



GrapeVine

January & February 2026 Programming Guide



Maple Ridge





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.

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MR/PM Facility Attendants: Mojgan, Sally

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

Room Rentals: nancy@rmssseniors.org / 604-467-4593

VOLUNTEER BOARD MEMBERS NEEDED!



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**RIDGE MEADOWS
SENIORS SOCIETY
BOARD OF DIRECTORS
2025/2026**

President	Karen Hjort-Olsen
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Director	Could this be you?
Director	Could this be you?

A MESSAGE FOR YOU



The start of a new year always brings a sense of excitement—an opportunity to begin fresh, embrace new possibilities, and make positive changes. That is certainly my hope, both personally and in the work we do together to support seniors in our community in living happy, healthy lives.

We are beginning this year with a few important updates to our operations. I'm pleased to share that Kathy Baxter has accepted the role of bookkeeper. Kathy first joined RMSS as a volunteer at our Member Services desk before serving on our Board of Directors. During a period of transition, she graciously stepped in as our temporary bookkeeper and has done an exceptional job navigating the complexities of our financial systems. I am delighted to officially welcome Kathy into this role permanently.

It is with sadness that we also announce the retirement of our long-time employee of 22 years, the heart of our workplace, Nancy. Her enthusiasm, sense of humour, and commitment have shaped RMSS in countless ways. While we are excited for her, we will miss her deeply. I'm confident we'll see her again as one of our cherished volunteers.

Nancy's departure leaves a significant gap, but it also presents an opportunity to evolve the Administrative Coordinator position into a more operations-focused role. The redefined position will assume key day-to-day operational management of both centres and provide leadership for 8 (of our 24) staff members. This adjustment will enable me to dedicate more time to strategic priorities for the society and to more fully support our program staff. I look forward to announcing our new Operations Manager once the selection process is completed.

As we welcome the new year, I'd love to hear about your resolutions or goals. I encourage each of you to try something new at our centres or through our community partners. Keeping life fresh with new learning and activities can bring renewed energy and joy. Please stop by for a chat—I'd love to hear what you have planned for 2026.

Maria Perretta
Executive Director



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

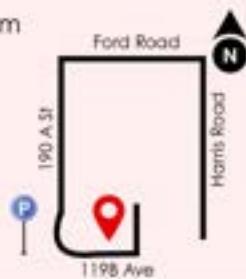
Maple Ridge
Seniors Activity Centre
12150 224 St., Maple Ridge

Member Services:
Mon - Thu 9:00am - 7:30pm
Fri 9:00 - 3:30pm
Sat 10:00am - 3:30pm
Closed Jan 1 & Feb 16



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

Member Services:
Mon - Fri 9:00am - 3:30pm
Sat 9:00am - 1:00pm
Closed Jan 1 & Feb 16



Albion Community Centre
24165 104 Ave., Maple Ridge
(limited RMSS programs)

Member Services Support:
Tue Jan 6 & Feb 3
12:45-1:15pm





SENIORS COMMUNITY SHUTTLE



We are adding additional community pick-up locations to allow more 55+ to access this FREE service!

Mondays: (not on stat holidays)	Pick-up times	Location	Drop-off times
	9:10am	Pitt Meadows centre	1:20pm
Water Wellness @ MR Leisure Ctr.	9:20am	Meadow Highlands Co-op	1:15pm
	9:40am	Maple Towers	12:55pm
	9:50am	Haney Pioneer Village	12:45pm
	10:00am	Maple Ridge centre	12:35pm
	10:05am	Maple Ridge Leisure Centre	12:30pm

(at MR Leisure Centre for 2+ hours)

Some services & shopping within walking distance of MR Leisure Centre:

- Haney Mall
- Service BC/ Service Canada
- Thrift Stores
- Coffee Shops
- MR Library
- Restaurants
- Medical Services
- Pharmacies
- Memorial Peace Park

**COMING
SOON**

WEDNESDAYS: East/Central Maple Ridge pick-ups to go to Meadowtown;

FRIDAYS: West Maple Ridge/Pitt Meadows pick-ups to go to Freemont Village.)

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 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!

SAVE THE DATE!

