

# GrapeVine



## RIDGE MEADOWS SENIORS SOCIETY: Serving Maple Ridge & Pitt Meadows July & August 2025 Program Guide



From volunteer appreciation to Seniors Week events like Fit 4 Life Sports Day, Strawberry Tea and the PM Day Parade (where RMSS placed 3rd), fun & friendships abound!



**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



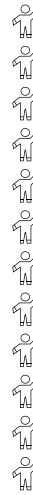
## RIDGE MEADOWS SENIORS SOCIETY

### - 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?*



### **VOLUNTEER BOARD MEMBERS NEEDED!**



Are you over 55 and live in Maple Ridge or Pitt Meadows?

Do you have experience in: legal, finance, advocacy and outreach, fundraising or governance?

Enjoy working on projects/committees?

Do you have 15-20 hours/month to spare?

**RMSS NEEDS YOU! APPLY TODAY!**



### 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, Julia Larsen**  
 604-477-2771; [julia@rmssseniors.org](mailto:julia@rmssseniors.org)  
**EngAge Coordinator, Jessica Rogers**  
 604-477-2771; [jessica@rmssseniors.org](mailto:jessica@rmssseniors.org)  
**Event Coordinator, Anita Bettesworth**  
 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; [pmc@rmssseniors.org](mailto:pmc@rmssseniors.org)  
**Volunteer Coordinator, Kara Matthew**  
 604-380-0517; [kara@rmssseniors.org](mailto:kara@rmssseniors.org)  
**Volunteer Support Assistant, Nicole Hyette**  
[nicole@rmssseniors.org](mailto:nicole@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/PM Facility Attendants: Mojgan, Sally**

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## A MESSAGE FOR YOU



### Ridge Meadows Seniors Society

12150 224<sup>th</sup> Street, Maple Ridge, B.C. V2X 3N8

Phone: 604-477-9985 Fax: 604-467-0848

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

June 9, 2025

Dear RMSS members, guests and volunteers,

We are so grateful to have you be a part of our RMSS community. Your presence, friendship, and engagement make our senior centres truly special places. It is always our goal to ensure that you feel welcomed and supported, whether you are enjoying a meal, participating in activities, or simply sharing good company with one another.

I am writing to inform you that due to rising costs in food, supplies, and operational expenses, we are adjusting the prices of our meals starting **July 3<sup>rd</sup>, 2025**. While we have done our best to keep costs low and absorb increases over the last few years, we must make this change to ensure we continue providing quality meals and maintaining the sustainability of our services.

Some of the new meal prices will be as follows:

Hot Meal- \$9.00

Soup- \$4.50

Salad- \$7.00

Dessert- \$2.50

Scones- \$2.00

Cookies- \$2.00

Beverages- \$1.50

Refills- \$1.00

We understand that changes like this can be difficult, and we want to support you in any way possible. If you have any concerns or need assistance to continue purchasing meals, please do not hesitate to reach out to me.

Thank you for being an integral part of our RMSS community. We deeply value your presence at our centres and look forward to continuing to serve you with warmth and care.

Sincerely,

Maria Perretta  
Executive Director  
Ridge Meadows Seniors Society





## MEMBERSHIP INFORMATION

### MEMBERSHIP INFORMATION

Membership cost is \$35 and is valid for one full year at both centres.

- ♦ 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**



### 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. Note the following guidelines regarding program cancellations and refunds.

- 1.) When a class is cancelled, we do our best to notify you. *(check for email updates)*
- 2.) For pre-registered programs, credit is offered in the form of a make-up class, credit towards the next same class, or as a refund cheque.
- 3.) Member cancellations of pre-registered classes must be made with Member Services ahead of registration close date. A refund cheque will be given.
- 4.) Once a class is full a waitlist is made. Should space permit, those on waitlist will be contacted.
- 5.) Pre-reg classes may require a minimum registration in order to proceed.
- 6.) While some pre-reg classes may accommodate late enrollment, classes are not pro-rated.
- 7.) 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.

#### Maple Ridge Seniors Activity Centre

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

#### Member Services

Monday - Thursday 9:00am - 7:30pm  
Friday 9:00am - 3:30pm  
Saturday 10:00am - 3:30pm

**Closed Jul 1 & Aug 4**



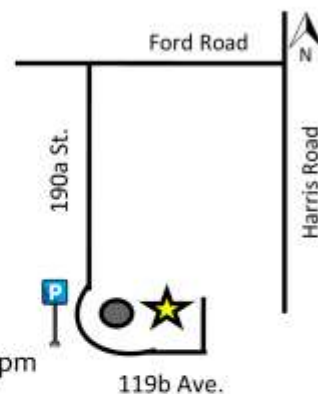
#### Pitt Meadows Seniors Activity Centre

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 Jul 1 & Aug 4**



Your RMSS membership is valid at both Maple Ridge & Pitt Meadows seniors activity centres.





## VOLUNTEER BOARD MEMBERS NEEDED!

- ▶ Are you over 55 and live in Maple Ridge or Pitt Meadows?
- ▶ Do you have experience in any of the following fields: legal, finance, advocacy and outreach, fundraising or governance? We want to talk to you!
- ▶ Do you enjoy working on projects and committees?
- ▶ Are you eager to promote the value of RMSS services?
- ▶ Do you have 15 - 20 hours per month to give in volunteers hours?

**ANSWER YES TO ANY OF THESE QUESTIONS? RMSS NEEDS YOU!**  
**APPLY TODAY TO JOIN OUR BOARD OF DIRECTORS!**



RMSS Vision: Connecting adults 55+ with a happy, healthy life.

RMSS Mission: Providing services, fostering shared experiences, advancing the well being of adults 55+ in Maple Ridge & Pitt Meadows.





Contact us today to learn more about this exciting volunteer opportunity.

Email: [karenhjorto@gmail.com](mailto:karenhjorto@gmail.com) OR [maria@rmssseniors.org](mailto:maria@rmssseniors.org)



RMSS operates on the unceded and traditional territory of the Katzie and Kwantlen First Nations.



