

# GrapeVine

November & December 2025 Programming Guide













**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.

## RMSS STAFF DIRECTORY

**Executive Director, Maria Perretta** 

maria@rmssseniors.org / 604-477-9985

Administrative Coordinator, Nancy Markham

nancy@rmssseniors.org / 604-467-4593

**Activity Coordinator, Carmen Tischer** 

carmen@rmssseniors.org / 604-477-0425

**Bookkeeper** / bookkeeper@rmssseniors.org

Caregiver Connection Coordinator, Julia Larsen

julia@rmssseniors.org / 604-477-2771

**EngAge Coordinator, Jessica Rogers** 

jessica@rmssseniors.org / 604-477-2771

**Events Coordinator, Anita Bettesworth** 

anita@rmssseniors.org / 604-457-4771

Online & Software Coordinator, Vanessa De Freitas

vanessa@rmssseniors.org / 604-467-4993

Outreach Coordinator, Bev Schmahmann

info@rmssseniors.org / 604-380-0516

PM Facility Coordinator, Marcia de Vega

pmsc@rmssseniors.org / 604-457-4771

Volunteer Coordinator, Kara Matthew

kara@rmssseniors.org / 604-380-0517

Volunteer Support Assistant, Nicole Hyette

nicole@rmssseniors.org / 604-467-4993

Kitchen Supervisor, Grace Nunnikhoven

Kitchen Staff: Leah, Comfort, Maria, Mushtari

MR/PM Facility Attendants: Mojgan, Sally

Support Staff: Joys, Robyn, Sandra, Don, Darryl, Devon

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



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# RIDGE MEADOWS SENIORS SOCIETY BOARD OF DIRECTORS 2025/2026

President Karen Hjort-Olsen
Vice-President Bobbi Duncan
Secretary Patricia Gordon
Treasurer Deborah Jamieson
Director Margaret Attwell
Director Leslie Carnie
Director Beth Turner
Director Could this be you?
Director Could this be you?

### A MESSAGE FOR YOU

Welcome to the latest refresh of the GrapeVine. We needed a crisper, cleaner end product to ensure you can read what is important and relevant to you. A huge and appreciative THANK YOU to staff member, Vanessa, for her help with this. We hope you enjoy the result. Appropriately, Vanessa's job title has recently been updated to Online & Software Coordinator to better reflect the duties of her role.





Also of note, as we enter into the season of giving, some events to put on your calendar:

- Nov 22 Artisan Market at Pitt Meadows centre
- Dec 2 Craft Sale (pg. 8)
   at Maple Ridge centre
- Dec 4 Craft Sale
   at Pitt Meadows centre
   attached to the
   Christmas Cheer event

Might I also add my wishes for a wonderful season ahead. Let's be sure to count our blessings and express our thanks.

Carmen Tischer
Activity Coordinator

# **MEMBERSHIP INFORMATION**

#### MEMBERSHIP:

Membership costs \$35 and is valid for one full year at RMSS centres & off-site RMSS programming (i.e. Albion Community Centre).

- You must be 55+
- Membership is required for Enjoy the Journey bus trips.
- LIFETIME MEMBERSHIPS are for FREE for those 90 and above. These members are asked to renew annually with Member Services to confirm current contact info.
- ANYONE 55+ (including members) may try ANY new to them activity for FREE.

#### IS YOUR CONTACT INFORMATION CURRENT?



#### ARE WE UP TO DATE? DO WE HAVE ACCURATE:

- → Current address
- → Email address
- → Cell number (cancelled your landline?)
- Emergency contact

When you update others on changes to contact info - REMEMBER RMSS! This is done at Member Services. Thank you!

#### **CANCELLATION / REFUND POLICY**

- when a class is cancelled, we do our best to notify you (email / social media)
- on inclement weather days, RMSS follows School District 42 closures
- for cancelled pre-registered programs, credit is offered as make up class, credit towards next same class, or refund cheque
- members must cancel before registration close date to receive refund
- late enrollment may at times be permitted, but classes are not pro-rated



#### WHERE TO FIND RMSS CENTRES & PROGRAMS





# FREE SENIORS **COMMUNITY SHUTTLE** CHRISTMAS LIGHT TOURS



to Lafarge Lake, Coquitlam -\*INDEPENDENT WALKING TOUR\*

MONDAY: Dec 8 & 15

DEPART

RETURN

MR centre 6:30pm PM centre 6:45pm at Lafarge 7:05pm



Leave Lafarge 8:00pm PM centre 8:20pm MR centre 8:35pm



within MR/PM - seated tour

### THURSDAY: Dec 11

\*this date picks up and departs solely from PM

DEPART

RETURN

PM centre 6:30pm



PM centre 8:00pm



within MR/PM - seated tour

# FRIDAY: Dec 12 & 19

\*these dates pick up and depart solely from MR

DEPART

RETURN

MR centre 6:30pm

MR centre 8:00pm

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

PM Seniors Activity Centre 19065 119B Ave., Pitt Meadows

Worked Way Paid for by the United Way Aging 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 & for cancellations)





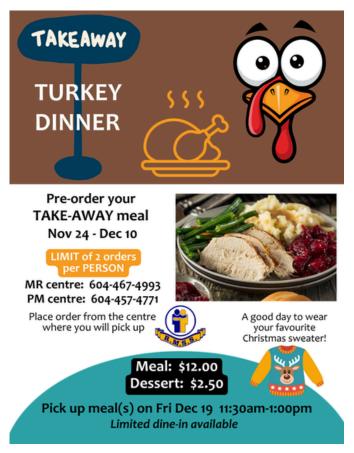


#### **EVENTS**

# **NEW TO RMSS?**

Your RMSS welcome tour awaits; come see what we are all about!









#### **EVENTS**



September 50/50 winners:

from PMSC: Val P. \$130.50 from MRSC: Dave F. \$300.00

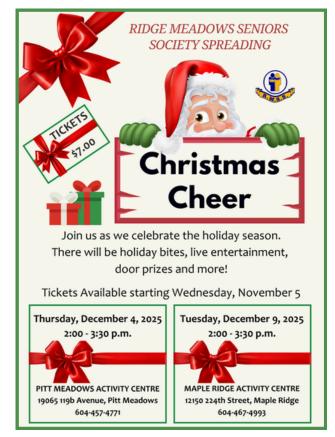
October 50/50 winners:

from PMSC: Bev B. \$105.50 from MRSC: Linda M. \$192.50

MRSC licence #160710 PMSC licence #160711









Congratulations, Myriam, on your BC Summer Games' swimming wins!





