors.org](mailto:kara@rmssseniors.org)

**YouConnect Coordinator, Vanessa De Freitas**  
[youconnect@rmssseniors.org](mailto: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](mailto:seniorsbus@gmail.com)

**TABLE OF CONTENTS:**

A Message for You .....	3
Membership Information .....	4
Events.....	6-9
Bus Trips .....	10-11
Month at a Glance .....	12-13
Program Information.....	14-30
Week at a Glance.....	24-25
Outreach Services.. .....	36-37
Driving Service.....	41
Info Session & Events Index.....	44-45
Around Town.....	46
Volunteer Recognition.....	48

## A MESSAGE FOR YOU

Over the spring, you may notice some new faces at our centres and one that we say farewell to for a short time. Our Caregiver Coordinator, Raman, will soon be heading on an 18-month maternity leave journey as she welcomes a baby girl! We cannot be more thrilled for her and her family during this next milestone. In her absence, new staffer Julia will lead our caregiver programs and work to expand support to additional locations within our communities. Julia is a recent graduate of Queen's University with a degree in psychology, specializing in grief and bereavement.

Additionally, new staffer Nicole will be taking on a 20-month position as Volunteer Support Assistant. This role is funded by the Community Prosperity Fund through the Maple Ridge Community Foundation. Nicole will be working towards strengthening the framework of our Volunteer Program while improving the food security program for our volunteers.

I am also very excited (yippee!) to announce a new initiative that is particularly close to my heart, made possible through funding from the United Way of BC. Drawing from my own gerontology based therapeutic recreation background, I have always envisioned an adult day program to complement the numerous activities we offer. This new program, named EngAge, is designed to provide accessible and essential activities tailored to meet the diverse needs of seniors with mild to moderate cognitive impairments or physical barriers. Running alongside our Caregiver Support Group, EngAge not only offers stimulating activities for participants but also enables caregivers to attend support groups or enjoy much-needed breaks to recharge. This program includes transportation, meals, and a variety of activities - completely free of charge! Jessica, one of our new hires with a background in Recreation Therapy, will be leading the EngAge program. She will work to develop appropriate activities designed to foster social connections with peers while challenging individuals to push boundaries and achieve new goals. If you have any questions about this program or would like to participate, please contact me to chat more about it.

*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.



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.



**FUNDRAISER**

# RMSS SECURE DOCUMENT SHREDDING FUNDRAISER



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

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



**Saturday June 14, 2025**  
**9am - 12pm**



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

**ONSITE SHREDDING PROVIDED BY RECORDXPRESS**

Sponsored by:



**JANET HELM**  
REAL ESTATE SERVICES  
*more than just a move*  
Seniors Real Estate Specialist (SRES®)



# EVENTS



**PIE AND ICE CREAM**

**TUESDAY; MAY 6 & JUNE 10**

**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

**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

[www.rmssseniors.org](http://www.rmssseniors.org)

**RMSS CENTRES CLOSED**  
**MAY 19 for VICTORIA DAY**



**Theme Lunch**  
**Flavours of the World**

You don't have to leave Maple Ridge to take a cultural culinary journey. Sample some tasty food from different countries around the world.

**JAPAN**  
**FRIDAY, MAY 16**  
Vegetable Yakisoba & Teriyaki Chicken.

**PHILIPPINES**  
**FRIDAY, JUNE 13**  
Chicken Afritada, Pancit Noodles, Spring Rolls & Buko Pandan (Coconut Jelly)

**DROP-IN: 11:30 a.m. - 1:00 p.m.**  
Regular Lunch Prices in Effect

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

**BINGO**

Tickets are \$10.00 which includes 2 Bingo Cards  
6 Games will be Played

\*Additional cards may be purchased on the day of the event\*

**Tuesday, May 13, 1:30 to 3:30pm**  
**MAPLE RIDGE SENIORS ACTIVITY CENTRE**  
12150 224th Street, Maple Ridge  
604-467-4993  
TICKETS ON SALE NOW IN MAPLE RIDGE  
Licence # 157933

**Thursday, June 19, 1:30 to 3:30pm**  
**PITT MEADOWS SENIORS ACTIVITY CENTRE**  
19065 119B Avenue, Pitt Meadows  
604-457-4771  
TICKETS GO ON SALE: MONDAY, JUNE 2  
IN PITT MEADOWS Licence # 161208

# EVENTS

## Celebrating Seniors Week...



### FIT 4 LIFE

Tuesday, June 3rd  
10:00 AM to 12:00 PM





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

### Sign-up Begins on May 1st

Come and compete in a number of activities:  
Obstacle Races Target Games  
Racquet Sports  
And much, much more.




**Note: Bag Lunch Included**



## Celebrating Seniors Week STRAWBERRY TEA

**Thursday, June 5**  
**2:00 - 3:30 p.m.**

Tickets: \$7.00 Cash Only

Ridge Meadows Seniors Society invites you to one of our favourite traditions. The annual Seniors Week Strawberry Tea complete with tea, strawberry shortcake and live entertainment.

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

Tickets on Sale Starting  
May 13





## Pitt Meadows Day PARADE

**Saturday, June 7th**  
**Start Time: 12:00 p.m.**

Anyone interested in joining us please sign up at Reception in Pitt Meadows. Details to follow.





## RETRO 50'S / 60'S Karaoke PARTY

**ENTRY \$2 DROP IN FEE**

**SATURDAY, JUNE 21**  
**12:30-3:00 PM**

It's the first day of Summer a perfect time for an Ice Cream Sundae. Choose from a variety of flavours.

**\$3 SUNDAY BAR**

**MAPLE RIDGE SENIORS ACTIVITY CENTRE**  
12150 - 224<sup>th</sup> St., Maple Ridge  
604-467-4993

RMSS membership required  
But if it's your first time, no fee






**GLOBAL COFFEE**  
**FUNDRAISING**

Our coffees are roasted freshly to order in small batches by **Maple Ridge Coffee Roasters**, a local business, to ensure you get the perfect cup of coffee. Organic & ethically sourced. 100% Arabica beans. Resealable zip-lock bag for freshness.

**RIDGE MEADOWS SENIORS SOCIETY COFFEE FUNDRAISER**



All coffee and hot chocolate options are 454 grams.  
 Coffee bags: \$19 each Hot chocolate bags: \$15 each  
\$5 from each bag purchased will go towards RMSS

**Fundraiser runs April 14 - May 12, 2025**

For full coffee descriptions, go to website or scan bar code.