**KATZIE**  
FIRST NATION  
*...land of the moss*



**KWANTLEN**  
Qwó:lt'iel — q'a:n̓l̓ən  
FIRST NATION

**RMSS CENTRES CLOSED**  
**July 1 for CANADA DAY**  
**August 4 for BC DAY**





# EVENTS

**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

**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+)

## 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

## Price List

Take Away Meal (Hot or Frozen)	\$9.00
Salad Plate	\$7.00
Sandwich	\$4.50
Soup (Hot or Frozen)	\$4.50
Coffee	\$1.50
Refills	\$1.00
Tea & Hot Chocolate	\$1.50
Dessert	\$2.50

**ENQUIRE ABOUT FROZEN MEALS**

Lunch is available Monday - Friday:  
**Pitt Meadows Activity Centre:**  
11:30am - 12:30pm  
**Maple Ridge Activity Centre:**  
11:30am - 1:00pm

## SUMMER

### PIE AND ICE CREAM & SUMMER TREATS

**TUESDAY; JULY 8 & AUGUST 5**  
**DROP-IN 1:00 TO 3:00 PM**

**\$4 INCLUDES A SLICE OF PIE & A HOT OR COLD BEVERAGE**

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

This price list takes effect Thu July 3.  
(see pg. 3)



## EVENTS



You scream, I scream we all  
scream for... *Ice Cream*

**\$4.00**  
Banana Split

## BANANA SPLIT BONANZA

Enjoy a good old fashion banana split complete with vanilla ice cream, three different toppings, whip cream, banana and a cherry on top.

**MAPLE RIDGE SENIORS ACTIVITY CENTRE**  
Friday, July 4  
1:00 to 3:00 p.m.

**PITT MEADOWS SENIORS ACTIVITY CENTRE**  
Tuesday, August 26  
1:00 to 3:00 p.m.



## Ice Cream SUNDAE BAR

Ice Cream Parlour

Cool off from the hot sun, come in and enjoy our air conditioning while eating a Sundae topped with your choice of a variety of flavours.

**PITT MEADOWS SENIORS ACTIVITY CENTRE**  
Tuesday, July 22  
1:00 to 3:00 p.m.

**MAPLE RIDGE SENIORS ACTIVITY CENTRE**  
Thursday, August 7  
1:00 to 3:00 p.m.

**\$3.00**



## ALOHA

Get ready to soak up the island vibes with good food, tropical drinks, and plenty of sunshine (or at least the spirit of it)!

## HAWAIIAN Theme Lunch

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

Throw on your favorite Hawaiian shirt, grass skirt, or floral print, and join us for a relaxing afternoon of food and fun.

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



**SAVE THE DATE**

**BINGO**

**BINGO WILL BE BACK IN MAPLE RIDGE**

**Friday, September 5**  
**1:30 to 3:30pm**  
**Tickets go on Sale Tuesday, August 5**

**MAPLE RIDGE SENIORS ACTIVITY CENTRE**  
12150 - 224TH ST, MAPLE RIDGE  
604-467-4993



## WITH THANKS AND APPRECIATION FOR SPONSORING RMSS' SHREDDING FUNDRAISER



THANK YOU! to our June 14, 2025 sponsors:



JANET HELM  
REAL ESTATE SERVICES  
Janet.Helm@realtor.ca  
904-730-2600

Electronics Made Easier  
JANETHELM.COM  
904-730-2600



**Johnston Meier**  
Insurance Agencies Group

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



## 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.

Ensure you are parking in senior centre designated spots (not Panorama, not Pitt Meadows Elementary School).



Thank you!



Some members love to get on their "fancy dress" for themed lunches. Joan never fails to join in. Our next themed lunch is on July 11 - Hawaiian!



**COMMUNITY BUS RENTALS**

**20 PASSENGER BUS WITH DRIVER FOR HIRE**



LOW COST FOR SENIOR SERVING NON PROFIT AGENCIES

**BOOK THE BUS TODAY!**

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

CAN ACCOMMODATE  
UP TO 2  
WHEELCHAIRS!

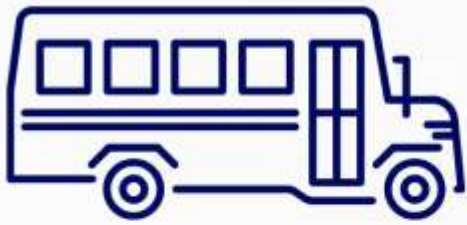
Are you looking to book a small community bus for your organization's next outing?  
Book easily online today.

**BOOK NOW!**

[WWW.RMSSSENIORS.ORG/BUS-RENTALS](http://WWW.RMSSSENIORS.ORG/BUS-RENTALS)







# SENIORS **FREE** COMMUNITY SHUTTLE

THIS PILOT PROJECT IS STARTING THE WEEK OF JULY 7, 2025



**WATER WELLNESS  
@ MR LEISURE CTR.**

## MONDAYS

**HANEY PLACE**



**DEPART**

**RETURN**

PM centre 10:00am  
MR centre 10:30am  
at Leisure Ctr 10:40am

leave Leisure Ctr 1:15pm  
MR centre 1:30pm  
PM centre 2:00pm



**MEADOWTOWN CTR**

## THURSDAYS

**DEPART**

**RETURN**

MR centre 10:15am  
PM centre 10:45am  
at Meadowtown 11:00am

leave Meadowtown 1:00pm  
PM centre 1:15pm  
MR centre 1:45pm



**OSPREY VILLAGE**

## FRIDAYS

**DEPART**

**RETURN**

MR centre 10:15am  
PM centre 10:45am  
at Osprey Village 11:00am

leave Osprey Village 1:00pm  
PM centre 1:15pm  
MR centre 1:45pm

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

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



Paid for by the United Way Wheels in Motion grant stream.

**Phone Monday-Thursday 4:00-7:00pm  
to reserve your FREE seat: 604-467-4993  
(up to one week in advance)**





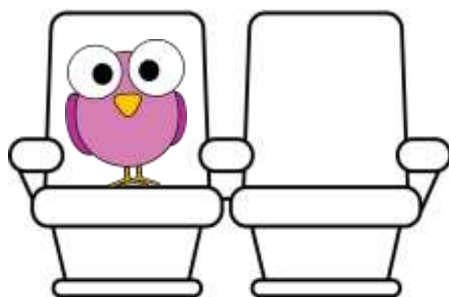
## BUS TRIPS

*Enjoy* THE JOURNEY

Check centres' bulletin boards for trip details.  
Registration begins at 9am at either centre.

PLEASE ARRANGE to be dropped off or CARPOOL to allow for regular daily program parking.