RMSS WELCOME TOUR

Join us for a facility tour, meet the RMSS Outreach Coordinator, Bev Schmehmann, learn more about us and enjoy a complimentary hot beverage!



www.rmssseniors.org



Two Locations and Times:

Pitt Meadows Activity Centre

19065 119B Ave, Pitt Meadows

SECOND WEDNESDAY MONTHLY

10:00am - 11:00am

Maple Ridge Activity Centre

12150 224th Street, Maple Ridge

SECOND THURSDAY MONTHLY

10:00am - 11:00am

Thank You

FOR SUPPORTING

THE RMSS 2025 CHRISTMAS CHEER SOCIAL

RMSS PITT MEADOWS
CRAFT LADIES



Maple Ridge
Hansel & Gretel Bakery



Austin Fish & Chips
Pitt Meadows



BEAT THE WINTER BLUES

Come in out of the cold and shake off those winter chills! Join us for a cozy, feel-good gathering filled with warm drinks and tasty food.

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

Tuesday, January 20
2:00 to 3:30 p.m.

We'll have live music to lift your spirits and a dance floor waiting for you - let's heat up the afternoon and chase those blues away!

Tickets Available starting
Monday, January 5

TICKETS
\$7.00

WEAR
BLUE

PIE & ICE CREAM

TUESDAY, JANUARY 6
& FEBRUARY 3

DROP-IN 1:00 TO 3:00 PM

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

PITT MEADOWS SENIORS
ACTIVITY CENTRE

19065 119B AVE PITT MEADOWS
604-457-4771



EVENTS

SAVE THE DATE

B I N G O



BINGO WILL BE BACK IN MAPLE RIDGE

Friday, February 6
1:30 to 3:30pm



Watch for January ticket sales!

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





AN ITALIAN AFFAIR

An afternoon social celebrating Italy's rich culture and its hosting of the Olympic Games.



Thursday, February 12
2:00 to 3:30 p.m.

Enjoy the spirit of Italy through lively music, delicious food and refreshing drinks as we gather for a relaxed afternoon of fun & connections.

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



TICKETS
\$7.00

Tickets available starting Monday, January 5

Theme Lunch
Flavours of the
World



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

SCOTLAND
Scottish Cuisine
FRIDAY, JANUARY 23
In recognition of Robbie Burns Day



ITALY
Italian Cuisine
FRIDAY, FEBRUARY 13



DROP-IN: 11:30 a.m. - 1:00 p.m.

Regular Lunch Prices in Effect

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



KARAOKE
PARTY
BROADWAY THEME

ENTRY
\$2 DROP IN PASS

Saturday, February 28, 2026
12:30 - 3:00 p.m.

Come join us for a fun, no pressure afternoon of Broadway hits, good vibes & great company.

Sing your favorite Broadway songs (or cheer on others!)

Enjoy tasty refreshments from the concession.



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

RMSS membership required
But if it's your first time, it's **FREE**





November 50/50 winners:
 from PMSC: Marsha D. \$104.00
 from MRSC: Kathleen H. \$234.00

December 50/50 winners:
 from PMSC: Don P. \$ 76.00
 from MRSC: Lillian H. \$207.50

MRSC licence #160710
 PMSC licence #160711



BRITISH COLUMBIA

RMSS CENTRES WILL BE CLOSED:

Thursday, January 1 (New Year's Day)



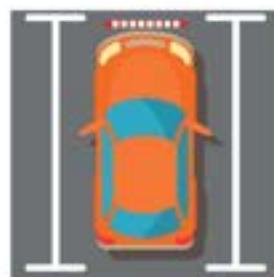
Monday, February 16 (Family Day)



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).



Painting with Kim classes:
 "Apples" above, "Owls" below





WELLNESS CLINIC



Helping you take care of YOU!



Thanks to a grant from the Pitt Meadows Lions Club, a monthly Wellness Clinic is coming to Pitt Meadows!



Are you a registered or retired nurse looking to volunteer your time? Perhaps you offer foot care service? We would love to hear from you.
 Please email: carmen@rmssseniors.org



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

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

BUS TRIPS

**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

**Wed Mar 18 - Gulf of Georgia Cannery****\$150**

Step back in time on the Gulf of Georgia Cannery Tour! Take an entertaining and educational guided tour of this National Historic Site, wander charming Steveston Village and Wharf, explore Britannia Shipyards, and savour a relaxes lunch at O'Hare's GastroPub. History, sights, and local flavours await!

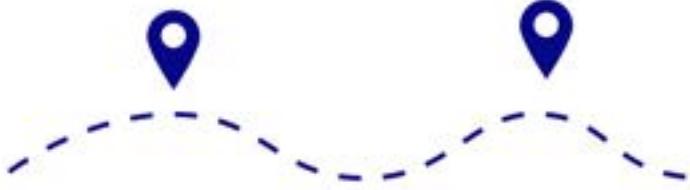
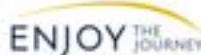
Package Includes:

- Gulf of Georgia Cannery Tour
- Britannia Shipyards
- Steveston Village & Wharf
- Lunch O'Hare's GastroPub

*Up to 24 seats available

Level: Easy

Registration opens Jan 27
Cancel by Mar 10



PROGRAM INFORMATION - FITNESS

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.