**LIGHT ROAST: Golden Ears Sunrise**



**MEDIUM ROAST: Pitt River Brew**



**DARK ROAST: Ridge Roast**



**ESPRESSO ROAST: West Coast Espresso**



**DECAF: Dewdney Decaf**



**HOT COCOA: Premium Hot Chocolate**



**454g \$19 ea.**

**454g \$15 ea.**



Order online: [www.globalcoffeefundraising.ca/rmss](http://www.globalcoffeefundraising.ca/rmss)



**In Honour of National Seniors Day**

# TALENT SHOW CALL OUT

Do you have a hidden talent or a special skill that you'd like to share? We're hosting an exciting Talent Show and we want YOU to be a part of it!

**EVENT DATE:** October 1, 2025  
**LOCATION:** Maple Ridge Seniors Activity Ctr  
**SUBMISSION DEADLINE:** August 22, 2025  
**HOW TO ENTER:** Contact the Events Coordinator [anita@rmssseniors.org](mailto:anita@rmssseniors.org)

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

Whether it's singing, dancing, comedy, magic or something unique. We welcome all kinds of performances. (for 55+)



Mardi Gras fun!



August 5 - 9, 2025 (4 Days)  
**SHUSWAP HOUSEBOAT VACATION**   
 Double \$2099 Single \$2449 per person - Deposit: \$100

Set sail on a luxury Shuswap Lake adventure aboard a private houseboat with a professional captain. Cruise to scenic spots like Margaret Falls and Roberts Bay, enjoy catered meals, and dine at the floating Shark Shack. Explore McGuire Lake, Grass Root Dairies, and Davidson Orchards, staying at Comfort Inn & Suites Salmon Arm.

**PACKAGE INCLUDES:**  
 11 Meals: 4 Breakfast, 4 Lunch, 3 Dinner / Black Car Home pick-up/drop-off / 4 nights Comfort Inn & Suites Salmon Arm.



September 14 - 20, 2025 (7 Days)  
**SUPERNATURAL HAIDA GWAI**   
 Double \$4449 Single \$4949 per person - Deposit: \$200

Discover the rich culture and supernatural beauty of Haida Gwaii. Experience local Haida traditions, feast on indigenous cuisine, and visit Balance Rock, Skedans Island, and Tow Hill's Blow Hole trail. Enjoy artisan galleries, a Haida performance, and explore the Haida Heritage Centre for an unforgettable journey through history and nature.

**PACKAGE INCLUDES:**  
 17 Meals: 6 Breakfast, 5 Lunch, 6 Dinner | Black Car Home pick-up/drop-off | Air Canada - YVR to Sandpit YZP | Pacific Coast - Masset ZMT to YVR | and more...

**ENJOY THE JOURNEY**

**Book your tour today!**  
**604-630-2434**

**REGISTRATION OPENS:**  
 May 1<sup>st</sup>, 2025  
**PAYMENT OPTIONS:**  
 Credit card / Cheque / e-Transfer



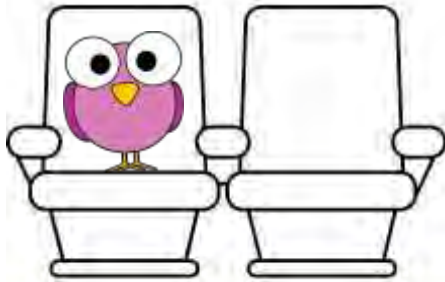
# BUS TRIPS



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 TWO TRIPS.  
SEE MEMBER SERVICES FOR MORE INFORMATION.**



**Tue May 20 -**

**Forbidden Vancouver Tour \$160**

*Details at Member Services and bulletin board.*



**Sun Jun 15 -**

**Classic Planes & BC Trains \$150**


*Details at Member Services and bulletin board.*




**Wed Jun 25**

**COQUIHALLA CANYON**

**\$120**

MR 8:00am-5:15pm 

PM 8:15am-5:00pm 

The Coquihalla Canyon Provincial Park is filled with natural scenic beauty highlighted by the Othello Tunnels offering some of British Columbia's most beautiful landscapes. Join an escorted flat 3.5km return walk through the newly reopened four tunnels and enjoy a generous picnic table lunch at the park. Afternoon refreshments are served at Bridal Falls.


**Package includes:** Escorted Walk Othello Tunnels, Picnic Lunch, Bridal Falls Refreshments

\*Up to 24 seats available

\*Level: MODERATE

Registration opens May 6

Cancel by Jun 17

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 Jul 4**

**ACADEMY FARMS**

**\$130**

MR 8:15am-4:00pm

PM 8:30am-3:45pm

Meet the herd of 350+ water buffalo and 100+ bison. Enjoy a ride on a 30-passenger wagon, see baby calves, taste the cheese and learn about agriculture, our animals, and state-of-the-art technology. Lunch at Adrian's at the Airport and fresh strawberries and raspberries available at Driediger Farms.

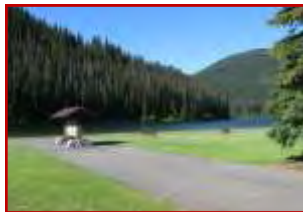
**Package includes:** Guided Farm Tour, Wagon Ride, Water Buffalo Cheese Tasting, Lunch, Driediger

\*Up to 24 seats available

Level: Easy

Registration opens May 15

Cancel by Jun 26



**Mon Jul 21**

**MANNING PARK**

**\$70**

MR 8:00am-6:00pm

PM 8:15am-5:45pm

Spend a summer afternoon in Manning Provincial Park. Lightning Lake is a popular family day use and vacation destination. Bring your own lunch or purchase at a morning stop for a group tablecloth picnic. Stroll waterfront paths and enjoy the sights and sounds of summer at the lake.

**Package includes:** Manning Park, Lightning Lake, Group Tablecloth Picnic (bring your own lunch), Manning Park Resort Stop, Hope Slide

\*Up to 24 seats available

Level: Easy

Registration opens May 29

Cancel by Jul 11



**Fri Aug 1**

**THE TRAIN TOUR**

**\$130**

MR 9:45am-6:00pm

PM 10:00am-5:45pm

Take an outdoor 2-mile miniature railway ride through woodlands, bridges and tunnels. Learn about the first passenger train to Vancouver in 1887. Enjoy lunch in a train car in Gastown and finish the day on the West Coast Express.