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



**Mon Jul 21 - Manning Park \$70**

*Details at Member Services and bulletin board.*



**Fri Aug 1 - The Train Tour \$130**

*Details at Member Services and bulletin board.*



**Fri Aug 29 - Coquihalla Canyon \$120**


*Details at Member Services and bulletin board.*




**Tue Aug 19**

**RICHMOND SUNFLOWER FESTIVAL**

**\$130**

MR 8:45am-5:30pm 

PM 9:00am-5:15pm 


Stroll through over 20 acres with 90 varieties of sunflowers, dahlias and other flowers. This tour includes a morning walk, a delicious lunch and Steveston free time featuring a sweet treat at Fisherman's Wharf.


**Package includes:** Flower Festival Admission, Lunch at Sharkey's Seafood Grill, Brunswick Trail Escorted Walk, Steveston Free Time, Timothy's Frozen Yogurt

*\*Up to 24 seats available*

*Level: Easy*

*Registration opens Jul 3  
Cancel by Aug 11*

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



**Tue: Sep 16 / Sep 23**

**SIMPLY SOOKE**

**\$150**

MR 6:30am-8:00pm



PM 6:45am-7:45pm



Experience the super scenic “Walking the Spit” and visit a few cherished stores showcasing products from talented island artisans. Soak in the rustic charm at a local’s favourite pub and finally visit the local “hidden gem”, the Artisan’s garden.

**Package includes:** Lunch at 17 Mile House Pub, Whiffin Spit Escorted Walk, Heritage Row & Artisan Garden

\*Up to 24 seats available **per date**

Level: Easy

Registration opens Jul 29

\*\*\*Additional \$36 ferry fee for under 65

Cancel by Sep 8 (for Sep 16 trip date)

Cancel by Sep 15 (for Sep 23 trip date)



**Fri Sep 19**

**AFTERNOON IN WHITE ROCK**

**\$70**

MR 9:45am-4:15pm



PM 10:00am-4:00pm



A leisurely afternoon in picturesque White Rock. Bring a picnic lunch or lunch on your own at the many eateries, stroll out on the pier or browse the interesting boutiques. Indulge and treat yourself to an ice-cream cone before heading home. Dress appropriately and wear good walking shoes.

**Package includes:** 4 hours White Rock Promenade, Professional Driver, Convenient Drop Off/Pick Up Area

\*Up to 24 seats available

Level: Easy

Registration opens Aug 7

Cancel by Sep 11



**Sat Oct 4**

**HASTINGS HORSE RACING**

**\$130**

MR 11:30am-7:05pm

MRSC

PM 11:45am-6:50pm



Experience exhilarating thoroughbred horse racing from your reserved seat at Vancouver’s picturesque racecourse. See the horses up close at the Paddock, enjoy lunch at Silks Buffet Restaurant and live racing.

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

\*Up to 24 seats available

Level: Easy

Registration opens Aug 21

Cancel by Sep 25

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

Include trip name and names of those in the photo.





# 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**





**NEW**

## EngAge Ridge Day Program

"Connecting adults 55+ with a happy, healthy life."

Ridge Meadows Seniors Society is offering a new day program designed specifically for older adults (55+) with mild to moderate cognitive limitations. The EngAge Day Program offers a safe and supportive environment where participants can EngAge in structured group activities that promote cognitive function, physical health, and social connection.

**Register Today!**

<b>Phone</b>	<b>Email</b>
604-477-2771	jessica@rmssseniors.org

**COMING SOON**

Look out for the EngAge Meadows Day Program being offered Mondays & Tuesdays at the Pitt Meadows Seniors Centre by MR/PM Community Services.

### Our **FREE** Services

- Engaging Social Activities
- Daily Lunch, Beverages, & Snacks
- Round-Trip Transportation
- Personalized Support from Recreation Therapist, Care Aide & Volunteers
- Respite for Caregivers & Access to Support Resources
- Safe, Supported Trips Beyond the Centre

Thursdays & Fridays from 9:00-3:00PM at the Maple Ridge Seniors Activity Centre









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

Working with communities in BC  
to create a more inclusive, vibrant  
& sustainable future for all

**Therapeutic Activation  
Program for Seniors (TAPS)**

## 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 Aug 4



#### 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 Aug 4
Mon	6:30-7:15pm	MR	Hall C	\$2 drop-in	No class Aug 4



# 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 styles including line dance, tango, Charleston, disco, Bollywood. The goal is to have fun and get moving!

Weekday	
Wed	

**DANCE FIT and ZUMBA GOLD  
will be back in September!**



Class #4:

### ZUMBA GOLD:

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

**Instructor:** Carolina

You know Zumba Gold has returned. Zumba Gold choreography focuses on low impact movements to help you stay active and motivated. Come ready to sweat and leave empowered.

Time	Centre	Room	Cost	Of
10:00-11:00	MR	Hall C	\$20/4 classes	



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## 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 Aug 4
Tu - Th	9:30-10:15am	MR	Hall C	\$2 drop-in	No class Jul 1
<b>**Thu</b>	10:15-11:00am	<b>PM</b>	Main Hall	\$2 drop-in	
Sat	10:30-11:15am	<b>PM</b>	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	<b>PM</b>	Main Hall	\$2 drop-in	



## PROGRAM INFORMATION - Fitness

### YOGA CLASSES:

#### CHAIR YOGA:

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

**Instructors:** **PM:** 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 Aug 4
Tue	1:30-2:10pm	PM	Main Hall	\$2 drop-in	No class Jul 1
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:** 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 Aug 4



**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 #7 is \$15 / 3 classes**

**Sess #6:** Jul 8, 15, 22, 29

reg. now open

**Sess #7:** \*Aug 12, 19, 26

reg. opens Jul 29





## PROGRAM INFORMATION - Fitness

### YOGA CLASSES:

#### THERAPEUTIC YOGA:

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

**Instructor:** MR: Kelli

Carefully selected practices aimed at general physical (mobility, strength, flexibility) and emotional well-being (mood, energy, mental clarity). What to expect from each session: An initial check-in so that the class can be customized according to the moment's needs.