## **RMSS CENTRES WILL BE CLOSED:**

Tuesday, November 11 Thursday, December 25 Friday, December 26



(and closing December 24 at 2:00pm)



#### **PARKING 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).







#### YEAR END GIVING



# **Seniors Helping Santa**



Each year our volunteers fill bags for people in need. The group has an ongoing partnership with London Drugs which has a Christmas tree on display outside their Valley Fair Mall location. On the tree are three different tags with a list of eight items. A total of 26 items go into each bag for a local senior in need. People wishing to donate may purchase the items on the tree tag and leave them at the store where they will be picked up and put into the gift bags by volunteers.

Seniors Helping Santa packed 250 bags for our Maple Ridge and Pitt Meadows seniors in 2024.

This year, the London Drugs Christmas tree will be in place from November 12 - December 20.

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



# Different ways you can VSUPPORTY



# RMSS throughout the year:



number 604-467-4993 to log in and print your own bag labels











The next time you're stocking up, you can help support the Ridge Meadows Seniors Society (RMSS)!

It's super easy and costs you nothing extra! Just visit one of these awesome local liquor stores:

- Maple Ridge Liquor Store (207th & Lougheed Hwy)
- Kanaka Creek Liquor Store (240th & Kanaka Way)
- Lougheed Liquor Store (Harris Rd & Lougheed Hwy)

Here's the secret: when you check out, just ask the cashier to "Put it on the RMSS account!"

That's it! They will donate 5% of your total purchase to RMSS.



Your small action helps us continue connecting adults 55+ with happy, healthy lives. Tell your friends, tell your neighbours, and let's raise some funds together!

Use this QR Code to Donate Quickly and Easily!

#### **BUS TRIPS**





Bus Trips are often very popular. When sold out, a waitlist is started in case a duplicate tour is booked.

#### **PLEASE NOTE:**

- Trips are for those with current memberships.
- Only two seats for one trip may be purchased at a time.
- Registration begins at 9am at either centre.
- Payment is by cash or cheque only (deposited the day of the trip).
- No refunds issued after the "cancel by" date.
- Note parking pick up/drop off locations:

MR is generally picked up from the Legion (noted on trip details/receipt)

PM is picked up from Meadowtown Centre (details at Member Services)



Due to limited parking at RMSS centres, we acknowledge our community partners for their provision of space during bus trips.

Thank you to Legion Branch #88 and ONNI group.









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

#### **Dancing at the Legion**

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





Some photos taken

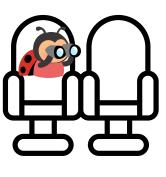


Please share your bus trip photos with us. Include trip name and those in the photo.



#### **BUS TRIPS**

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





Thu Nov 13 - CFB Esquimalt Naval Tour Details at Member Services and bulletin board. \$150



Thu Dec 18 - Heritage Christmas & Bright Nights \$90 Details at Member Services and bulletin board.



## Mon Feb 23 - Wildlife Photographer of the Year

\$170

The prestigious Wildlife Photographer of the Year exhibition is set to return to the Royal BC Museum in 2026 with 100 new incredible photos showcasing the best wildlife photography from around the world. Enjoy lunch at Steamship Grill on Victoria's Inner Harbour.

Package Includes:

- Royal BC Museum Admission
- Wildlife Photographer of the Year Exhibit
- Lunch Steamship Grill
- all fees and taxes (Additional \$36 ferry fee for under 65) (Additional meal options available on BC Ferries at your own cost.)

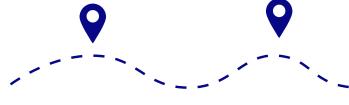
\*Up to 24 seats available

Level: Easy

Registration opens Jan 2 Cancel by Feb 13











#### **PLEASE NOTE:**

- Completion of a Fitness Waiver is required ahead of fitness class participation; it is available at Member Services desk.
- Review Par-Q+ signage ahead of starting a fitness class. It is posted in program halls.
- If new, introduce yourself to the instructor ahead of class ask any questions, review any concerns.
- For non-chair classes, equipment and personal belongings are to be stored in bins or along the walls; instructors allow for time to retrieve your equipment & water bottle. (This is to prevent tripping hazards.)
- Label water bottles and personal equipment. We are unable to store belongings on site.
- When using provided equipment, sanitization is your responsibility. Cleaning supplies are available.
- Wear appropriate fitness footwear.
- To help those with allergies and sensitivities, refrain from wearing perfume or scented products.
- STAY HOME when feeling unwell.





**RHYTHM & REACH:** 

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

**Instructor:** 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	9:15am - 10:00am	PM	Main Hall	\$2 drop-in	Not on Nov 22

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	9:00am - 9:45am	PM	Main Hall	\$2 drop-in	

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 mats.



\*Bring: your own mat, resistance band (available for purchase at member services) or tubing, and free weights (also provided). \*\*Mon 6:30pm is our most challenging class.

Weekday	Time	Centre	Room	Cost	Of Note
M - W - F	8:30am - 9:15am	MR	Halls B & C	\$2 drop-in	Not on Dec 26
**Mon	6:30pm - 7:15pm	MR	Hall C	\$2 drop-in	

#### **DANCE FIT WITH ADELA:**

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

Instructor: Adela

Enjoy this energetic Dance Fit class. We dance to everyone's favorite 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 - 12:00p	m MR	Main Hall	\$20 / 4 classes	pre-registered

**Session #5:** Nov 5, 12, 19, 26 **Reg Opens:** Oct 29

**ZUMBA GOLD** 

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

**Instructor:** Carolina

Zumba Gold is a dynamic class with choreography that focuses on balance, range of motion and coordination. Come ready to sweat and leave feeling impowered.