**Package includes:** Burnaby Central Railway, Miniature Railway Ride, Engine #374 Exhibit, Lunch Old Spaghetti Factory, West Coast Express Ticket

\*Up to 24 seats available

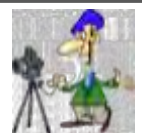
Level: Easy

Registration opens Jun 12
























Cancel by Jul 24

Remember to forward any trip photos to [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org)

Include trip name and names of those in the photo.



# MONTH AT A GLANCE - MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Easter Bonnets at Karaoke; prize to Peachie</p>				<p>1 </p> <p>.....</p> <p><b>Gentle Pilates</b> - evenings</p>	<p>2 <b>Tai Chi</b> .....</p> 	<p>3 <b>Info Session:</b> Dental Care ..... <b>Volunteer Appreciation Event</b></p> 
<p>&lt; 50/50 sales available at BOTH centres May 5-10. Winner drawn May 12! &gt;</p>						
4	5	6	7	8	9	10
	<p>Foot Care w/ Vilma (by appt.)</p>	<p><b>Pie &amp; Ice Cream</b> </p> <p>.....</p> <p><b>Therapeutic Yoga</b> -evenings</p>	<p><b>Table Tennis</b> .....</p> <p><b>Tech Help</b></p>	<p><b>Wellness</b> </p> <p><b>Chats</b> .....</p> <p><b>Welcome Tour at MR</b></p>	<p><b>Caregiver Connection</b> .....</p> 	 <p>.....</p> <p><b>Karaoke</b></p>
11	12	13	14	15	16	17
	<p><b>Stay Fit 3</b> morning or evening class</p>	 <p>.....</p> 	<p><b>Welcome Tour at PM</b></p> 	<p><b>Tech Help</b> .....</p> <p><b>Canasta/ Games</b></p>	<p><b>Book Club</b> .....</p> <p><b>Themed Lunch:</b> Japan </p>	<p><b>Rhythm &amp; Reach</b> .....</p> 
18	19	20	21	22	23	24
	<p><b>VICTORIA DAY</b> RMSS CLOSED</p>	<p><b>BUS TRIP:</b> Forbidden Vancouver .....</p> 		<p><b>Wellness</b> </p> <p><b>Workshop:</b> Aging in Place .....</p> <p><b>Info Session:</b> Peace of Mind Planner (MR)</p>	<p><b>Hospice Society</b> Grief Support .....</p> <p><b>Variety Plus:</b> Across the Pond</p>	<p><b>Workshop:</b> Cardmaking .....</p> <p><b>Variety Plus:</b> Across the Pond</p>
25	26	27	28	29	30	31
	<p><b>Info Session:</b> Peace of Mind Planner (PM)</p>	 	 <p>.....</p> 	<p><b>Ukulele</b></p> 	<p><b>Painting w/ Kim</b></p> 	<p><b>Info Session:</b> Lifestyle Changes as Parents Age .....</p> <p><b>BUS TRIP:</b> Hastings Horse Racing</p>
























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](http://www.rmssseniors.org).

# MONTH AT A GLANCE - JUNE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3 <b>EVENT:</b> Fit 4 Life 	4 <b>Hawaiian Dance</b> 	5 <b>EVENT:</b> Strawberry Tea 	6 <b>Absolute Hearing</b> (by appt.)	7 <b>EVENT:</b> Pitt Meadows Day Parade
<b>&lt; 50/50 sales available at BOTH centres Jun 2-7! Winner drawn Jun 9! &gt;</b>						
8	9 	10  ..... <b>Pie &amp; Ice Cream</b> 	11 <b>Welcome Tour at PM</b> ..... 	12  <b>Welcome Tour at MR</b> ..... 	13 <b>Themed Lunch:</b> Philippines 	14 <b>PAPER SHREDDING</b> ..... <b>Repair Café</b>
15 <b>HAPPY FATHER'S DAY</b> <b>BUS TRIP:</b> Planes & Trains	16 	17 <b>INFO SESSION:</b> Advance Care Planning	18  ..... 	19 <b>Chair Fit</b> ..... 	20 <b>Hospice Society Grief Support</b> ..... <b>Foot Care w/ Gigi &amp; Yvette</b> (by appt.)	21  <b>Retro Karaoke</b>
22	23 	24 <b>Craft Ladies</b> ..... 	25 <b>BUS TRIP:</b> Coquihalla Canyon	26 <b>Wellness</b>  <b>Workshop:</b> TIA/Stroke; After Stroke ..... <b>Gentle Hatha Yoga</b>	27  ..... <b>Games</b>	28  ..... <b>Jam Session</b>
29	30 	 <b>Arranging Fresh Flowers workshop participants. Thanks Meadows Flowers!</b>				



**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 skiing) or intense 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**

**NOTICE**  
**FRAGRANCE FREE ZONE**



## 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 May 19



#### 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 May 19
Mon	6:30-7:15pm	MR	Hall C	\$2 drop-in	No class May 19



# PROGRAM INFORMATION - Fitness

## DANCE FITNESS CLASSES: (pre-registered)

### DANCE FIT w/ Adela:

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

**Instructor:** Adela

Ahead of summer break, Adela is back! Enjoy this energetic Dance Fit class. 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!

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



**Sess #1:** May 7, 14, 21, 28

reg. opens Apr 28

**Sess #2:** Jun 4, 11, 18, 25

reg. opens May 28

### ZUMBA GOLD:

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

**Instructor:** Carolina

You asked for it - and Zumba Gold has returned. Zumba Gold choreography focuses on balance, range of motion and coordination. Come ready to sweat and leave empowered.

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



**Sess #1:** Apr 7, 14, May 5, 12

In session

**Sess #2:** May 26, Jun 2, 9, 16

reg. opens May 12



**STROKE RECOVERY ASSOCIATION OF BRITISH COLUMBIA**  
AN AFFILIATE OF AFTER STROKE, A PROGRAM OF MARCH OF DIMES CANADA



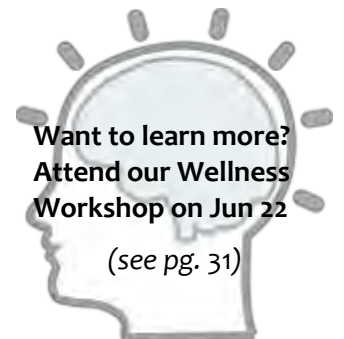
Have you or someone you care for had a stroke? Looking for additional information and support? A stroke recovery group meets regularly at our MR centre. Contact details below.