**\* Bring:** your own mat

Weekday	Time	Centre	Room	Cost	Of Note
Tue	6:30-7:15pm	MR	Hall C	\$2 drop-in	No class Jul 1



### 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](http://alzbc.org/mm).

**Alzheimer Society**  
BRITISH COLUMBIA

**Caregiver support group**

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

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

**WHERE**  
Location details provided upon registration

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

## 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 Aug 4
Wed	2:45-3:45pm	PM	Arts & Crafts	\$2 drop-in	On summer break



#### 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 Aug 4
Tue -Advanced	6:00-7:45pm	MR	Hall B	\$2 drop-in	No class Jul 1
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 Aug 4
Sat	10:30am-12:30pm	MR	Halls A&B	\$2 drop-in	



## PROGRAM INFORMATION - Sports

### CARPET BOWLING:

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

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



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

### ICELESS CURLING:

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

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



Weekday	Time	Centre	Room	Cost	Of Note
Tue	2:30-4:00pm	PM	Main Hall	\$2 drop-in	Not on Jul 1

### 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 Aug 4
Tue	8:45-11:00am	MR	Hall A	\$2 drop-in	Not on Jul 1
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 *Beginners	PM	Main Hall	\$2 drop-in	
Fri	8:45-11:00am	MR	Hall A	\$2 drop-in	
Fri	11:00am-noon - *Beginners	MR	Hall A	\$2 drop-in	
Fri	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 Jul 1 & Aug 4
Mon - Fri Sat	9:00am-4:00pm 9:00am-1:00pm	PM	Snooker	\$4 drop-in	Not on Jul 1 & Aug 4
Tue - Ladies	2:00-4:00pm	MR	Snooker	\$4 drop-in	Not on Jul 1
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/lmseniorssnookerleague-2020/news>

If you would like further information please contact Paul Scanlon, League President, at [lmseniorsnooker@gmail.com](mailto: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	Not on Jul 1
Tue	8:45-9:45am	MR	meet outside	free	Not on Jul 1
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 Aug 4
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	

### CANASTA:

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

Now offered on Friday afternoons at PM! - check it out!



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



### CRIB: No partner required

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

Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00-3:30pm	MR	Hall C	\$2 drop-in	Pls arrive by 12:50pm Not on Jul 1
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 ON SUMMER BREAK**  
 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> 1:00 - 3:30	<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 ON SUMMER BREAK**  
Inquire at Member Services or check our website for more details.



MON	TUE	WED	THU	FRI
<b>Stay Fit 2/3</b> 9:00 - 9:45	<b>Walking Club</b> 8:30 - 9:45	<b>Functional Fitness</b> 9:00 - 9:45	<b>Walking Club</b> 8:30 - 9:45	<b>Snooker</b> 9:00 - 4:00
<b>Snooker</b> 9:00 - 4:00	<b>Snooker</b> 9:00 - 4:00	<b>Snooker</b> 9:00 - 4:00	<b>Snooker</b> 9:00 - 4:00	<b>*Painting</b> 9:30 - noon
<b>COFFEE SHOP OPEN 9:15-11:15am; 12:30-2:30pm</b>				
<b>**Caregiver Connection</b> 9:30 - 11:00	<b>Scrabble</b> 10:00 - noon	<b>Crafts</b> 9:30 - 11:30	<b>Ukulele</b> 10:00 - 11:30	<b>**Grief Support</b> 10:00-11:00
<b>Chair Yoga</b> 10:15 - 11:00	<b>*Gentle Hatha Yoga</b> 12:15 - 1:00	<b>Table Tennis</b> 10:15 - 12:30	<b>Chair Fit 1</b> 10:15 - 11:00	<b>Tai Chi</b> 10:15 - 11:15
<b>LUNCH SERVED 11:30am - 12:30pm</b>				
<b>Line Dance - Beg</b> 11:30 - 12:30	<b>Mah Jong</b> 1:00 - 3:30	<b>Table Tennis - Beg</b> 12:30 - 1:15	<b>Chair Yoga</b> 11:30 - 12:15	<b>Line Dance Fun</b> 11:30 - 12:30
<b>Bridge</b> 1:00 - 3:45	<b>Chair Yoga</b> 1:30 - 2:10	<b>Whist</b> 1:00 - 3:00	<b>Carpet Bowling</b> 1:00 - 2:30	<b>Games/Canasta</b> 12:45 - 3:45
<b>Table Tennis</b> 1:15 - 3:30	<b>*Beg French</b> 2:00 - 3:00	<b>Ladies Snooker</b> 1:30 - 3:30	<b>**Memory Café</b> 1:00 - 3:00	<b>Crib</b> 1:00 - 3:30
	<b>Iceless Curling</b> 2:30 - 4:00	<b>Ballet</b> 2:00-3:00	<b>Tech Help</b> 1:00 - 3:00	<b>Table Tennis</b> 1:15 - 3:30
		<b>Meditation</b> 2:45 - 3:45	<b>Rhythm &amp; Reach</b> 9:15 - 10:00 (Saturdays)	<b>Chair Fit 1</b> 10:30 - 11:15 (Saturdays)
	<b>Snooker</b> 9:00 - 1:00 (Saturdays)	<b>Flamenco</b> 3:00 - 4:00	<b>Jam Session</b> 10:00 - noon (Saturdays)	<b>**Create</b> 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	Not in August
Thu	1:00-3:30pm	MR	SA & Lounge	\$2 drop-in	In SA only in August



### MEXICAN TRAIN:

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

Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00-3:30pm	MR	Lounge	\$2 drop-in	Not the last Wed of the month



### SCRABBLE:

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

Weekday	Time	Centre	Room	Cost	Of Note
Tue	10:00am-noon	PM	Arts & Crafts	\$2 drop-in	Not on Jul 1
Tue	12:45-3:30pm	MR	Library	\$2 drop-in	Not on Jul 1
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	On summer break



# Meals on Wheels

...more than a meal

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

Visit our website

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

604-467-6911  
comservice.bc.ca



## PROGRAM INFORMATION - 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	On summer break
Flamenco	Wed	3:00-4:00pm	PM	Hall B	\$2 drop-in	On summer break
Hawaiian	Wed	12:30-1:30pm	MR	Hall C	\$2 drop-in	On summer break
Line Dance – absolute beg.	Wed	11:15am-noon	MR	Hall B	\$2 drop-in	Only on Jul 2, 9, 16
Line Dance - beg.	Mon	11:30am-12:30pm	PM	Main Hall	\$2 drop-in	Only on Jul 7 & 14
Line Dance - beg.	Mon	1:30-2:45pm	MR	Hall C	\$2 drop-in	Only on Jul 7 & 14
Line Dance Fun	Thu	10:45am-noon	MR	Hall C	\$2 drop-in	Not in August
Line Dance Fun	Fri	11:30am-12:30pm	PM	Main Hall	\$2 drop-in	Only on Jul 4 & 11
Line Dance - int.	Tue	10:45am-noon	MR	Hall C	Pre-registered \$8/4 classes	Runs Jul 8 - 29 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. (Jul 4 & Aug 1 in SA room; Jul 18 & Aug 15 in Boardroom.)