Weekday	Time	Centre	Room	Cost	Of Note
Mon	11:15am - 12:00pm	MR	Main Hall	\$20 / 4 classes	pre-registered

**Session #5:** Nov 10, 17, 24, Dec 1 **Reg Opens:** Nov 3





CAN'T GET TO THE LIBRARY? WE COME TO YOU! 1-888-668-4141 (EXT. 7076)

**CHAIR FIT:** 









Cost: \$2 / class (drop-in pass)
Instructors: MR: Julia PM: Lori / Lilly
ACC: Karen / Leigha

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 Thu offers Chair Fit - Level 1. MR - 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	10:00am - 10:45am	MR	Halls B & C	\$2 drop-in	Not on Dec 26
Tue - Thu	9:30am - 10:15am	MR	Hall C	\$2 drop-in	Not on Nov 11, Dec 25, Jan 1
**Thu	10:15am - 11:00am	PM	Main Hall	\$2 drop-in	Not on Dec 25, Jan 1
Sat	10:30am - 11:15am	PM	Main Hall	\$2 drop-in	Not on Nov 22
Tue	1:15pm - 2:00pm	ACC	MU 1/2	\$2 drop-in	Not on Nov 11, Dec 2
Thu	12:45pm - 1:30pm	ACC	MU 1/2	\$2 drop-in	Not on Dec 25, Jan 1













#### **FUNCTIONAL FITNESS:**

Cost: \$2 / class (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	9:00am - 9:45am	PM	Main Hall	\$2 drop-in	

**CHAIR YOGA:** 









Cost: \$2 / class (drop-in pass)
Instructors: MR: Kelli / Jamiee
PM: Adela / Kelli / Lilly

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	10:15am - 11:00am	PM	Main Hall	\$2 drop-in	
Tue	1:30pm - 2:10pm	PM	Main Hall	\$2 drop-in	not on Nov 11
Thu	11:30am - 12:15pm	PM	Main Hall	\$2 drop-in	not on Dec 4, 25, Jan 1
Thu	2:15pm - 3:00pm	MR	Hall C	\$2 drop-in	not on Dec 4, 25, Jan 1
Sat	10:30am - 11:15am	MR	Hall C	\$2 drop-in	

#### **GENTLE HATHA YOGA:**

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







at MRSC:

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

MR Instructors: Lynn / Kelli

Weekday	Time	Centre	Room	Cost	Of Note
Mon & Thu	3:30pm - 4:15pm	MR	Hall C	\$2 drop-in	not on Dec 25, Jan 1

at PMSC:

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

PM Instructor: Lynda

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

**Session #10:** Nov 18, 25, Dec 2, 9 **Reg Opens:** Oct 28

#### THERAPEUTIC YOGA:

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

**Instructor:** 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	6:30pm - 7:15pm	MR	Main Hall	\$2 drop-in	not on Nov 11

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

**Instructor:** 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	6:30pm - 7:15pm	MR	Main Hall	\$2 drop-in	not on Dec 25, Jan 1







Some more talent show photos. See them all on our Facebook page.

### PROGRAM INFORMATION - MIND & BODY FITNESS / SPORTS

#### **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	1:30pm - 2:30pm	MR	Library Room	\$2 drop-in	
Wed	2:45pm - 3:45pm	PM	Arts & Crafts	\$2 drop-in	not on Dec 24

TAI CHI / QIGONG









Cost: \$2 (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	1:30pm - 2:30pm	MR	Social Activity	\$2 drop-in	not on Dec 22, 29
Tue - Advanced	6:00pm - 7:45pm	MR Hall B \$2 drop-in		\$2 drop-in	not on Nov 11
Wed - All levels	2:00pm - 3:30pm	MR	Hall B	\$2 drop-in	not on Dec 24, 31
Fri - All levels	10:15am - 11:15am	PM	Main Hall	\$2 drop-in	not on Dec 26, Jan 2

BADMINTON: Cost: \$2 (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	5:45pm - 7:30pm	MR	Halls A & B	\$2 drop-in	
Sat	10:30am - 12:30pm	MR	Halls A & B	\$2 drop-in	

#### **PROGRAM INFORMATION - SPORTS**

CARPET BOWLING:

Cost: \$2 (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	1:00pm - 3:00pm	MR	Halls A & B	\$2 drop-in	
Thu	1:00pm - 2:30pm	PM	Main Hall	\$2 drop-in	not on Dec 4, 25, Jan 1
Fri	1:00pm - 3:00pm	MR	Halls A & B	\$2 drop-in	not on Dec 26

ICELESS CURLING: Cost: \$2 (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	2:30pm - 4:00pm	PM	Main Hall	\$2 drop-in	not on Nov 11

**TABLE TENNIS:** Cost: \$2 (drop-in pass)

Enjoy this stimulating exercise of both your mind and body





Weekday	Time	Centre	Room	Cost	Of Note		
Mon	1:15pm - 3:30pm	PM	Hall B	\$2 drop-in			
Mon	3:30pm - 5:00pm	MR	Hall A	\$2 drop-in			
Tue	8:45am - 11:00am	MR	Hall A	\$2 drop-in	not on Nov 11		
Wed	d 8:45am - 11:00am		Wed 8:45am - 11:00am MR		Hall A	\$2 drop-in	
Wed	10:15am - 12:30pm	PM	Hall A	\$2 drop-in			
Wed - beginners	12:30pm - 1:15pm	PM	Main Hall	\$2 drop-in			
Fri	Fri 8:45am - 11:00am		Hall A	\$2 drop-in	not on Dec 26		
Fri - beginners	Fri - beginners 11:00am - 12:00pm		Hall A	\$2 drop-in	not on Dec 26		
Fri	1:15pm - 3:30pm	PM	Main Hall	\$2 drop-in	not on Dec 26		

**PM** centre: call John @ 604-202-0692

#### 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 and beginners are welcome, or, if preferred, have a dedicated playtime.

#### For regular playtime &/or more information:

MR centre: call Eamonn @ 236-333-9364

Weekday	Time Centre		Room	Cost	Of Note	
Mon - Thu Fri Sat	8:45am - 7:30pm 8:45am - 4:00pm 10:00am - 3:00pm	MR	Snooker	\$4 drop-in	not on Nov 11, Dec 25, 26, Jan 1	
Mon - Fri Sat	9:00am - 4:00pm 9:00am - 1:00pm	PM	Snooker	\$4 drop-in	not on Nov 11, Dec 25, 26, Jan 1	
Tue - Ladies	2:00pm - 4:00pm	MR	Snooker	\$4 drop-in	not on Nov 11	
Wed - Ladies	Wed - Ladies 1:30pm - 3:30pm		Snooker	\$4 drop-in	not on Dec 24	
Fri - Ladies	9:00am - 12:00pm	MR	Snooker	\$4 drop-in	not on Dec 26	
Fri - Beginners	9:00am - 12:00pm	MR	Snooker	\$4 drop-in	not on Dec 26	

#### **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	8:30am - 9:45am	PM	meet in gravel parking lot	free	not on Nov 11, Dec 25
Tue	8:45am - 9:45am	MR	meet outside	free	not on Nov 11
Thu	9:00am	MR	meet outside Panorama	free	not on Dec 25, Jan 1

### **PROGRAM INFORMATION - CARDS & GAMES**

BRIDGE: Cost: \$2 (drop-in pass)

A variety of bridge clubs meet at RMSS. Most require you to bring a partner. If looking for a partner OR interested in learning to play email: carmen@rmssseniors.org.