PAR-Q+



Stay
HOME
IF SICK

FREE

LATIN LINE DANCE

Gumbo **Salsa**
bachata **DANCE** **merengue**

To secure enough participants, we need to find a better time slot for this incredibly fun Latin Line Dance class. Please attend the **FREE** option that would work best for you. (You can let us know if both work as well.)

Endorsement: Ana cares for her students. She is committed to helping them feel the music, stay relaxed and enjoy every moment! Her big smile makes for a joyful and happy atmosphere.

OPTION #1: Wed Jan 14 1:00-1:45pm
OPTION #2: Fri Jan 16 9:00-9:45am

With sufficient interest, we will continue Latin Line Dance as a pre-registered class at the more popular time.
 (No dance experience OR partner required.)

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

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

LAST NAME (print) _____

It's Fitness Waiver renewal time!
 Each January we ask members to complete a fresh waiver. These are required and only referenced in case of emergency.

Please read carefully. If you do not understand any portion of this waiver, please ask for assistance.

For the purposes of this waiver/release, the term **Exercise Program** refers to all exercise programs offered through Ridge Meadows Seniors Society (RMSS). (Exercise programs refers to all fitness programs.)

In consideration of the acceptance of my application to the Exercise Program, I, undersigned, for myself, my dependents, heirs, executors, administrators, assigns, relatives, devisees, discharge, and hold completely harmless Ridge Meadows Seniors Society (RMSS), the organizers and sponsors of the Exercise Program, and their respective officers, agents, employees, agents and volunteers (collectively called the "Organizers"), from all and all actions, claims, damages, losses, damages or causes of action arising out of, or in connection with, any exercise, activities, or damage to my person or property, including, any expenses of any kind resulting from my participation or attendance, at the Exercise Program, whether arising by reason of my negligence or the negligence of the Organizers or otherwise.

I confirm that I have **read** to participate in the Exercise Program after having consulted with my physician.

I acknowledge my responsibility to inform the class instructor of ANY health issues noted on this waiver.

I agree to notify both my instructor and RMSS by updating this waiver should ANY changes occur (including emergency contact information at Member Services).

Signature of Participant _____ Date: (MM/DD/YY) _____

SAMPLE

Please turn over →
 Page 1 of 2

PROGRAM INFORMATION - FITNESS

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	

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	Not on Feb 16

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 Feb 16
**Mon	6:30pm - 7:15pm	MR	Hall C	\$2 drop-in	Not on Feb 16

PROGRAM INFORMATION - FITNESS

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 - 12:00pm	MR	Main Hall	\$20 / 4 classes	pre-registered

Session #1: Jan 7, 14, 21, 28 **Reg Opens:** Jan 2

Session #2: Feb 4, 11, 18, 25 **Reg Opens:** Jan 28

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 empowered.



Weekday	Time	Centre	Room	Cost	Of Note
Mon	11:15am - 12:00pm	MR	Main Hall	\$20 / 4 classes *\$15 / 3 classes	pre-registered

Session #1: Jan 12, 19, 26, Feb 2 **Reg Opens:** Jan 2

***Session #2:** Feb 9 (not 16), 23, Mar 2 **Reg Opens:** Feb 2



Library For You™ provides materials to people who are unable to visit the library due to illness or disability. Find the right service for you.

Email: libraryforyou@fvrl.bc.ca

Web: www.fvrl.ca/library-you



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

Read. Learn. Play. | www.fvrl.ca

PROGRAM INFORMATION - FITNESS

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 Feb 16
Tue - Thu	9:30am - 10:15am	MR	Hall C	\$2 drop-in	Not on Jan 1
**Thu	10:15am - 11:00am	PM	Main Hall	\$2 drop-in	Not on Jan 1
Sat	10:30am - 11:15am	PM	Main Hall	\$2 drop-in	
Tue	1:15pm - 2:00pm	ACC	MU 1/2	\$2 drop-in	
Thu	12:45pm - 1:30pm	ACC	MU 1/2	\$2 drop-in	Not on 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	

PROGRAM INFORMATION - FITNESS

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	not on Feb 16
Tue	1:30pm - 2:10pm	PM	Main Hall	\$2 drop-in	
Thu	11:30am - 12:15pm	PM	Main Hall	\$2 drop-in	not on Jan 1, Feb 12
Thu	2:15pm - 3:00pm	MR	Hall C	\$2 drop-in	not on 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 Jan 1, Feb 16

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 #1: Jan 13, 20, 27, Feb 3 **Reg Opens:** Jan 2 **Session #2:** Feb 17, 24, Mar 3, 10 **Reg Opens:** Feb 3

PROGRAM INFORMATION - FITNESS

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	

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 Jan 1



Over the past year, many participated in the Social Meals program provided by a United Way grant. Lots of smiles to be seen!