Weekday	Time	Centre	Room	Cost	Of Note
Fri	10:00am-noon	MR	SA/Boardroom	\$2 drop-in	Meets Jul 4, 18, Aug 1, 15

### 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	Not on Jul 1
Wed	9:30-11:30am	PM	Arts & Craft	\$2 drop-in	

### CREATE:

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



A drop-in studio for artists to convene, create, and collectively inspire. Do you sketch? Dabble in water colours? Play with pastels or colour in charcoal? Bring your project & supplies. We provide the space.

Weekday	Time	Centre	Room	Cost	Of Note
Fri	1:30-3:30pm	MR	SA	\$2 drop-in	Meets weekly
Sat	10:30am-12:30pm	PM	Arts & Craft	\$2 drop-in	Monthly: Jul 12 & Aug 9

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

### CONVERSATIONAL FRENCH:

**Cost: \$14 / 7 classes** (pre-reg)



In this intermediate level French class, we will spend time each week in discussion about a variety of topics. We will also work on vocabulary, verbs, and grammar through songs, stories, games, activities, crosswords, etc.

Weekday	Time	Centre	Room	Cost	Of Note
Tue	2:00-3:00pm	PM	Arts & Craft	\$14/7 classes	On summer break



## PROGRAM INFORMATION - Music

### JAM SESSION:

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

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	Resuming Aug 21

### 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	Resuming Sep 11
Thu - beginners	12:15-1:00pm	MR	Hall A	\$2 drop-in	Resuming Sep 11
Thu - some exp.	1:00-2:30pm	MR	Hall A	\$2 drop-in	Resuming Sep 11

### 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	Resuming Sep 17 Looking for more men to join

## PROGRAM INFORMATION

### TECH HELP:

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

**Volunteers:** PM: Lance MR: 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                      - staying cyber smart
- learning how to load and use apps           - setting up a video call (i.e. Zoom, Skype, etc.)
- setting up a Facebook account               - 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. Call:

MR centre: 604-467-4993

PM centre: 604-457-4771

Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00-3:00pm	MR	Library Rm	\$2 by appt	
Thu	9:00am-noon	MR	Boardroom	\$2 by appt	
Thu	1:00-3:00pm	PM	Lounge	\$2 by appt	

### TAX HELP:

**Cost:** FREE / by appointment

To book your 30 minute appointment ahead of your visit call MR centre: 604-467-4993

Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00-3:00pm	MR	Social Activity	FREE	Only on Jul 2 & Aug 6

### 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). Check out the changes thanks to MR Community Foundation funds.



Weekday	Time	Centre	Room	Cost	Of Note
Thu	9:00am-noon	MR	Social Activity	FREE! \$5 foot care	Every 2nd & 4th Thu: Jul 10 & 24; CLOSED AUGUST



Check out our Wellness Workshop! (pg. 31)

The clinic's mission statement is "to create a relevant meeting place where 55+ adults can connect with others, communicate their health concerns, and come away confidently knowing they are in command of their well-being. To also create an environment of health and wellness that encourages the senior community to regularly drop-in as a supplemental preventative self-awareness measure."

WOW - that's a mission we can all support! Spread the word! We are looking for more volunteer nurses.



# WELLNESS



**WELLNESS CLINIC**  
Helping you take care of YOU!

55+

Taking a summer break in August. See you in Sep!

A Wellness Clinic is offered twice monthly on the 2nd & 4th Thursday

- Blood Pressure Monitoring & Wellness Check
- Foot Care Clinic by registered foot care nurses
- Wellness Workshops on an array of topics
- Wellness Chats to support mental health
- Resources and Info available
- **FREE to drop-in!** Foot Care \$5 (by appointment)
- Membership not required

2nd & 4th Thursday  
09:00 – 12:00

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

ALL 55+ WELCOME

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



**wellness workshop**

Remember to visit our Wellness Clinic!  
09:00 – 12:00

**DIABETES**

Join us as we discuss:

- the differences between Type I and Type II diabetes
- other body systems impacted by diabetes e.g. heart, vision, kidneys, etc.
- Management and treatment options e.g. diet, exercise, treatment pumps or medications

Presenter: Rachel Hahn, RN, Nurse Care Director  
Organization: Proof of Care

**Thursday, July 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+ WELCOME

55+



Wellness Chats occur the 2nd Thursday 10am monthly. Measuring BP correctly? Let's check!



Excellent foot care!

*Thank you*

for your support of the refreshing of our Wellness Clinic

**WELLNESS CLINIC**  
Helping you take care of YOU!

55+

ALOUVETTE MEN'S SHED

TRIPLE TREE HURRYLAND

Maple Ridge Community Foundation

CHARTWELL WILLOW retirement community

VENVI SUNWOOD Retirement Living

fraserhealth Better health. Best in health care.



Got questions? We can help.



Goodies provided by Venvi Sunwood and Chartwell Willow





## Crime Stoppers Presents: "See Something, Say Something" Senior Safety

Over 90% of all reported abuse of seniors is committed by someone in their own family.

This program is designed to provide seniors with a safe and anonymous method to report what they know about suspected criminal or abusive behaviour towards another elder or themselves. It also highlights important signs to look for to prevent elder abuse.