Weekday	Time	Centre	Room	Cost	Of Note	
Mon	1:00pm - 3:45pm	PM	Hall A	\$2 drop-in		
Wed - ACBL	12:00pm - 3:30pm	MR	Hall A	\$2 drop-in	not on Dec 24	
Wed - Social	12:30-3:30pm MR		Craft Room	\$2 drop-in	not on Dec 24	
Fri - Partnership	12:30pm - 4:00pm	MR	Hall C	\$2 drop-in	not on Dec 26	

**CANASTA:** 

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

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Cost: \$2 (drop-in pass)

Weekday	Time	Centre	Room	Cost	Of Note
Thu	1:00pm - 4:00pm	MR	Lounge	\$2 drop-in	not on Dec 25, Jan 1
Fri	12:45pm - 3:45pm	PM	Lounge	\$2 drop-in	not on Dec 26

CRIB: Cost: \$2 (drop-in pass)

No partner required.

Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00pm - 3:30pm	MR	Hall C	\$2 drop-in	arrive by 12:50pm not on Nov 11
Fri	1:00pm - 3:30pm	PM	Arts & Crafts	\$2 drop-in	not on Dec 26

GAMES: Cost: \$2 (drop-in pass)

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



Weekday	Time	Centre	Room	Cost	Of Note
Thu	1:30pm - 4:00pm	MR	Lounge	\$2 drop-in	not on Dec 25, Jan 1
Fri	12:45pm - 3:45pm	PM	Wellness Room	\$2 drop-in	not on Dec 26

### PROGRAMS AT MAPLE RIDGE - WEEK AT A GLANCE

Fitness class information and descriptions on surrounding pages. Some programs listed are \*pre-registered, \*\*others may not occur each week. Inquire at Member Services.

MON	TUE	WED	THU	FRI	SAT
<b>Stay Fit 3</b>	<b>Walking Club</b>	<b>Stay Fit 3</b>	<b>Snooker</b>	<b>Stay Fit 3</b>	Check out
8:30 - 9:15am	8:45 - 9:45am	8:30 - 9:15am	8:45 - 7:30pm	8:30 - 9:15am	
<b>Snooker</b>	<b>Snooker</b>	<b>Snooker</b>	**Wellness Clinic	<b>Table Tennis</b>	our info
8:45 - 7:30pm	8:45 - 7:30pm	8:45 - 7:30pm	9:00am - noon	8:45 - 11:00am	sessions &
	<b>Table Tennis</b> 8:45 - 11:00am	<b>Table Tennis</b> 8:45 - 11:00am	<b>Tech Help</b> 9:00 - noon	Snooker - Ladies 9:00 - noon & Beg	workshops.
<b>Chair Fit</b> 10:00 - 10:45am	<b>Chair Fit</b> 9:30 - 10:15am	<b>Chair Fit</b> 10:00 - 10:45am	<b>Chair Fit</b> 9:30 - 10:15am	<b>Chair Fit</b> 10:00 - 10:45am	<b>Snooker</b> 10:00am - 3:30pm
*Zumba Gold	<b>Crafts</b>	*Dance Fit	Silvertones	**Book Club	<b>Badminton</b>
11:15 - noon	9:30 - 11:30am	11:15 - noon	9:45 - 11:15am	10:00 - noon	10:30am - 12:30pm
Hawaiian Dance	*Line Dance Int	Line Dance Abs Beg	Line Dance Fun	**Caregiver Conn	<b>Chair Yoga</b> 10:30 - 11:15am
12:15 - 1:15pm	10:45 - noon	11:15 ON 12:15pm	10:45 - noon	10:00 - 11:30am	
Carpet Bowling	<b>Scrabble</b>	<b>ACBL Bridge</b> 12:00 - 3:30pm	Canasta/Games	Table Tennis Beg	<b>Karaoke</b>
1:00 - 3:00pm	12:45 - 3:30pm		1:00 - 4:00pm	11:00 - noon	12:30 - 3:00pm
Chair Tai Chi	<b>Crib</b>	Social Bridge	**Caregiver Conn	Partnership Bridge	
1:30 - 2:30pm	1:00 - 3:30pm	12:30 - 3:30pm	1:00 - 2:30pm	12:30 - 4:00pm	
Meditation	*Wordsmith	<b>Mah Jong</b>	**Life After Loss	<b>Scrabble</b>	- · ·
1:30 - 2:30pm	1:00 - 3:00pm	1:00 - 3:30pm	1:00 - 3:00pm	12:45 - 3:30pm	
Line Dance Beg	**Memory Cafe	<b>Mexican Train</b>	<b>Mah Jong</b>	Carpet Bowling	Evening &
1:45 - 3:00pm	1:00 - 3:00pm	1:00 - 3:30pm	1:00 - 3:30pm	1:00 - 3:00pm	Weekend
<b>Gentle Hatha Yoga</b> 3:30 - 4:15pm	Ladies Snooker 2:00 - 4:00pm	<b>Tech Help</b> 1:00 - 3:00pm	<b>Ukulele</b> 1:00 - 2:30pm	<b>Create</b> 1:30 - 3:30pm	rentals available
Table Tennis 3:30 - 5:00pm		Variety Plus 1:00 - 4:00pm	<b>Chair Yoga</b> 2:15 - 3:00pm	Mon/Thu/Fri	Inquire at
<b>Badminton</b> 5:45 - 7:30pm	<b>Tai Chi Adv</b> 6:00 - 7:45pm	<b>Tai Chi</b> 2:00 - 3:30pm	<b>Gentle Hatha Yoga</b> 3:30 - 4:15pm	FREE community	604-467-4593
<b>Stay Fit 3</b> 6:30 - 7:15pm	Therapeutic Yoga 6:30 - 7:15pm	**	<b>Gentle Pilates</b> 6:30 - 7:15pm	bus trips for ALL 55+	



#### PROGRAMS AT PITT MEADOWS - WEEK AT A GLANCE

Fitness class information and descriptions on surrounding pages. Some programs listed are \*pre-registered, \*\*others may not occur each week. Inquire at Member Services.