On inclement weather days, we will notify using social media. Alternately, if School District 42 is closed (i.e. snow day), then RMSS centres and programs are as well.

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	not on Feb 16
Wed	2:45pm - 3:45pm	PM	Arts & Crafts	\$2 drop-in	

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 Feb 16
Tue - Advanced	6:00pm - 7:45pm	MR	Hall B	\$2 drop-in	
Wed - All levels	2:00pm - 3:30pm	MR	Hall A	\$2 drop-in	
Fri - All levels	10:15am - 11:15am	PM	Main Hall	\$2 drop-in	

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	not on Feb 16
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	not on Feb 16
Thu	1:00pm - 2:30pm	PM	Main Hall	\$2 drop-in	not on Jan 1, Feb 12
Fri	1:00pm - 3:00pm	MR	Halls A & B	\$2 drop-in	

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	

TABLE TENNIS:

Cost: \$2 (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	1:15pm - 3:30pm	PM	Hall B	\$2 drop-in	not on Feb 16
Tue	8:45am - 11:00am	MR	Hall A	\$2 drop-in	
Tue	3:30pm - 5:00pm	MR	Hall A	\$2 drop-in	
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	8:45am - 11:00am	MR	Hall A	\$2 drop-in	
Fri - beginners	11:00am - 12:00pm	MR	Hall A	\$2 drop-in	
Fri	1:15pm - 3:30pm	PM	Main Hall	\$2 drop-in	

PROGRAM INFORMATION

SNOOKER:

Snooker is a cue sport with roots going back to English billiards. RMSS membership is required to participate. You can pay a drop-in fee (noted below) for individual play time, or an annual membership for unlimited play. Women and beginners 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 @ 604-202-0692

Weekday	Time	Centre	Room	Cost	Of Note
Mon - Thu	8:45am - 7:30pm				
Fri	8:45am - 3:30pm	MR	Snooker	\$4 drop-in	not on Jan 1, Feb 16
Sat	10:00am - 3:30pm				
Mon - Fri	9:00am - 4:00pm				
Sat	9:00am - 1:00pm	PM	Snooker	\$4 drop-in	not on Jan 1, Feb 16
Tue - Ladies	2:00pm - 4:00pm	MR	Snooker	\$4 drop-in	
Wed - Ladies	1:30pm - 3:30pm	PM	Snooker	\$4 drop-in	
Fri - Ladies	9:00am - 12:00pm	MR	Snooker	\$4 drop-in	
Fri - Beginners	9:00am - 12:00pm	MR	Snooker	\$4 drop-in	

WALKING CLUBS:

Walking has many benefits from improving circulation and lightening one's mood to being a joint friendly form of exercise and improving one's sleep. Join us, rain or shine! No cost involved. Coffee shops are open upon your return where you can visit with others.



Weekday	Time	Centre	Room	Cost	Of Note
Tue - Thu	8:30am - 9:45am	PM	meet in gravel parking lot	free	not on Jan 1
Tue	8:45am - 9:45am	MR	meet outside	free	
Thu	9:00am	MR	meet outside Panorama	free	not on 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	not on Feb 16
Wed - Social	12:30pm - 3:30pm	MR	Craft Room	\$2 drop-in	
Fri - Partnership	12:30pm - 4:00pm	MR	Hall C	\$2 drop-in	

CANASTA:

Cost: \$2 (drop-in pass)

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



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

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
Fri	1:00pm - 3:30pm	PM	Arts & Crafts	\$2 drop-in	

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 Jan 1
Fri	12:45pm - 3:45pm	PM	Wellness Room	\$2 drop-in	