**This Seminar Covers:** Physical, psychological/ emotional abuse, financial abuse (internet scams and others), Neglect

**Thursday, July 31  
Ridge Meadows Seniors Society**

Maple Ridge Seniors Activity Centre  
10:30-11:30AM  
112150 224th Street, Maple Ridge  
**Call to register : 604-467-4993**

Pitt Meadows Seniors Activity Centre  
1:00-2:00PM  
19065 119B Avenue, Pitt Meadows  
**Call to register : 604-457-4771**

Report Crimes Against Seniors: 1-800-222-8477  
solvecrime.ca  
P3 Tips



## POP-UP SUPER TAX CLINIC



- Find out about Benefits and Credits to which you may be entitled
- Tax Preparation
- Assistance with Letters and Forms
- NO APPOINTMENT NECESSARY
- Bring your questions



Service  
Canada

- ✓ Help with registration and renewal of Canada Dental Plan
- ✓ Ask about Canada Pension Plan (CPP) & Old Age Security (OAS)
- ✓ Employment Insurance
- ✓ Social Insurance Numbers
- ✓ Personal Access Code for My Service Canada account



Canada Revenue Agency  
Agence du revenu du Canada

## DROP-IN:

Wednesday, August 6  
12:00 - 4:00pm  
Maple Ridge  
Seniors Activity Centre

- ✓ Assistance with Disability Tax Credit (DTC) application
- ✓ Change your address on file
- ✓ Get a printout of your Notice of Assessment (NOA)



saturdays

jam  
session

Bring your instrument and favourite songs!  
All take turns leading while those who are able join in.  
If you want to watch or sing along, you are welcome to participate.

Saturdays  
10:00am-noon  
\$2.00 drop-in pass



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

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

55+

## Emergency Call Button Info Session

with Mandi Strickland from Home Instead

Save the Date

September 24, 2025

10:30am - 12:00pm

Maple Ridge Seniors Activity Centre  
12150 224<sup>th</sup> Street Maple Ridge

For registration and inquiries:

Julia Larsen, Caregiver Care Coordinator  
604-477-2771  
julia@rmssseniors.org







BARD ON THE BANDSTAND PRESENTS



William Shakespeare's

# The Tempest

DIRECTED BY  
HAYLEY LAVIK

**JULY 10, 11, 12**

PITT MEADOWS  
SPIRIT SQUARE

**JULY 17, 18, 19**

MAPLE RIDGE  
MEMORIAL PEACE PARK



SHOW AT 7:00 PM - PRE-SHOW ENTERTAINMENT AT 6:30 PM

**FREE ADMISSION**

PLEASE BRING A DONATION FOR THE FRIENDS IN NEED FOOD BANK



FOR MORE INFO VISIT [EMERALDPIG.CA](http://EMERALDPIG.CA)





## PURPLE ANGEL MEMORY CAFÉ



For anyone 55+ living with cognitive issues,  
dementia, Alzheimer's, whether diagnosed or not,  
AND their caregivers,  
**the Memory Café provides a welcoming space!**

Hosted by Myrna and Dave,  
who are walking this same journey, join in for:

- refreshments
- social interaction
- games, quizzes, projects
- discussions
- education
- wellness events
- fun and laughter



Call Myrna 604-477-9628; the.normans@shaw.ca

**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays 1:00-3:00pm**

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

**2nd & 4<sup>th</sup> Thursdays 1:00-3:00pm**

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

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



## Life after Loss

What might it look like for you?

If you are 55+, have experienced the loss of your  
partner - and now feel ready to re-engage with life,  
this group could be for you.

We meet the 4<sup>th</sup> Thursday monthly  
from 1:00-3:00pm

Drop-in...We're waiting for you.

For more information, call Julia at 604-477-2771.



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



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



MR Carpet Bowlers sending  
off Shirley in style as she  
moves closer to family. (left)

John, Brandy, and Gordie at  
Retro Karaoke. (right)

Arranging Fresh Flowers  
workshop at PM centre.  
(below)







### Canada Day

Celebrate Canada Day July 1st at the Maple Ridge Legion with a BBQ  
– All welcome on Canada Day!

### Dancing at the Legion

Friday, Saturday night 6:30PM to 10:30PM  
and Sunday 2:00PM to 6:00PM  
Royal Canadian Legion Branch 88  
12101 224 St., Maple Ridge.

Come to the local Legion for live music and dancing every week! No charge. Must be a member or be signed in by a member.

For more info, call (604) 463-5101  
or email: [legionoffice88@telus.net](mailto:legionoffice88@telus.net)

### PACKAGED TOURS FOR ACTIVE SENIORS SINCE 2007

Tour	Dates	Prices
Tofino Storm Watching.....	November 10-13, 2025.....	Dbl \$1799 Sgl \$2399
Canadian Christmas Traditions.....	November 25-28, 2025.....	Dbl \$1499 Sgl \$1799
A Victorian Christmas.....	December 23-26, 2025.....	Dbl \$1899 Sgl \$2149
New Years Westin Bear Mountain.....	Dec 30 - Jan 1, 2026.....	Dbl \$1699 Sgl \$1999
The Treasures of Thailand.....	January 5-21, 2026.....	Dbl \$7999 Sgl \$9049
Havana & Varadero, Cuba.....	January 13-24, 2026.....	Dbl \$4549 Sgl \$5099
Ultimate Northern Lights Yukon.....	February 13-20, 2026.....	Dbl \$5299 Sgl \$6099
Oaxaca & Santa Cruz, Mexico.....	February 14-23, 2026.....	Dbl \$5899 Sgl \$6899
Cultural Treasures of Japan.....	April 19 - May 2, 2026.....	Dbl \$11599 Sgl \$13549
Cartagena Colombia &.....	November 17-30, 2026.....	Dbl \$6299 Sgl \$8599
7 Night Caribbean Cruise		

**Includes: Black Car Home Pick up,  
Airfare, All Taxes and Fees.**

ENJOY THE JOURNEY

**Book your tour today!**

604-630-2434 | [info@enjoythejourney.ca](mailto:info@enjoythejourney.ca)  
Unit 15 - 2414 Main Street - Vancouver BC - V5T 3H9

BC Reg # 76833



**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:



LEGISLATIVE ASSEMBLY  
OF BRITISH COLUMBIA

- 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



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!



Seniors in B.C. will have better supports to age at home in their community with expanded and improved services as part of a five year agreement with United Way BC for popular programs, such as Better at Home. The Province is investing \$304 million over five years in United Way BC to deliver and expand community-based seniors' services.



## 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.



AVAILABLE  
ASSISTANCE



Contact: Bev Schmahmann – 604-380-0516 or email [info@rmssseniors.org](mailto:info@rmssseniors.org)



### BUTTONS & BOWS

LADIES FASHION ON CONSIGNMENT

22785 Dewdney Trunk Road  
Maple Ridge BC V2X-3K4

E: [buttonsandbowsLtd@gmail.com](mailto:buttonsandbowsLtd@gmail.com)  
P: 604-479-2697

Linda Bell  
Owner

**Shop & Consign**

**Ladies Fashion**

**Local Art**

**Grad Event**

**Seniors Discount**




Thank you, Buttons & Bows, for supporting RMSS' FREE clothing closet for seniors in need.