Stroke Recovery Association of BC Virtual and In-Person Programs

The Stroke Recovery Association of BC provides services, education, and advocacy to those affected by stroke throughout every stage of recovery. We have a number of programs to help you in achieving your goals.

To learn more or register for our B.C. stroke recovery programs please:

Email: [afterstroke@marchofdimes.ca](mailto:afterstroke@marchofdimes.ca) or call us: 1-888-540-6666



**Want to learn more?  
Attend our Wellness  
Workshop on Jun 22**

(see pg. 31)

# 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 May 19
Tu - Th	9:30-10:15am	MR	Hall C	\$2 drop-in	No class Jun 3
**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 May 19
Tue	1:30-2:10pm	PM	Main Hall	\$2 drop-in	
Thu	11:30-12:15pm	PM	Main Hall	\$2 drop-in	No class Jun 5
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 May 19



**at PMSC**

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

**Instructor: PM:** Lynda

**\*Bring:** your own mat

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

**Sess #5:** May 27, Jun 3, 10, 17 reg. opens May 13

**Sess #6:** Jul 8, 15, 22, 29 reg. opens Jun 17



# 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	



**PARKING ETIQUETTE REMINDER:**

- Please park centred, between the lines, using only one spot.
- IF you have an accident (even a little one), OWN UP, and leave a note.




**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](http://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 May 19
Wed	2:45-3:45pm	PM	Arts & Crafts	\$2 drop-in	



**TAI CHI/QIGONG:** **Cost:** \$2 / class (drop-in pass)  
**Instructors:** MR: Berna, Dina, Wayne PM: Kay

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

Weekday	Time	Centre	Room	Cost	Of Note
Mon -Chair	1:30-2:30pm	MR	Social Activity	\$2 drop-in	No class May 19
Tue -Advanced	6:00-7:45pm	MR	Hall B	\$2 drop-in	
Wed -All levels	2:00-3:30pm	MR	Hall B	\$2 drop-in	
Fri -All levels	10:15-11:15am	PM	Main Hall	\$2 drop-in	



## SPORTS:

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

An excellent form of exercise whether played for fun or aiming to win!  
**Bring a friend.** 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 May 19
Sat	10:30am-12:30pm	MR	Halls A&B	\$2 drop-in	Not on May 3 & 24

## PROGRAM INFORMATION - Sports

### CARPET BOWLING:

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

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



Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:00pm	MR	Halls A&B	\$2 drop-in	Not on May 19
Thu	1:00-2:30pm	PM	Main Hall	\$2 drop-in	Not on Jun 5
Fri	1:00-3:00pm	MR	Halls A&B	\$2 drop-in	Not on May 23

### ICELESS CURLING:

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

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



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

### TABLE TENNIS:

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

Enjoy this stimulating exercise of both your mind and body.

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



Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:15-3:30pm	PM	Hall B	\$2 drop-in	Not on May 19
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	12:30-1:15pm <i>*Beginners</i>	PM	Main Hall	\$2 drop-in	
Fri	8:45-11:00am	MR	Hall A	\$2 drop-in	
Fri	11:00am-noon - <i>*Beginners</i>	MR	Hall A	\$2 drop-in	
Fri	1:15-3:30pm	PM	Main Hall	\$2 drop-in	



**LOOKING** for more Table Tennis? Due to lack of attendance, Monday afternoon and Wednesday early evening Maple Ridge offerings have been removed. If you're missing them, let the Activity Coordinator know. (Plan to bring along a partner - and welcome those who come on their own.)

## 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 Fri Sat	8:45am-7:30pm 8:45am-4:00pm 10:00am-3:00pm	MR	Snooker	\$4 drop-in	Not on May 19
Mon - Fri Sat	9:00am-4:00pm 9:00am-1:00pm	PM	Snooker	\$4 drop-in	Not on May 19
Tue - Ladies	2:00-4:00pm	MR	Snooker	\$4 drop-in	
Wed - Ladies	1:30-3:30pm	PM	Snooker	\$4 drop-in	
Fri - Ladies	9:00am-noon	MR	Snooker	\$4 drop-in	
Fri - Beginners	9:00am-noon	MR	Snooker	\$4 drop-in	

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/lmseniornsnookerleague-2020/news>

If you would like further information please contact Paul Scanlon, League President, at [lmseniornsnooker@gmail.com](mailto:lmseniornsnooker@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](mailto:carmen@rmssseniors.org).

Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00-3:45pm	PM	Hall B	\$2 drop-in	Not on May 19
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 May 23

### CHESS:


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

Chessboard available. Who wants to play? Learn? Teach? Email [carmen@rmssseniors.org](mailto: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	

### GAMES:

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

A variety of games are available for play. MR Thu typically plays Rummikub (a tile version of rummy). PM Fri plays a variety of games. **Backgammon** also available. 

Weekday	Time	Centre	Room	Cost	Of Note
Thu	1:30-4:00pm	MR	Lounge	\$2 drop-in	
Fri	12:45-3:45pm	PM	Wellness Rm	\$2 drop-in	

## PROGRAMS AT MAPLE RIDGE – week at a glance

Fitness class information and descriptions on next pages. Some programs listed are \*pre-registered and \*\*others may not occur each week. Inquire at Member Services or check our website for more details.