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



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	
Stay Fit 2/3 9:00 - 9:45am	Walking Club 8:30 - 9:45am	Functional Fitness 9:00 - 9:45am	Walking Club 8:30 - 9:45am			
Snooker 9:00 - 4:00pm	Snooker 9:00 - 4:00pm	Snooker 9:00 - 4:00pm	Ukulele - Beg 9:00 - 9:45am	Snooker 9:00 - 4:00pm	Snooker 9:00 - 1:00pm	
Coffee Shop Open 9:15am - 11:15am - 2:15pm						
**Caregiver Conn 9:30 - 11:00am	Scrabble 10:00 - noon	Crafts 9:30 - 11:30am	Ukulele 10:00 - 11:30am	*Painting 9:30 - noon	Rhythm & Reach 9:15 - 10:00am	
Chair Yoga 10:15 - 11:00am	*Gentle Hatha Yoga 12:15 - 1:00pm	Table Tennis 10:15 - 12:30pm	Chair Fit 1 10:15 - 11:00am	Tai Chi 10:15 - 11:15am	Jam Session 10:00 - noon	
Lunch Served 11:30am - 12:30pm						
Line Dance Beg 11:30 - 12:30pm	Mah Jong 1:00 - 3:30pm	Table Tennis Beg 12:30 - 1:15pm	Chair Yoga 11:30 - 12:15pm	Line Dance Fun 11:30 - 12:30pm	Chair Fit 10:30 - 11:15am	
Bridge 1:00 - 3:45pm	Chair Yoga 1:30 - 2:10pm	Whist 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	Crib 1:00 - 3:30pm	Our centres offer take-away frozen soups & meals	
	Iceless Curling 2:30 - 4:00pm	Ballet 2:00 - 3:00pm	Tech Help 1:00 - 3:00pm	Table Tennis 1:15 - 3:30pm		
Evening & Weekend rentals available Inquire at 604-457-4771		Meditation 2:45 - 3:45pm	Snooker 9:00 - 4:00pm	RMSS offers many great events		
		Flamenco 3:00 - 4:00pm				

PROGRAMS AT ALBION COMMUNITY CENTRE - WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT
	Chair Fit 1:15 - 2:00pm		Chair Fit 12:45 - 1:30pm	Get / renew your membership and drop-in passes 1 st Tue monthly 12:45 - 1:15pm	

Albion Community Centre - 24165 104 Ave. Maple Ridge. This is space offered by  **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	
Wed	1:00pm - 3:30pm	MR	Library	\$2 drop-in	
Thu	1:00pm - 4:00pm	MR	Lounge	\$2 drop-in	not on Jan 1



MEXICAN TRAIN: A unique, fun version of dominoes. **Cost: \$2 (drop-in pass)**

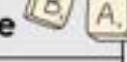
Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00pm - 3:30pm	MR	Lounge	\$2 drop-in	not the last Wed of the month



SCRABBLE: A great way to keep your language skills sharp. **Cost: \$2 (drop-in pass)**



Weekday	Time	Centre	Room	Cost	Of Note
Tue	10:00am - 12:00pm	PM	Arts & Crafts	\$2 drop-in	
Tue	12:45pm - 3:30pm	MR	Library	\$2 drop-in	
Fri	12:45pm - 3:30pm	MR	Library	\$2 drop-in	



WHIST: A strategic trick-taking card game played in teams. **Cost: \$2 (drop-in pass)**



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



Meals on Wheels

...more than a meal

community

SERVICES

Changing Lives Together

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



604-467-6811

RMSSseniors.org



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.



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	
Flamenco	Wed	3:00pm - 4:00pm	PM	Hall B	\$2 drop-in	
Hawaiian	Mon	12:15pm - 1:15pm	MR	Hall C	\$2 drop-in	not on Feb 16
Line Dance - absolute beg	Wed	11:15am - 12:15pm	MR	Hall B	\$2 drop-in	resumes Feb 4
Line Dance - beginners	Mon	11:30am - 12:30pm	PM	Main Hall	\$2 drop-in	not on Feb 16
Line Dance - beginners	Mon	1:45pm - 3:00pm	MR	Hall C	\$2 drop-in	not on Feb 16
Line Dance Fun	Thu	10:45am - 12:00pm	MR	Hall C	\$2 drop-in	not on Jan 1
Line Dance Fun	Fri	11:30am - 12:30pm	PM	Main Hall	\$2 drop-in	
Line Dance - intermediate	Tue	10:45am - 12:00pm	MR	Main Hall	Pre-registered \$20/10 classes	starts Jan 6

PROGRAM INFORMATION - THE ARTS

BOOK CLUB:

Cost: \$2 (drop-in pass)

Known as "The Mavericks" this personable book club meets Fridays - twice a month.

Books are selected by the group and are borrowed from the local library.