**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.



## CAREGIVER 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 workshops and info sessions. Perhaps you can be the resource or link to another who could benefit.

For more information 604-477-2771 or email: [julia@rmssseniors.org](mailto:julia@rmssseniors.org)



**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 GROUPS**  
 Weekly at Maple Ridge Seniors Activity Centre  
 Weekly at Pitt Meadows Seniors 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 to Learn New Tools & Resources

**To Register or For More Info Contact:**  
 Julia Larsen, Caregiver Connection Coordinator  
[julia@rmssseniors.org](mailto:julia@rmssseniors.org)  
 604-477-2771

United Way  
 British Columbia

Funded by the Government of B.C. and managed by United Way BC

### Caregiver Go-go Meals



Are you an unpaid caregiver who is caring for someone over 55?  
 Are you overwhelmed with cooking meals among everything else?

With the support of Petro-Canada CareMakers Foundation we are able to provide caregivers with GO-GO meal booklets.

Each booklet contains 6 meals that can be redeemed at either of our centres. To register or get more information please contact Julia at 604-477-2771 or [julia@rmssseniors.org](mailto:julia@rmssseniors.org)

**More Info: [julia@rmssseniors.org](mailto:julia@rmssseniors.org) ☎ 604-477-2771**

### SUPPORT GROUPS THAT MEET AT RMSS CENTRES:

**Caregiver Connection:** bi-weekly at Maple Ridge (meets Thu, Jul 3 & 17, Aug 7 & 21, 1:00-2:30pm)  
 (see poster above) bi-weekly at Maple Ridge (meets Fri, Jul 4 & 18, Aug 1 & 15, 10:30am-noon)  
 bi-weekly at Golden Ears United (meets Thu, Jul 10 & 24, Aug 14 & 28, 1:00-2:30pm)

**Life after Loss:** monthly at Maple Ridge centre (meets 4th Thu, Jul 24 & Aug 28, 1:00-3:00pm; see pg. 34)

**Purple Angels' Memory Café:** twice monthly at Maple Ridge (meets Tue, Jul 15, Aug 5 & 19, 1:00-3:00pm)  
 twice monthly at Pitt Meadows (meets Thu, Jul 10 & 24, Aug 14 & 28, 1:00-3:00pm; see pg. 34)

**Alzheimer Society of BC:** monthly (meets 2nd Tue, Jul 8 & Aug 12, 6:15-7:45pm; see pg. 19)

**Ridge Meadows Hospice Society:** monthly at Pitt Meadows (resuming 3rd Fri Sep 19, 10:00-11:00am)  
 monthly at Maple Ridge (resuming 4th Fri Sep 26, 10:00-11:00am)

**Stroke Recovery:** weekly at Maple Ridge (meets most Fri, 10:00am-noon; Jul 4 & Aug 1, meeting offsite)  
 phone: 604-688-3603 email: [office@strokerecoverybc.ca](mailto:office@strokerecoverybc.ca)



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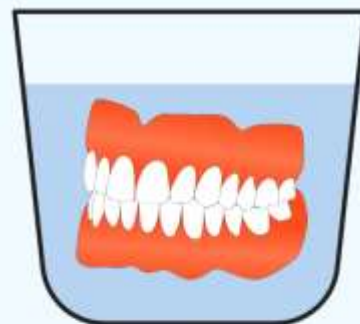
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denture centre

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- Precision & Copy Dentures
- Flexible Partials & Soft Liners
- Mobile Denture Services – We come to you!

### Why Choose Us?

- No dentist referral needed
- We direct bill the **Canadian Dental Care Plan** & all insurances
- Financing options available
- Open Saturdays for your convenience



604-457-3763  
C2 - 12460 191 St, Pitt Meadows  
[www.lowermainlanddenture.ca](http://www.lowermainlanddenture.ca)



## Services Offered

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

Call now for more details

778-998-2039  
778-998-2013

info@beezhomecare.ca  
beezhomecare.ca

## FOOTCARE

Certified FootCare Nurse/RN



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



## Available Dates

Jul 7

Aug 8, 11, 25



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

Independence  
**Matters** Support Services Inc.

[venviliving.com/sunwood](http://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.			



## 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.

## Estate Management & Liquidation Downsizing • Move Management Solutions

### Estate Liquidation

Providing practical solutions for people who are going through an emotional time liquidating their family home from the passing of a loved one, or simply downsizing to another home.

With compassion and careful planning we take care of your possessions, working directly with you to ensure your needs are met. We are your one stop shop for Estate Liquidation - providing on-line auctions and estate clear outs.

### TreVerna Estate Liquidation

**Call Today! 604-889-1976**

### Downsizing

We will manage everything from decluttering, downsizing, packing, unpacking and resettlement. We can take care of all the time-consuming details, removing the stress and overwhelm for you.

### Move Management

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## WORKSHOP & EVENT DETAILS

**Jun 30-Jul 5 50/50 ticket sales** (see pg. 44 below)

**Jul 1:** **RMSS centres closed for CANADA DAY**

**Jul 4:** **Event: *Banana Split Bonanza*** (see pg. 7)  
\$4.00; Fri Jul 4 1:00-3:00pm at MR centre

**Jul 8:** **Event: *Pie & Ice Cream*** (see pg. 6)  
\$4.00; Tue Jul 8 1:00-3:00pm at PM centre

**Jul 9/10:** **Welcome Tours at PM/MR centres** (see pg. 6)

**Jul 10:** **Wellness Clinic / Wellness Chats** (see pg. 30, 31)

**Jul 11:** **Themed Lunch - *Hawaiian*** (see pg. 7) regular lunch pricing; at MR centre

**Jul 22:** **Event: *Ice Cream Sundae Bar*** (see pg. 7)  
\$3.00; Tue Jul 22 1:00-3:00pm at PM centre

**Jul 24:** **Wellness Clinic / Wellness Workshop: *Diabetes*** (see pg. 30, 31)  
FREE; Thu Jul 24 10:00-11:00am at MR centre; pre-register at 604-467-4993

**Jul 31:** **Info Session: *Crime Stoppers - See Something, Say Something*** (see pg. 32)  
FREE; Thu Jul 31 10:30-11:30pm at MR centre; pre-register at 604-467-4993  
FREE; Thu Jul 31 1:00-2:00pm at PM centre; pre-register at 604-457-4771