MON	TUE	WED	THU	FRI	SAT
<b>Stay Fit 2/3</b> 9:00 - 9:45am	Walking Club 8:30 - 9:45am	Functional Fitness 9:00 - 9:45am	<b>Walking Club</b> 8:30 - 9:45am	*	N. A.
<b>Snooker</b> 9:00 - 4:00pm	<b>Snooker</b> 9:00 - 4:00pm	<b>Snooker</b> 9:00 - 4:00pm	<b>Latin Line Dance</b> 9:00 - 9:45am	<b>Snooker</b> 9:00 - 4:00pm	<b>Snooker</b> 9:00 - 1:00pm
	Coffee Shop O	pen 9:15am - 11:	15am - 2:15pm		Coffee Shop 9:30am - 12:30pm
**Caregiver Conn 9:30 - 11:00am	Scrabble 10:00 - noon	<b>Crafts</b> 9:30 - 11:30am	<b>Ukulele</b> 10:00 - 11:30am	<b>*Painting</b> 9:30 - noon	<b>Rhythm &amp; Reach</b> 9:15 - 10:00am
<b>Chair Yoga</b> 10:15 - 11:00am	*Gentle Hatha Yoga 12:15 - 1:00pm	<b>Table Tennis</b> 10:15 - 12:30pm	<b>Chair Fit 1</b> 10:15 - 11:00am	<b>Tai Chi</b> 10:15 - 11:15am	<b>Jam Session</b> 10:00 - noon
	Lunch Se	erved 11:30am - 1	2:30pm		
Line Dance Beg 11:3 <b>ON</b> 20pm	<b>Mah Jong</b> 1:00 - 3:30pm	Table Tennis Beg 12:30 - 1:15pm	<b>Chair Yoga</b> 11:30 - 12:15pm	Line Dance Fun 11:3 <b>00</b> 0000000000000000000000000000000000	<b>Chair Fit</b> 10:30 - 11:15am
<b>Bridge</b> 1:00 - 3:45pm	<b>Chair Yoga</b> 1:30 - 2:10pm	<b>Whist</b> 1:00 - 3:00pm	Carpet Bowling 1:00 - 2:30pm	Games/Canasta 12:45 - 3:45pm	**Create 10:30 - 12:30pm
Table Tennis 1:15 - 3:30pm	*French 2:30 - 3:30pm	Ladies Snooker 1:30 - 3:30pm	**Memory Cafe 1:00 - 3:00pm	<b>Crib</b> 1:00 - 3:30pm	Our centres
Iceless Curling 2:30 - 4:00pm		<b>Ballet</b> 2:00 - 3:00pm	<b>Tech Help</b> 1:00 - 3:00pm	Table Tennis 1:15 - 3:30pm	offer take -
_	Weekend available	<b>Meditation</b> 2:45 - 3:45pm	<b>Snooker</b> 9:00 - 4:00pm	RMSS offers	soups & meals
Inqui 604-45	ire at 7-4771	<b>Flamenco</b> 3:00 - 4:00pm		many great events	& Medis

# PROGRAMS AT ALBION COMMUNITY CENTRE - WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT
R. A	<b>Chair Fit</b> 1:15 - 2:00pm		<b>Chair Fit</b> 12:45 - 1:30pm	Get / renew you and drop-in passe 12:45 - 1:15pm	es 1 <sup>st</sup> Tue monthly

Albion Community Centre - 24165 104 Ave. Maple Ridge. This is space offered by XX Maple Ridge



### **PROGRAM INFORMATION - CARDS & GAMES**

MAH JONG: This tile-based game combines skill, strategy, and luck. Cost: \$2 (drop-in pass)

Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00pm - 3:30pm	PM	Common Area	\$2 drop-in	not on Nov 11
Wed	1:00pm - 3:30pm	MR	Library	\$2 drop-in	not on Dec 24, 31
Thu	1:00pm - 3:30pm	MR	SA & Lounge	\$2 drop-in	not on Dec 25, Jan 1

**MEXICAN TRAIN:** A unique, fun version of dominoes.

Cost: \$2 (drop-in pass)

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

**SCRABBLE:** A great way to keep your language skills sharp.

Cost: \$2 (drop-in pass)

Weekday	Time	Centre	Room	Cost	Of Note (A)
Tue	10:00am - 12:00pm	PM	Arts & Crafts	\$2 drop-in	not on Nov 11
Tue	12:45pm - 3:30pm	MR	Library	\$2 drop-in	not on Nov 11
Fri	12:45pm - 3:30pm	MR	Library	\$2 drop-in	not on Dec 26

WHIST: A strategic trick-taking card game played in teams.

Cost: \$2 (drop-in pass)

Weekday	Time	Centre	Room	Cost	Of Note V
Wed	1:00pm - 3:00pm	PM	Lounge	\$2 drop-in	not on Dec 24



#### **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.

**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 is 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 Sep and Jan

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 page...14 How about Latin Line Dance? See poster on page...12



Program	Day	Time	Centre	Room	Cost	Of Note
Ballet	Wed	2:00pm - 3:00pm	PM	Hall B	\$2 drop-in	not on Dec 24, Dec 31
Flamenco	Wed	3:00pm - 4:00pm	PM	Hall B	\$2 drop-in	not on Dec 24, Dec 31
Hawaiian	Mon	12:15pm - 1:15pm	MR	Hall C	\$2 drop-in	
Line Dance - absolute beg	Wed	11:15am - 12:15pm	MR	Hall B	\$2 drop-in	on hold
Line Dance - beginners	Mon	11:30am - 12:30pm	PM	Main Hall	\$2 drop-in	on hold
Line Dance - beginners	Mon	1:45pm - 3:00pm	MR	Hall C	\$2 drop-in	
Line Dance Fun	Thu	10:45am - 12:00pm	MR	Hall C	\$2 drop-in	not on Dec 25, Jan 1
Line Dance Fun	Fri	11:30am - 12:30pm	PM	Main Hall	\$2 drop-in	on hold
Line Dance - intermediate	Tue	10:45am - 12:00pm	MR	Main Hall	Pre-registered \$22/11 classes	in session

### **PROGRAM INFORMATION - THE ARTS**

BOOK CLUB: Cost: \$2 (drop-in pass)

This book club reviews books with movie adaptations.