Weekday	Time	Centre	Room	Cost	Of Note
Fri	10:00 - 12:00pm	MR	Library	\$2 drop-in	meets Jan 9, 23 & Feb 13, 27

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	
Wed	9:30am - 11:30am	PM	Arts & Crafts	\$2 drop-in	

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	
Sat	10:30am - 12:30pm	PM	Arts & Crafts	\$2 drop-in	monthly: Jan 10 & Feb 14

CONVERSATIONAL FRENCH:

Cost: equivalent to \$2/class

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	\$12/6 classes	pre-registered; starts Jan 13

PAINTING WITH KIM:

Cost: dependent on project

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	\$35/2 classes	details on pg. 30

PROGRAM INFORMATION - MUSIC

JAM SESSION:

Bring your instrument and favourite songs. Enjoy weekly!

Cost: \$2 (drop-in pass)



Weekday	Time	Centre	Room	Cost	Of Note
Sat	10:00am - 12:00pm	PM	Lounge	\$2 drop-in	

KARAOKE:

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

Cost: \$2 (drop-in pass)



Weekday	Time	Centre	Room	Cost	Of Note
Sat	12:30pm - 3:00pm	MR	Lounge	\$2 drop-in	

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	resumes Jan 15

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 - beginners	9:00am - 9:45am	PM	Arts & Crafts	\$2 drop-in	not on Jan 1
Thu - some exp.	10:00am - 11:30am	PM	Arts & Crafts	\$2 drop-in	not on Jan 1
Thu - beginners	12:15pm - 1:00pm	MR	Hall A	\$2 drop-in	not on Jan 1
Thu - some exp.	1:00pm - 2:30pm	MR	Hall A	\$2 drop-in	not on Jan 1

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	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:

-setting up an email account

-learning how to load and use apps

-setting up a Facebook account



-staying cyber smart

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

-troubleshooting YOUR specific issue

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	
Thu	9:00am - 12:00pm	MR	Boardroom	\$2 by appt	not Jan 1
Thu	1:00pm - 3:00pm	PM	Lounge	\$2 by appt	not 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
Thu	12:00pm - 2:30pm	MR	Craft Room	FREE	resumes in Mar

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."

Weekday	Time	Centre	Room	Cost	Of Note
Thu	9:00am - 12:00pm	MR	Social Activity	FREE! \$5 foot care	Jan 8 & 22 Feb 12 & 26

WELLNESS



WELLNESS CLINIC

Helping you take care of YOU!



55+

Upcoming dates:
Jan 8 & 22
Feb 12 & 26

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



09:00 — 12:00



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

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

This interactive workshop helps older adults understand the vital connection between sleep quality and brain health.

- How sleep patterns & brain function change with age
- The role of deep sleep in memory, mood, and brain "cleaning"
- Identify factors that impact sleep quality
- Explore simple, evidence-based sleep hygiene and relaxation techniques
- Create a personalized bedtime routine to support restorative sleep

A community service presentation by Comfort Keepers



Thursday, January 22 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

55+

KNOWLEDGE+SKILLS+CONFIDENCE

Chronic Pain Self-Management Program



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

FREE Six-Session Workshop for Adults with Any Kind of Ongoing Pain

Family Members and Friends Welcome

DATES/TIME: January 17, 2026 to February 21, 2026

Saturdays, 10:30am to 1:00pm

LOCATION: Maple Ridge Seniors Activity Centre

12150 224 Street, Maple Ridge BC

TO REGISTER: Call 604-940-1273 - Email selfmgmt@uvic.ca

www.selfmanagementbc.ca

Connect with us: SelfManagementBC SelfManagementBC



Self Management BC programs follow a strict confidentiality policy. For the health and well-being of all participants, please refrain from sharing experiences in our workshops. Thank you!™



University of Victoria



Institute on Aging



Self-Management



British Columbia

Self-Management BC is supported by the Province of British Columbia



wellness workshop

Remember to visit our Wellness Clinic!



Sleep Smart: How Rest Shapes the Aging Brain



This interactive workshop helps older adults understand the vital connection between sleep quality and brain health.

- How sleep patterns & brain function change with age
- The role of deep sleep in memory, mood, and brain "cleaning"
- Identify factors that impact sleep quality
- Explore simple, evidence-based sleep hygiene and relaxation techniques
- Create a personalized bedtime routine to support restorative sleep

A community service presentation by Comfort Keepers



Thursday, January 22 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

55+

wellness workshop

Remember to visit our Wellness Clinic!



Heart Health: T.I.A. and Stroke Awareness

Did you know that over 80% of strokes are PREVENTABLE?