MON	TUE	WED	THU	FRI
<b>Stay Fit 3</b> 8:30 - 9:15	<b>Walking Club</b> 8:45 - 9:45	<b>Stay Fit 3</b> 8:30 - 9:15	<b>Snooker</b> 8:45 - 7:30	<b>Stay Fit 3</b> 8:30 - 9:15
<b>Snooker</b> 8:45 - 7:30	<b>Snooker</b> 8:45 - 7:30	<b>Snooker</b> 8:45 - 7:30	<b>**Wellness Clinic</b> 9:00 - noon	<b>Table Tennis</b> 8:45 - 11:00
	<b>Table Tennis</b> 8:45 - 11:00	<b>Table Tennis</b> 8:45 - 11:00	<b>Tech Help</b> 9:00 - noon	<b>Ladies &amp; Beginners Snooker</b> 9:00-noon
<b>Chair Fit</b> 10:00 - 10:45	<b>Chair Fit</b> 9:30 - 10:15	<b>Chair Fit</b> 10:00 - 10:45	<b>Chair Fit</b> 9:30 - 10:15	<b>Chair Fit</b> 10:00 - 10:45
<b>*Zumba Gold</b> 11:15 - noon	<b>Crafts</b> 9:30 - 11:30	<b>*Dance Fit</b> 11:15 - noon	<b>Silvertones</b> 10:00 - 11:30	<b>**Book Club</b> 10:00 - noon
<b>Carpet Bowling</b> 1:00 - 3:00	<b>*Line Dance - Int</b> 10:45 - noon	<b>Line Dance-Absolute Beginners</b> 11:15-noon	<b>Line Dance Fun</b> 10:45 - noon	<b>**Grief Support</b> 10:00-11:00
<b>Chair Tai Chi</b> 1:30 - 2:30	<b>Scrabble</b> 12:45 - 3:30	<b>ACBL (Bridge)</b> 12:00 - 3:30	<b>**Caregiver Connection</b> 1:00 - 2:30	<b>**Caregiver Conn.</b> 10:30 - noon
<b>Line Dance - Beg</b> 1:30-2:45	<b>Crib</b> 1:00 - 3:30	<b>Hawaiian Dance</b> 12:30 - 1:30	<b>Ukulele</b> 1:00 - 2:30	<b>Table Tennis - Beg</b> 11:00 - noon
<b>Meditation</b> 1:30 - 2:30	<b>*Wordsmith</b> 1:00-3:00	<b>Social Bridge</b> 1:00 - 4:00	<b>Mah Jong</b> 1:00 - 3:30	<b>Partnership (Bridge)</b> 12:30 - 4:00
	<b>**Memory Café</b> 1:00 - 3:00	<b>Tech Help</b> 1:00 - 3:00	<b>Canasta/Games</b> 1:00 - 4:00	<b>Scrabble</b> 12:45 - 3:30
<b>Gentle Hatha Yoga</b> 3:30 - 4:15	<b>Ladies Snooker</b> 2:00 - 4:00	<b>Variety Plus</b> 1:00 - 4:00		<b>Carpet Bowling</b> 1:00 - 3:00
		<b>Chess</b> 1:30 - 4:00	<b>Chair Yoga</b> 2:15 - 3:00	<b>Create</b> 1:30 - 3:30
<b>Badminton</b> 5:45 - 7:30pm	<b>Tai Chi (Advanced)</b> 6:00 - 7:45pm	<b>Mexican Train</b> 1:30 - 4:00	<b>Gentle Hatha Yoga</b> 3:30 - 4:15	<b>Badminton (Sat)</b> 10:30am-12:30pm
<b>Stay Fit 3</b> 6:30 - 7:15pm	<b>Therapeutic Yoga</b> 6:30 - 7:15pm	<b>Tai Chi</b> 2:00 - 3:30	<b>Gentle Pilates</b> 6:30 - 7:15pm	<b>Karaoke (Sat)</b> 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	
Snooker 9:00 - 4:00	Snooker 9:00 - 4:00	Snooker 9:00 - 4:00	Snooker 9:00 - 4:00	*Painting 9:30 - noon	
<b>COFFEE SHOP OPEN 9:15-11:15am; 12:30-2:30pm</b>					
**Caregiver Connection 9:30 - 11:00	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	
<b>LUNCH SERVED 11:30am - 12:30pm</b>					
Line Dance - Beg 11:30 - 12:30	Mah Jong 1:00 - 3:30	Table Tennis - Beg 12:30 - 1:15 <span style="background-color: red; color: white; padding: 2px;">NEW DAY</span>	Chair Yoga 11:30 - 12:15	Line Dance Fun 11:30 - 12:30 	
Bridge 1:00 - 3:45	Chair Yoga 1:30 - 2:10	Whist 1:00 - 3:00	Carpet Bowling 1:00 - 2:30	Games 12:45 - 3:45	
Table Tennis 1:15 - 3:30	*Beg French 2:00 - 3:00	Ladies Snooker 1:30 - 3:30	**Memory Café 1:00 - 3:00	Crib 1:00 - 3:30	
	Iceless Curling 2:30 - 4:00	Ballet 2:00-3:00	Tech Help 1:00 - 3:00	Table Tennis 1:15 - 3:30	
	Congrats, Dale, for winning Stay Fit's Healthy Heart draw!		Meditation 2:45 - 3:45	Rhythm & Reach 9:15 - 10:00 (Saturdays)	Chair Fit 1 10:30 - 11:15 (Saturdays)
	Snooker 9:00 - 1:00 (Saturdays)	Flamenco 3:00 - 4:00	Jam Session 10:00 - noon (Saturdays)	**Create 10:30 - 12:30pm (Saturdays)	

# PROGRAM INFORMATION - Cards & Games

## MAH JONG:

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00-3:30pm	PM	Common Area	\$2 drop-in	
Thu	1:00-3:30pm	MR	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	

## WHIST:

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



Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00-3:00pm	PM	Lounge	\$2 drop-in	



Great costumes everyone! At Mrs. Ropers Romp

## 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.



**Line Dance:** Choose from a variety of drop-in options (levels described below) and a pre-registered intermediate (min. two years' experience).



**Levels:** *Absolute Beginners - for those with NO previous dance experience*

*Beginners - for those with some previous dance experience; intakes during September & January*

*Line Dance Fun - for those ready to continue improving*

*Intermediate - for those with minimum two years line dance experience (pre-registered)*

### Looking for Dance Cardio? Go to pg. 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	
Line Dance – <i>absolute beg.</i>	Wed	11:15am-noon	MR	Hall B	\$2 drop-in	<b>Starts May 7</b>
Line Dance - beg.	Mon	11:30am-12:30pm	PM	Main Hall	\$2 drop-in	No class May 19
Line Dance - beg.	Mon	1:30-2:45pm	MR	Hall C	\$2 drop-in	No class May 19
Line Dance Fun	Thu	10:45am-noon	MR	Hall C	\$2 drop-in	
Line Dance Fun	Fri	11:30am-12:30pm	PM	Main Hall	\$2 drop-in	<b>Starts May 9</b>
Line Dance - int.	Tue	10:45am-noon	MR	Hall C	Pre-registered \$24/12 classes	Runs Apr 1 - Jun 24 min 2 years exp.

## PROGRAM INFORMATION - The Arts

### BOOK CLUB:

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



This book club known as “The Mavericks” reviews books with movie adaptations. Movies are viewed on a specified date. Meets Fridays - twice a month. (May 2 & Jun 6 in SA room; May 16 & Jun 20 in Boardroom.)