**Aug 4:** **RMSS centres closed for BC DAY**

**Aug 5-9:** **50/50 ticket sales** (see pg. 44 below)

**Aug 5:** **Event: *Pie & Ice Cream Social*** (see pg. 6)  
\$4.00; Tue Aug 5 1:00-3:00pm at PM centre

**Aug 6:** **Pop-Up Super Tax Clinic** (see pg. 32)  
FREE; Wed Aug 6 12:00-4:00pm at MR centre; drop-in

**Aug 7:** **Event: *Ice Cream Sundae Bar*** (see pg. 7)  
\$3.00; Thu Aug 7 1:00-3:00pm at MR centre

**Aug 13/14:** **Welcome Tours at PM/MR centres** (see pg. 6)

**Aug 26:** **Event: *Banana Split Bonanza*** (see pg. 7)  
\$4.00; Tue Aug 26 1:00-3:00pm at PM centre



### May/June 50/50 winners:

<b>May:</b>	<b>Olga S.</b>	<b>\$ 86.00 (PM)</b>
	<b>Manda C.</b>	<b>\$ 148.00 (MR)</b>
<b>June:</b>	<b>Joan L.</b>	<b>\$ 45.00 (PM)</b>
	<b>Lillian H.</b>	<b>\$ 138.50 (MR)</b>



**BRITISH  
COLUMBIA**

Maple Ridge centre licence #160710

Pitt Meadows centre licence #160711





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

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

**MAPLE RIDGE: 604-467-4993**

**PITT MEADOWS: 604-457-4771**

### IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible.



Avoid strenuous activities.



Watch for heat illness.



Wear light clothing.



Check on family members and neighbors.



Drink plenty of fluids.



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



Never leave people or pets in a closed car.



Ridge Meadows Seniors Society

**Maple Ridge Seniors Activity Centre**

**Thursday, September 18 at 1pm**

Please RSVP at Reception to book your seat.

AGM REPORT packages will be available for pick up from the office starting September 9, 2025

Need a ride from Pitt Meadows to Maple Ridge?  
Leave your name at Member Services.



More Retro Karaoke fun!



## AROUND TOWN



### Community Events

Join us for a variety of community events in Pitt Meadows this summer! The Farmers Market, Pride Concert, Summer Serenade and Bard on the Bandstand are back in ʂxʷhékʷnəs (Spirit Square)!



For details about upcoming events visit [pittmeadows.ca/events](http://pittmeadows.ca/events)




**Parkinson SuperWalk**

**PITT MEADOWS/MAPLE RIDGE**

**HAMMOND COMMUNITY CENTRE  
MAIN HALL**

**SATURDAY, SEPTEMBER 6, 2025**  
20601 Westfield Ave

Registration Start Time: 9:00 AM  
Walk Start Time: 10:00 AM

Funds raised support 17,500 British Columbians living with Parkinson's disease by providing programs, services, advocacy, & research contributions.

[www.parkinson.bc.ca/superwalk](http://www.parkinson.bc.ca/superwalk)

For more information about the walk location, please contact:  
Parkinson Society BC  
(604) 662-3240

[events@parkinson.bc.ca](mailto:events@parkinson.bc.ca)  
1-800-668-3330




The Seniors Network is looking for volunteers to help out in the Pitt Meadows Community Garden Project located at Hopcott Farms. We are looking for able bodied volunteers that can visit the irrigated garden during summer months to help harvest the garden for the Seniors Food bank, and pull a few weeds as they pop up. If you are interested in volunteering please email the Seniors Network at [seniorsnetworkmpk@gmail.com](mailto:seniorsnetworkmpk@gmail.com).

Seniors Sneak Peak at the Country Fair in Maple Ridge Friday July 25th 2-4pm. We will be hosting a sneak peak of the country fair with music, affordable food and a chance to see the home craft displays and the ribbons for all of the wonderful competitions. To register please email [seniorsnetworkmpk@gmail.com](mailto:seniorsnetworkmpk@gmail.com).



**Pitt Meadows Garden Club**



*Pitt Meadows  
Garden Club*

**Meets every 3rd Monday  
at 7:00**

**12119 Harris Rd, Pitt Meadows, BC**

*Maple Ridge*



*Garden Club*

**Maple Ridge Garden Club**

Monthly meetings every 3rd  
Wednesday at Fraserview Hall.  
Doors Open at 6:30pm.

For more info:  
[www.mrgardenclub.wix.com/mapleridgegardenclub](http://www.mrgardenclub.wix.com/mapleridgegardenclub)

For more info email:  
[pittmeadowsgardenclub.ca](mailto:pittmeadowsgardenclub.ca)



**CANADA DAY  
EVENTS:**

**In Maple Ridge:**

Memorial Peace Park noon-5pm

**In Pitt Meadows:** Spirit Square from 9am-5pm





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



**Lucy Meechan**  
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**Travel Letters**  
**Certified True Copies**  
**Statutory Declarations**



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

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304-12099 Harris Rd, Pitt Meadows, BC  
[www.macdonaldmeechannotaries.com](http://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 August 31st, 2025

## 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 The Wellness Clinic volunteers!**

The Wellness Clinic has been operating for over 20 years out of the Maple Ridge Seniors Activity Centre. Volunteers welcome you, answer questions, measure blood pressure & oxygen levels, offer footcare, weigh you, document health stats for you to take to your GP, guide patrons to resources, listen and give helpful feedback. (Some clinic volunteers seen in action here.)



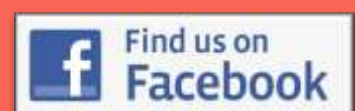
See pgs 30-31 for more info.

The Wellness Clinic volunteers consist of retired or semi-retired nurses, footcare nurses, medical support workers, and counsellors. **The clinic is FREE to all those 55+.** (Footcare is \$5 and is by appointment.) Pop on by to say hello, enjoy a coffee on us, and a treat from our community partners (Sunwood and Chartwell Willow).

If you are a nurse (footcare, LPN, RN) or other medical practitioner, a team player, and able to gift 3-6 hours monthly, contact Activity Coordinator [carmen@rmssseniors.org](mailto:carmen@rmssseniors.org).

**Thank you Wellness Clinic volunteers for all you do for the 55+ in our community!**

# THANK YOU



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