Come and learn:

- the difference between T.I.A. and types of stroke
- over which risk factors we are able to affect change
- the five signs of a stroke and how to respond
- F.A.S.T. acronym
- heart healthy suggestions

A community service presentation by Proof of Care, presented by a registered nurse.



Thursday, February 26 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

55+



Intermediate Conversational French

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. The facilitator is not a fluent French speaker, but as a former teacher she tries to make learning fun. Join us to help us all improve our French skills!

Tuesdays

2:30 - 3:30pm

Pre-registered: Jan 13 - Feb 17

Cost: \$12 (6 weeks)

Minimum 6 registered to proceed. (Max 14)
Registration opens Jan 2

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

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

55+



painting & mixed media

PAINTING w/ Kim

Two-part pre-registered classes:

Sess #1: Jan 30 & Feb 6

reg. opens Jan 2

Sess #2: Feb 27 & Mar 6

reg. opens Feb 6

9:30am-noon

Cost: \$25.00*

(includes instruction and supplies)

Min 5, Max 11 participants

*RMSS membership required

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

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



55+



Beginner Bridge Lessons

WITH JIM

Do you want to learn how to play partnership bridge? This limited series will equip you with the basics to get started. For those who have little to NO experience. (In fact, the less you know, the better!) ☺

Thursdays

12:30-2:00pm

Pre-registered: Jan 29 - Mar 19

Cost: \$16/8 classes

Minimum 4 registered to proceed. (Max 16)
Registration opens Jan 8

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

55+

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



Sess #1



Sess #2



PAINTING w/ Kim

Two-part pre-registered classes:

Sess #1: Jan 30 & Feb 6

reg. opens Jan 2

Sess #2: Feb 27 & Mar 6

reg. opens Feb 6

9:30am-noon

Cost: \$25.00*

(includes instruction and supplies)

Min 5, Max 11 participants

*RMSS membership required

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

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



TECH WORKSHOP

with tech volunteer, Peter



TECH SECURITY for SENIORS

A Simple Guide

TOPICS covered:

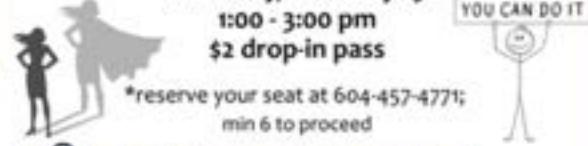
- creating strong passwords
- recognizing online scams
- safe internet browsing
- protecting your devices
- mobile device security
- staying safe on the phone
- backup your data
- how to report security issues



Thursday, February 19

1:00 - 3:00 pm

\$2 drop-in pass



*reserve your seat at 604-457-4771;
min 6 to proceed

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

55+



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

European River Cruise



Thu Feb 5
1:30-2:30pm

Let's take a river cruise from Budapest to Amsterdam!

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

Reserve your spot by phone
at the centre you wish to attend
Cost \$2.00 drop-in pass

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

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



India



Thu Feb 19
1:30-2:30pm

Join avid traveller Larry as he shares photos from India!

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



**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

Bi-Weekly at Maple Ridge Activity Centre
Bi-Weekly at Pitt Meadows Activity Centre
Bi-Weekly at Golden Ears United Church
Monthly at Maple Ridge Seniors Village

Drop-in includes:

- One to One Support & Telephone Support
- Circle of Care Support
- Monthly Educational Sessions for Caregivers to Learn New Tools & Resources

To register or for more info contact:
Julia Larsen, Caregiver Connection Coordinator
julia@rmssseniors.org or phone 604-477-2771

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



EngAge Ridge Day Program
"Connecting adults 55+ with a happy, healthy life."

Ridge Meadows Seniors Society offers a day program designed specifically for older adults (55+) with mild to moderate cognitive limitations. Participants can EngAge in structured group activities that promote cognitive function, physical health, and social connection.

Register Today!

Phone 604-477-2771
Email jessica@rmssseniors.org

NOW OPEN EngAge Meadows Day Program
Mondays & Tuesdays
Pitt Meadows Seniors Activity Centre
by MM2PM 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

Wednesdays & Fridays
from 9:00-2:30PM
at the Maple Ridge Seniors Activity Centre

 Therapeutic Activation Program for Seniors (TAPS)



**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

1st & 3rd Tuesdays 1:00-3:00pm
Maple Ridge Seniors Activity Centre
12150 224 St., Maple Ridge
604-467-4993

2nd & 4th Thursdays 1:00-3:00pm
Pitt Meadows Seniors Activity Centre
19065 119B Avenue, Pitt Meadows
604-457-4771

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604-457-3763



www.lowermainlanddenture.ca
C2-12460 191 Street, Pitt Meadows

Danielle Ramos
Registered Denturist

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 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



Life after Loss

What might it look like for you?