Weekday	Time	Centre	Room	Cost	Of Note
Fri	10:00am-noon	MR	SA/Boardroom	\$2 drop-in	Meet May 2 & 16 Jun 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	
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	SA	\$2 drop-in	Meets weekly
Sat	10:30am-12:30pm	PM	Arts & Craft	\$2 drop-in	Monthly: May 10 & Jun 14



*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: \$14 / 7 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	\$14/7 classes reg. open May 6	Runs May 13 - Jun 24

## 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	Not on May 3 & 24

### 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

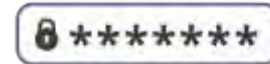
## TECH HELP:

**Cost:** \$2.00 / by appointment

**Volunteers:** PM: 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 (summer hours)
Wed	1:00-3:00pm	MR	Library Rm	\$2 by appt	Ongoing through Jun 4
Thu	9:00am-noon	MR	Boardroom	\$2 by appt	Not on May 29 & Jun 5
Thu	1:00-3:00pm	PM	Lounge	\$2 by appt	

## WELLNESS CLINIC:



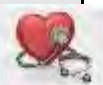
**Cost: FREE to drop-in**  
**Foot Care: \$5 (by appointment)**



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: May 8 & 22, Jun 12 & 26



Check out our Wellness Workshops! (pg. 31)



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 chats

Remember to visit our Wellness Clinic!

with a GP or Nurse  
09:00 - 12:00

Wellness Chats invite you to engage with trained facilitators in a small group setting. A variety of topics are addressed as participants organically direct the conversations. Wellness Chats are a holistic part of wellness checks.

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

**May 8, Jun 12, Jul 10, Aug 14 10:00-11:00am**  
FREE - drop in

ALL 55+ WELCOME

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

55+



## wellness workshop

Remember to visit our Wellness Clinic!

with a GP or Nurse  
09:00 - 12:00

### AGING IN PLACE

Join us as we explore the options available to age in place. The aim is to equip you with knowledge and resources by promoting independence, safety, and quality of life in your own home. Includes addressing home modifications, support systems, and time for Q&A.

*A community service provided by Home Instead.*


home instead

**Thursday, May 22 10:00-11:00am**  
FREE - pre-registration required. Call 604-467-4993

ALL 55+ WELCOME

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

55+



## wellness workshop

Remember to visit our Wellness Clinic!

with a GP or Nurse  
09:00 - 12:00

### TIA/STROKE/AFTER STROKE

A TIA or stroke can drastically change a life within moments. What should you look out for? What can potentially mitigate the effects? What does rehab look like? A shared presentation addressing physical presentations, recovery timelines, after stroke programs and resources.

*A community service provided by Proof of Care & March of Dimes Canada.*

PROOF OF CARE  
MARCH OF DIMES CANADA  
After Stroke

**Thursday, June 26 10:00-11:30am**  
FREE - pre-registration required. Call 604-467-4993

ALL 55+ WELCOME

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

55+


Maple Ridge Community Foundation

# Thank you



for your support of the refreshing of our Wellness Clinic



THANK YOU to Alouette Men's Shed for supporting the Wellness Clinic refresh with these beautiful wooden planter boxes. Everett & Wayne alongside clinic nurses Carol & Linda.



# stepping stones

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


## Lifestyle Changes as Your Parents Age

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

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



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

**Saturday, May 31**  
**10:30 - 11:30am**  
**FREE PRE-REGISTER at 604-457-4771**



Presented as a community service Aaron Gomez, LPN (Care Coordinator) with Qualicare Home Care,

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

ALL 55+ AND THEIR CAREGIVERS WELCOME

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



# ADVANCE CARE PLANNING

Presented by Ridge Meadows Seniors Society Caregiver Connection & Support Program

An Advance Care Planning Social Worker and Nurse from Fraser Health will review the various advance care planning tools including:

- Substitute decision-makers
- Greensleeves
- Tips for starting advance care planning conversations
- Medical orders for scope of treatments

**Tuesday June 17 1:00 - 2:00pm**  
**at Maple Ridge Seniors Activity Centre**  
 To register call 604-467-4993





Great for Family and Friend Caregivers and anyone else to learn about the Advance Care Planning tools that are available to you and your loved ones!

Provided insights and resources will help you better understand how to share and document your wishes for future health and personal care.

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





# painting & mixed media



We'll be working on landscapes

## PAINTING w/ Kimberley

**Two-part pre-registered class:**  
**Fri May 23 & 30**  
**9:30am-noon**  
**Cost: \$25.00\***

Register by 12:00pm May 20

(includes instruction and supplies)  
 Min 5, Max 11 participants; reg. opens May 1  
 \*RMSS membership required

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




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



# card making



Photo reflects sample cards

## CARDMAKING

**Let's Make Some Cards!**

Join Carol and Kathie and make 3 all occasion greeting cards. Please bring liquid glue and scissors. All other supplies will be provided. Space is limited to 10 people so register early!

**Saturday May 24**  
**10:30am-12:30pm**  
**Cost: \$15.00\***

Register by 12:00pm May 20

(includes instruction and supplies)  
 Min 5, Max 10 participants; reg. opens May 1  
 \*RMSS membership required

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




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



**TICKET SALES START MAY 1st!**  
(and typically sell out ahead of performance dates)

**\$12 TICKET**

VARIETY PLUS PRESENTS  
HITS, QUIPS & SKITS FROM

# ACROSS THE POND

*Friday & Saturday*  
**23 & 24/MAY**

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

PROUDLY PRESENTED BY

**2 PM START / DOOR PRIZES! / REFRESHMENTS!**

INFO: [Facebook.com/VarietyPlus](https://www.facebook.com/VarietyPlus) / (604) 467-4993

# 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](http://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](mailto:assistant@meadowridgelaw.com)**  
Suite 650-22470 Dewdney Trunk Rd, Maple Ridge, BC V2X 5Z6



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Notary Public, M.A.



Nicole MacDonald  
Notary Public, M.A.  
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- Real Estate Transactions
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Cannot be combined with any other discount.

Must present this coupon at time of initial appointment.

Valid until June 30th, 2025

# 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](mailto: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.

Ridge Meadows HOSPICE SOCIETY  
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](mailto:raman@rmssseniors.org)

**Caregiver Connection & Support Presents:  
 Peace of Mind Planner Session**

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


**Dates, Location & Times**

**Thursday May 22nd, 2025**  
 Maple Ridge Seniors Activity Centre 1:00 PM - 2:00 PM

**Monday May 26th, 2025**  
 Pitt Meadows Seniors Activity Centre 10:30 AM - 11:30 AM

**PLEASE REGISTER BY MAY 15, 2025**

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

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




**Ridge Meadows Seniors Society  
 Caregiver Connection & Support**

Are you caring for an adult 55+? Are you feeling overwhelmed?