Movies are viewed on a specified date. Meets Fridays - twice a month.

Weekday	Time	Centre	Room	Cost	Of Note
Fri	10:00 - 12:00pm	MR	SA/Boardroom	\$2 drop-in	Nov 7, 21, Dec 5, 19

CRAFTS: Cost: \$2 (drop-in pass)

These knitting groups share a passion for visiting, sharing ideas, and working on projects for sale. You are also welcome to bring your 'from home' hobby craft.

Weekday	Time	Centre	Room	Cost	Of Note
Tue	9:30am - 11:30am	MR	Craft Room	\$2 drop-in	not Nov 11
Wed	9:30am - 11:30am	PM	Arts & Crafts	\$2 drop-in	not on Dec 24, 31

CREATE: Cost: \$2 (drop-in pass)

A drop-in studio for artists to convene, create, and collectively inspire. Bring your project & supplies. We provide the space.

Weekday	Time	Centre	Room	Cost	Of Note
Fri	1:30pm - 3:30pm	MR	Social Activity	\$2 drop-in	not Dec 26
Sat	10:30am - 12:30pm	PM	Arts & Crafts	\$2 drop-in	monthly: Nov 8 (cross stitch pg. 30); Dec 13

#### **CONVERSATIONAL FRENCH:**

An intermediate level class using group discussion on a variety of topics to improve language skills. Vocabulary, verbs, and grammar reviewed through songs, stories, games & activities. The facilitator is not fluent but a former teacher - join the fun!

Weekday	Time	Centre	Room	Cost	Of Note
Tue	2:30pm - 3:30pm	PM	Arts & Crafts	\$20/10 classes	pre-registered; in session

#### **PAINTING WITH KIM:**

Cost: dependent on project

Cost: equivalent to \$2/class

An artist leads you through a project to create a beautiful canvas.

Weekday	Time	Centre	Room	Cost	Of Note
Fri	9:30am - 12:00pm	PM	Arts & Crafts	\$15/ 1 class	details on pg. 30

#### **PROGRAM INFORMATION - MUSIC**

JAM SESSION: Cost: \$2 (drop-in pass)

Bring your instrument and favourite songs. Enjoy weekly!

Weekday	Time	Centre	Room	Cost	Of Note
Sat	10:00am - 12:00pm	PM	Lounge	\$2 drop-in	not on Nov 22, Dec 20, 27

KARAOKE: Cost: \$2 (drop-in pass)

Karaoke is a great place to meet others, watch others perform, even sing along!

Weekday	Time	Centre	Room	Cost	Of Note
Sat	12:30pm - 3:00pm	MR	Lounge	\$2 drop-in	not on Dec 27

SILVERTONES CHOIR: Cost: \$2 (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	9:45am - 11:15am	MR	Hall A	\$2 drop-in	ends Dec 11; resumes Jan15

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

Lillian inspires you to have fun! Both regular and beginners classes offered.

Weekday	Time	Centre	Room	Cost	Of Note
Thu - some exp.	10:00am - 11:30am	PM	Arts & Crafts	\$2 drop-in	27.
Thu - beginners	12:15pm - 1:00pm	MR	Hall A	\$2 drop-in	ends Nov 27; resuming Jan 8
Thu - some exp.	1:00pm - 2:30pm	MR	Hall A	\$2 drop-in	

VARIETY PLUS: Cost: time & commitment

Having fun with music, dance and comedy. Singing or theatre experience preferred. At capacity - but looking for additional men to join.

Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00pm - 4:00pm	MR	Hall C	time & commitment	ends Dec 10; resumes Jan 14

#### **PROGRAM INFORMATION**

TECH HELP: Cost: \$2 (drop-in pass)

Volunteers: MR: Peter / Somi

PM: Lance

Receive tech help from our patient volunteers. Bring your smart phone, laptop, iPad, tablet, electronic notebook... and get help with:

-staying cyber smart

-setting up a video call (i.e. Zoom, Skype, etc)

-troubleshooting YOUR specific issue

-setting up an email account

-learning how to load and use apps

-setting up a Facebook account

Book your 30 minute appointment ahead of your visit:

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

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

Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00pm - 3:00pm	MR	Library Room	\$2 by appt	not Dec 24, 31
Thu	9:00am - 12:00pm	MR	Boardroom	\$2 by appt	not Dec 25, Jan 1
Thu	1:00pm - 3:00pm	PM	Lounge	\$2 by appt	not Dec 25, Jan 1

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

Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00pm - 3:00pm	MR	Social Activity	FREE	by appt. Nov 5

**WELLNESS CLINIC:** A bi-monthly clinic allowing for a WELLNESS CHECK by nurses: blood pressure monitoring oxygen levels measured, have questions answered. Your vitals are given to you to share with your own physician as part of regular monitoring.

Clinic is open to all 55+. Drop-in. Professional foot care offered (by appt.)

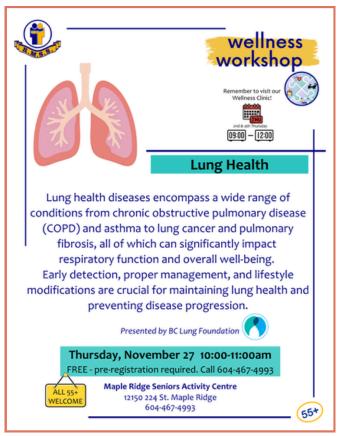
The clinic's mission statement is "to create a relevant meeting place where 55+ adults can connect with others. communicate their health concerns and come away confidently knowing they are in command of their well-being."

	well-being.	Ŭ,			
Weekday	Time	Centre	Room	Cost	Of Note
Thu	9:00am - 12:00pm	MR	Social Activity	FREE! \$5 foot care	Nov 13 & 27 Dec 4 & 11

#### **WELLNESS**





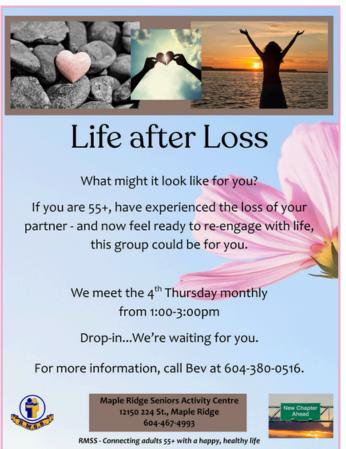










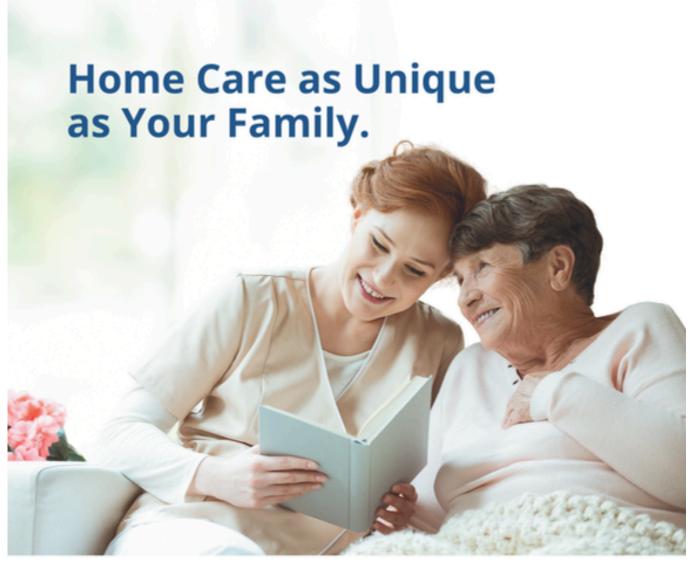












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# EMERALD PIG THEATRICAL SOCIETY PROUDLY PRESENTS



# TOO MANY COOKS

A Comedy by Douglas Hughes and Marcia Kash Directed by Simon Challenger





Albion Community Centre, Maple Ridge November 6 to 8, 2025 at 7:30pm November 9, 2025 at 1:00pm





Heritage Hall, Pitt Meadows November 13 to 15, 2025 at 7:30pm November 16, 2025 at 1:00pm





TICKETS AT EMERALDPIG. CA OR SCAN THE QR CODE

Produced by arrangement with Concord Theatricals



#### **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







**THANK YOU** to Linda M. and Linda C. for overseeing the Panorama fundraiser for RMSS foodbank to support our local seniors (and Gil C. for the heavy lifting)!

### \$3000.00 raised in monetary donations 15 large boxes of food items!

This act of generosity changed lives to RMSS Foodbank recipients over Thanksgiving.

# Foodbank is available at Maple Ridge & Pitt Meadows centres - by appointment

The RMSS foodbank allows our seniors a great place to come 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**



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 contact Julia at 604-477-2771 / julia@rmssseniors.org





#### SUPPORT GROUPS THAT MEET AT RMSS CENTRES:

Caregiver Connection: bi-weekly at Pitt Meadows centre (1st & 3rd Mon 9:30-11:00am)

bi-weekly at Maple Ridge centre (1<sup>st</sup> & 3<sup>rd</sup> Thu 1:00-2:30pm) bi-weekly at Maple Ridge centre (1<sup>st</sup> & 3<sup>rd</sup> Fri 10:00-11:30am)

contact Julia at 604-477-2771 / julia@rmssseniors.org

Life after Loss: monthly at Maple Ridge centre (4th Thu 1:00-3:00pm)

contact Bev at 604-380-0516 / info@rmssseniors.org

Purple Angels Memory Café: bi-weekly at Maple Ridge centre (1st & 3rd Tue1:00-3:00pm)

bi-weekly at Pitt Meadows centre (2<sup>nd</sup> & 4<sup>th</sup> Thu 1:00-3:00pm

contact Myrna 604-477-9628 / the.normans@shaw.ca

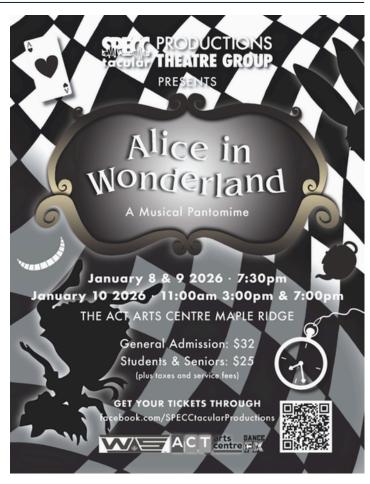
**Alzheimer Society of BC:** monthly (2nd Tue 6:15-7:45pm); phone 1-800-936-6033 to register

**Stroke Recovery:** weekly at Maple Ridge centre (except 1<sup>st</sup> Fri meet off-site; 10:00am-noon)

phone 604-688-3603 / office@strokerecoverybc.ca









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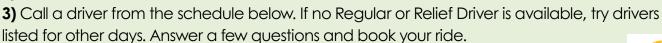
Must present this coupon at time of initial appointment.

Valid until December 31st, 2025

#### **NEED A RIDE? It's Simple!**

### RMSS DRIVING SERVICE

- 1) Have a current RMSS Membership: \$35 a year or complimentary for those 90+
- 2) Please try to book at least one week ahead. Include all additional stops.



- 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.

Rate Sheets are available at centres & from Drivers

#### 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 ~ Surrey \$30
Royal Columbian \$30 ~ Burnaby \$35 ~ Abbotsford \$40 ~ Lions Gate \$50

Regular Driver	Monday	Tuesday	Wednesday	Thursday	Friday
Drivers Available for Maple Ridge & Pitt Meadows Trips:					
<b>Rory M</b> (mornings) 604-866-6889	<b>√</b>	<b>√</b>	<b>√</b>		
<b>Tami D</b> (afternoons) 604-209-0752	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>
Drivers Available for Local and Metro Vancouver Trip During Business Hours:					
<b>Gordon C</b> 778-840-3557	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	$\checkmark$
<b>Maike E</b> (mornings) 250-256-9468	<b>√</b>	Relief Driver	Relief Driver	<b>√</b>	
<b>Claudia F</b> 604-467-8385			<b>√</b>		<b>√</b>
<b>Duffy M</b> 604-466-9617	$\checkmark$	<b>√</b>		<b>√</b>	
<b>Joys S</b> 604-726-8868	Relief Driver	Relief Driver	<b>✓</b>	Relief Driver	Relief Driver

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.