Connect with other caregivers today. Share your concerns, find balance and receive emotional support. Learn new skills to help reduce caregiver stress.

**FREE DROP-IN SUPPORT GROUP**

Weekly at Maple Ridge Activity Centre  
 Weekly at Pitt Meadows Activity Centre  
 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](mailto: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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[qualicare.com](http://qualicare.com)

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Home Care

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[www.lowermainlanddenture.ca](http://www.lowermainlanddenture.ca)

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### Services Offered

- |                      |                   |
|----------------------|-------------------|
| Transportation       | Personal Care     |
| Post-Hospitalization | Companionship     |
| End-of-Life Care     | Household Support |
| FootCare             | Meal Planning     |

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778-998-2013

info@beezhomecare.ca  
beezhomecare.ca

## FOOTCARE



Certified FootCare Nurse/RN

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




### Available Dates

May 12, 26

Jun 2, 9, 30 Jul 7



 Maple Ridge Seniors Activity Centre  
12150 224 Street, Maple Ridge



## Feel Right at Home with More Support

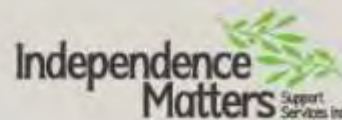
At Sunwood, we offer a vibrant independent retirement lifestyle in the heart of Maple Ridge. Through our experience of serving seniors, we understand that care and support may change over time. That's why we've partnered with Independence Matters to provide compassionate care and support services for residents as needed.

Call 604-463-5527 today to learn more.

# VENVY

**SUNWOOD**  
— Retirement Living —

12241 224th St, Maple Ridge



venviliving.com/sunwood

## 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 Regular or Relief Driver is 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

✓ Regular Driver	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Drivers Available for Local and Metro Vancouver Trips During Business Hours:					
<b>Peter B</b> 604-230-5732		✓	✓		✓
<b>Gordon C</b> 778-840-3557	✓	✓	✓	✓	✓
<b>Maike E</b> 250-256-9468	✓	Relief Driver	Relief Driver	✓	
<b>Claudia F</b> 604-467-8385			✓		✓
<b>Duffy M</b> 604-466-9617	✓	✓		✓	
<b>Joys S</b> 604-726-8868	Relief Driver	Relief Driver	✓	Relief Driver	Relief Driver
Drivers Available for Maple Ridge & Pitt Meadows Trips:					
<b>Rory M Mornings</b> 604-866-6889	✓	✓	✓	✓	✓
<b>Tami D Afternoons</b> 604-209-0752	✓	✓	✓	✓	✓
Rate sheets are available at the centres and from your drivers.					

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.

# Simplify Your Life,

## Are you ready to downsize, or find a home better suited to your lifestyle?



**\$2000 Rebate for Moving Cost.**

\*rebate issued upon closing transaction; seniors only Offer expires Aug 31, 2025

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

**Unlicensed Assistants**

**Scott & Hazel**



*Angela Dundas*

**604-857-3232**

adundas777@gmail.com  
www.angeladundas.com

**Not intended to solicit parties currently under contractual obligations with another Agent**

## RIGHT-SIZE YOUR LIFE WITH A REALTOR WHO CARES

Thinking about downsizing but unsure where to start? I specialize in helping seniors like you simplify your move, find the right-sized home, and free up equity for the things that matter- family, travel and peace of mind.



With compassion and expertise, I'll guide you every step of the way ensuring a smooth transition to your next chapter

**Contact Jewel Yourchek**

**604-813-5476**

*Home: where you write your life story*



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

# Your next chapter deserves peace of mind!

Thinking about selling your home?  
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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This communication is not intended to cause or induce breach of an existing agency agreement

## WORKSHOP & EVENT DETAILS

- Apr 14-**  
**May 12** **Coffee Fundraiser** (see pg. 8)
- May 3:** **Info Session: Canadian Dental Care**  
 FREE; Sat May 3 11:30am-12:30pm at PM centre; pre-register at 604-457-4771
- May 5-10:** **50/50 ticket sales** (see pg. 45)
- May 6:** **Event: Pie & Ice Cream Social** (see pg. 6)  
 \$4.00; Tue May 6 1:00-3:00pm at PM centre
- May 8:** **Wellness Clinic / Wellness Chats** (see pg. 30, 31)
- May 8:** **Welcome Tour at MR centre** (see pg. 6)
- May 13:** **Event: Bingo** (see pg. 6)  
 \$10.00; Tue May 13 1:30-3:30pm at MR centre; ticket sales on now
- May 14:** **Welcome Tour at PM centre** (see pg. 6)
- May 16:** **Themed Lunch - Japan** (see pg. 6) regular lunch pricing; at MR centre
- May 19:** **RMSS centres closed for VICTORIA DAY**
- May 20:** **Bus Trip: Forbidden Vancouver** (see Member Services for availability)
- May 22:** **Wellness Clinic / Wellness Workshop: Aging in Place** (see pg. 30, 31)  
 FREE; Thu May 22 10:00-11:00am at MR centre; pre-register at 604-467-4993
- May 22:** **Info Session: Peace of Mind Planner** (see pg. 37)  
 FREE; Thu May 22 1:00-2:00pm at MR centre; pre-register at 604-380-0516
- May 23/30:** **Workshop: Painting with Kim** (see pg. 32)  
 \$25.00 (two weeks); Fri May 23 & 30 9:30am-noon at PM centre; reg. opens May 1
- May 23/24:** **Variety Plus Presents: Across the Pond** (see pg. 33)
- May 24:** **Workshop: Cardmaking** (see pg. 32)  
 \$15.00; Sat May 24 10:30am-12:30pm at PM centre; reg opens May 1
- May 26:** **Info Session: Peace of Mind Planner** (see pg. 37)  
 FREE; Mon May 26 10:30-11:30am at PM centre; pre-register at 604-380-0516
- May 31:** **Info Session: Lifestyle Changes as Parents Age** (see pg. 32)  
 FREE; Sat May 31 10:30-11:30am at PM centre; pre-register at 604-457-4771
- May 31:** **Bus Trip: Hastings Horse Racing** (see Member Services for availability)
- Jun 2-7:** **50/50 ticket sales** (see pg. 45)
- Jun 3:** **Event: Fit 4 Life** (see pg. 7)  
 FREE; Tue Jun 3 10:00am-noon at MR centre; registration starts May 1
- Jun 5:** **Event: Strawberry Tea** (see pg. 7)  
 \$7.00; Thu Jun 5 2:00-3:30pm at PM centre; ticket sales start May 13
- Jun 7:** **Event: Pitt Meadows Day Parade** (see pg. 7)
- Jun 10:** **Event: Pie & Ice Cream Social** (see pg. 6)  
 \$4.00; Tue Jun 10 1:00-3:00pm at PM centre
- Jun 11/12:** **Welcome Tours at PM/MR centres** (see pg. 6)