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



# Lawrence Mok, MLA Maple Ridge East

- #102-23015 Dewdney Trunk Rd Open Weekdays 9:00AM - 4:00PM
- Lawrence.Mok.MLA@leg.bc.ca
- 604-476-4530 | 1-877-899-3215



### **OUR OFFICE IS HERE TO HELP WITH:**

- Issues related to provincial ministries and agencies.
- Concerns with government policies and decision-making.
- Navigating provincial programs and and services

# OUR OFFICE IS A GREAT RESOURCE FOR SENIORS LOOKING INTO:

- Housing Support for Seniors
- Resources and Planning for Ageing
- Information and Support for Elders Abuse.
- Transportation Resources.
- Health-related care and services





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Eye exams: Costs are covered by provincial health care for eligible seniors at participating locations. Eye exams performed by an independent Optometrist, who is an owner of the Specsavers retail store. 50% off lens options: Must be 65 years + as of purchase date. Conditions and exclusions apply, see Specsavers.ca for details. Progressive lenses: Cannot be used with other offers. 1.5 Standard progressive lenses (or 1.6 for rimless ranges) and scratch-resistant treatment included. Excludes safety eyewear. Extra Options available at an additional charge. Subject to suitability.



Lisa Beare, MLA Maple Ridge - Pitt Meadows #104 - 20130 Lougheed Hwy Maple Ridge, BC V2X 2P7 PH: 604-465-9299

lisa.beare.MLA@leg.bc.ca

www.lisabeare.ca

# Our Community Office Can Help With:



LEGISLATIVE ASSEMBLY

- 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



The holiday season is here, and we'll be joining the celebrations at upcoming community events. Come by our booth to share in the cheer!



Construction has begun on 98 new affordable rental homes for seniors in Maple Ridge.

Located on Royal Crescent, the development is being delivered in partnership with New Vista Society and supported by the Province's Community Housing Fund. The project will feature one- and two-bedroom units as well as common areas to foster social connection, helping seniors with low to moderate incomes stay connected to their community. The homes are expected to be ready in 2027.

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## **AROUND TOWN**



# Park Amenity Donation Program

The City invites residents, community groups, businesses and visitors to support our parks by donating amenities.

Honour a love one, celebrate an occasion, or give back—your gift enhances our parks and includes a personalized plaque.

Support existing features like trees and benches or fund new additions.

#### Learn more:

604.465.2434

parkdonation@pittmeadows.ca pittmeadows.ca/parksdonation





# REMEMBRANCE DAY SERVICES:

PM: 10:45am-noon MR: 10:30-11:30am



# SN Monthly Education Series:

Aging with Flavour

Nov 5, 1:00-2:30pm

upstairs at the Maple Ridge Public Library

Learn from Candace Gordon about nutrition and tasting our way through healthy tips.

Register: seniors-networkmpk@gmail.com



#### COFFEE & CONNECT:

Thu Nov 6 10:30-11:30am
Home Restaurant
Coffee & conversation social for seniors. Ian Treleaven to address "Artificial Intelligence - friend or foe?"



#### Santa Clause Parade

Saturday, December 6 - 6:00pm Downtown Maple Ridge



#### **CPKC Christmas Train**

Friday, December 19 8:00-8:30pm, Port Haney Crossing, MR 9:05-9:35pm, Harris Rd. Crossing, PM





# I am here to listen to your concerns and take your voice to Ottawa!

My office is here to provide resources and support on Federal Services



22369 Lougheed Hwy, Maple Ridge



604.466.2761



marcdaltonmp.com



marc.dalton@parl.gc.ca

#### **WORKSHOP & EVENT DETAILS**

Nov 6: Armchair Traveller: Thailand (see pg. 31) \$2.00 drop-in; Thu Nov 6 1:30-2:30pm at PM centre; reserve your seat at 604-457-4771

Nov 7: Event: Bingo (see pg. 6) \$10.00; Fri Nov 7 1:30-3:30pm at MR centre; tickets now on sale

Nov 8/15: Workshop: Learn to Cross Stitch (see pg. 30) \$10.00 (two weeks); Sat 10:00-11:30pm at PM centre; reg open

Nov 11: RMSS centres closed for REMEMBRANCE DAY

Nov. 13: Workshop: Tech Security (see pg. 31) \$2.00 drop-in pass; Thu Nov 13 10:00-11:30am at MR centre; pre-register at 604-467-4993

Nov 13: Pop-Up Service Clinic: Wheelchair & Walker Service (see pg. 31)

Nov 15: Workshop: Chronic Pain Self-Management (see pg. 29)
FREE; 6 weeks; Sat Nov 15-Dec 20 10:30am-1:00pm at MR centre; phone 604-940-1273

Nov 19: Info Session: Navigating Grief During the Holidays (see pg. 29) FREE; Wed Nov 19 1:00-2:30pm at MR centre; pre-register at 604-467-4993

Nov 22: Event: Artisan Market (see pg. 3) FREE; Sat Nov 22 10:30am-2:30pm at PM centre

Nov 27: Wellness Workshop: Lung Health (see pg. 29) FREE; Thu Nov 27 10:00-11:00am at MR centre; pre-register at 604-467-4993

Dec 2: Event: Craft Sale (see pg. 8) 10:00am-1:00pm at MR centre

**Dec 4:** Event: Christmas Cheer (see pg. 7) \$7.00; Thu Dec 4 2:00-3:30pm at PM centre; tickets available starting Nov 5

Dec 6: Workshop: Flower Arranging (see pg. 30) \$35.00; Sat Dec 6 1:00-2:30pm at MR centre; pre-register at 604-467-4993

**Dec 9: Event: Christmas Cheer** (see pg. 7) \$7.00; Tue Dec 9 2:00-3:30pm at MR centre; tickets available starting Nov 5

**Dec 19: Event: Take-away Turkey Dinner** (see pg. 6)

Dec 24: RMSS centres close 2:00pm for CHRISTMAS EVE

Dec 25/26: RMSS centres closed for CHRISTMAS / BOXING DAY









### **OUR VISION**

Connecting adults 55+ with a happy, healthy life.

**VOLUNTEER APPRECIATION!** 

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

We want to nominate...Lance, Peter, Somi

Our amazing tech volunteers! These wizards help us manage our devices - and solve many an issue.

We appreciate your time, patience and help.

Thank you for all you do for the 55+ in our community!





# Feel Right at Home

At Venvi Sunwood, every day is a chance to connect, grow, and enjoy life. From engaging events and cozy spaces to chef-inspired meals, you'll feel right at home. Friendships thrive, activities inspire, and life here is all about celebrating everyday moments that matter.

Call 604-463-5527 for your meal and tour today!

VENVI

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12241 224th St, Maple Ridge

venvisunwood.ca