## WORKSHOP & EVENT DETAILS

- Jun 12:** Wellness Clinic / Wellness Chats (see pg. 30, 31)
- Jun 13:** Themed Lunch - *Philippines* (see pg. 6) regular lunch pricing; at MR centre
- Jun 14:** Paper Shredding Fundraiser (see pg. 5)
- Jun 15:** Bus Trip: *Classic Planes & BC Trains* (see Member Services for availability)
- Jun 17:** Info Session: *Advance Care Planning* (see pg. 32)  
FREE; Tue Jun 17 1:00-2:00pm at MR centre; pre-register at 604-467-4993
- Jun 19:** Event: *Bingo* (see pg. 6)  
\$10.00; Thu Jun 19 1:30-3:30pm at PM centre; ticket sales begin Jun 2
- Jun 21:** Event: *Retro Karaoke* (see pg. 7)
- Jun 25:** Bus Trip: *Coquihalla Canyon* (see pg. 10)
- Jun 26:** Wellness Clinic / Wellness Workshop: *TIA, Stroke, After-Stroke* (see pg. 30, 31)  
FREE; Thu Jun 26 10:00-11:30am at MR centre; pre-register at 604-467-4993



BRITISH  
COLUMBIA

Maple Ridge centre licence #160710

Pitt Meadows centre licence #160711

### March & April 50/50 winners:

<b>March:</b>	<b>Carol B.</b>	<b>\$ 118.00 (PM)</b>
	<b>Mary B.</b>	<b>\$ 198.50 (MR)</b>
<b>April:</b>	<b>Debbie K.</b>	<b>\$ 67.50 (PM)</b>
	<b>Jill S.</b>	<b>\$ 159.50 (MR)</b>

## It saves to be senior at Specsavers

If you're over 65, we've got just  
what you need to help look after your eyes:

- Your eye exam, including an OCT eye health scan, could be at no cost to you
- You can get 50% off lens upgrades to help tailor your glasses to your lifestyle
- Or, when you buy a pair of glasses from our \$149 range, we'll fit them with Standard progressive lenses at no extra charge.

Drop by anytime to find what's right for you

**Meadowtown Shopping Centre**  
19800 Lougheed Highway  
Pitt Meadows, V3Y 2W1  
(778) 262-1193

Specsavers



**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.

# AROUND TOWN



**May 3 - Mexican Cinco de Mayo  
themed dance**

**May 25 - Ladies Auxiliary Lunch  
(Perogies & Cabbage Rolls)**

**May 31 - Lobster Fest**

*Check out our website for details*

[www.mapleridgelegion.ca](http://www.mapleridgelegion.ca)

*Legion Members with Guests Welcome*

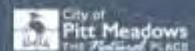
12101 224 St. Maple Ridge



## Discover trails in **Pitt Meadows**

The Pitt Meadows Trail Guide is available online and in print with 16 local trails to explore.

Learn more at [pittmeadows.ca/trails](http://pittmeadows.ca/trails)



- Men Working
- Shoulder to Shoulder to help each other
- Build Social Connection
- Give Back to the Community

**Workshops**  
- The Ridge Church 22155 Lougheed Hwy.  
- The Barn - Maple Ridge Fair Grounds

- Tuesday 9 am to noon
- Thursday 9 am to noon

**Social Time**  
- Chances Casino - The Well

- Friday - 10 am to noon

Come check us out and see how you can make a difference in our communities.

604-341-1725

[www.alouettemenshed.ca](http://www.alouettemenshed.ca) [alouettemenshed.ca/outbook.com](http://alouettemenshed.ca/outbook.com) Check out Facebook page



### REPAIR CAFÉ

**Sat Jun 14  
10:00am-2:00pm**

**Maple Ridge Seniors  
Activity Centre!**



## MAPLE RIDGE LIONS CLUB INVITES YOU TO A MOTHER'S DAY FUND RAISING BREAKFAST BUFFET



**Sunday, May 11  
9:00am-noon**

**Hammond Community Centre  
20601 Westfield Ave.**

**\$15 / \$12 Seniors &  
children under 12**

Email: [mapleridgelionsclub@shaw.ca](mailto:mapleridgelionsclub@shaw.ca)



# AROUND TOWN



**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](mailto:lisa.beare.MLA@leg.bc.ca)  
[www.lisabeare.ca](http://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



LEGISLATIVE ASSEMBLY  
of BRITISH COLUMBIA

## BC Senior's Supplement

If you are a low-income senior & receive:

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

You may be able for 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

Better weather signals the start of many outdoor community events and our team will be there! Be sure to look for our booth and come say hello!



**Lawrence Mok, MLA**  
Maple Ridge East

#102-23015 Dewdney Trunk Rd  
Open Weekdays 9:00AM - 4:00PM

[Lawrence.Mok.MLA@leg.bc.ca](mailto:Lawrence.Mok.MLA@leg.bc.ca)

604-476-4530 | 1-877-899-3215

## We Are Here To Help

- Issues with provincial ministries and agencies
- Navigating government services
- Accessing forms and documents
- Congratulatory messages



LEGISLATIVE ASSEMBLY  
of BRITISH COLUMBIA



**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](mailto:kara@rmssseniors.org)

**We want to nominate Ron & Peggy C.!**

*Had you identified them during the Mardi Gras mug shot contest? Ron has been cleaning and sanitizing the Pitt Meadows Main Hall for a number of years creating a clean and inviting space for programs. He also helps with set up for bridge and chair yoga.*

*Peggy is the Activity Leader for the PM Carpet Bowlers as well as is one of our Bingo callers. Quite the duo!*



**Thank you BOTH 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.....Bobbi Duncan

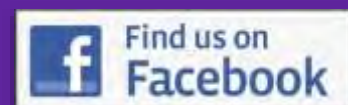
Director..... Margaret Attwell

Director..... Leslie Carnie

Director..... Deborah Jamieson

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

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



[facebook.com/rmssseniors](https://facebook.com/rmssseniors)