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

We meet the 4th Thursday monthly from 1:00-3:00pm

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

For more information, call Bev at 604-380-0516



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

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



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

A partnership between Friends in Need Food Bank and RMSS makes it possible for seniors to shop for free essentials. FIN Food Bank provides the veggies, meat, dairy, eggs, dry good and other essentials through food recovery programs with local grocery stores and RMSS administers the seniors program.

Thank you for the monetary donations to support this program when we sometimes fall short of the essentials seniors need.

If you are aware of a senior who could use help with free groceries contact Bev 604-380-0516 to find out details.



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

Anticipatory Grief Info Session



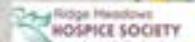
Presented by April Dove in partnership with Ridge Meadows Hospice Society

LEARN WHAT ANTICIPATORY GRIEF IS, HOW IT CAN SHOW UP EMOTIONALLY AND PHYSICALLY, AND WAYS TO SUPPORT YOURSELF AS YOU NAVIGATE AND MOVE THROUGH THIS FORM OF GRIEF

TUESDAY FEBRUARY 24, 10:00AM -12:00PM

MAPLE RIDGE SENIORS ACTIVITY CENTRE
12150 224 STREET

REGISTER WITH JULIA
604-477-2771 or julia@rmssseniors.org

 Ridge Meadows Seniors Society  United Way Healthy Aging  Ridge Meadows HOSPISE SOCIETY Focus on Quality of Life



NAVIGATING ONLINE DEMENTIA RESOURCES

FREE!

Learn how to Navigate McGill University's Online Dementia Education Program for Caregivers

Presented by RMSS Caregiver Connection Coordinator, Julia Larsen

TO REGISTER:

MAPLE RIDGE	MAPLE RIDGE SENIORS ACTIVITY CENTRE
TUE JAN 13	12150 224 STREET
10:00AM-12:00PM	604-467-4993

PITT MEADOWS	PITT MEADOWS SENIORS ACTIVITY CENTRE
TUE JAN 20	19065 119B AVE
2:00-3:30PM	604-457-4771

 Ridge Meadows Seniors Society  United Way British Columbia  McGill University's Online Dementia Education Program for Caregivers

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 (1st & 3rd Wed 10:00-11:30am)
bi-weekly at Maple Ridge centre (1st & 3rd 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 Tue 1:00-3:00pm)
bi-weekly at Pitt Meadows centre (2nd & 4th 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 (Fridays 10:00am-noon)
phone 604-688-3603 / office@strokerecoverybc.ca





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778-998-2013

info@beezhomecare.ca
beezhomecare.ca

FOOTCARE

Certified FootCare Nurse/RN



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



Available Dates

Jan 5 & 12
Feb 2 & 9

\$40



Maple Ridge Seniors Activity Centre
12150 224 Street, Maple Ridge

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Albion Community Centre, Maple Ridge
 January 15 to 17, 2026 at 7:30pm
 January 18, 2026 at 1:00pm



Maple
Ridge

TICKETS AT EMERALDPIG.CA OR SCAN THE QR CODE

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- 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.
- 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.



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:					
Tami D (afternoons) 604-209-0752		✓	✓	✓	
Drivers Available for Local and Metro Vancouver Trip During Business Hours:					
Gordon C 778-840-3557	✓	✓	✓	✓	✓
Maile E (mornings) 250-256-9468	✓	Relief Driver	Relief Driver	✓	
Claudia F 604-467-8385			✓		✓
Duffy M 604-466-9617	✓	✓		✓	
Joys S 604-726-8868	Relief Driver	Relief Driver	✓	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



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



With the new year underway, we're excited to see you at community events. Stop by to say hello, ask questions, and stay connected with local programs and services. Wishing you a wonderful year ahead.



BC Seniors Advocate

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

Toll-free: 1-877-952-3181

Open weekdays: 8:30-4:30

Email: info@seniorsadvocatebc.ca



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pittmeadows.ca/parksdonation



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MONDAYS 11:30AM - 1PM
at the Readridge Meadows Library

TUESDAYS 5:30PM - 6:30PM
at the Readridge Meadows Library

TUESDAYS 10AM - 11AM
at the Maple Ridge Library 2nd Floor, Room 100

THURSDAYS 10:45 AM - 12:15PM
at the Readridge Meadows Library

READRIDGE MEADOWS CLC@GMAIL.COM WWW.READRIDGE MEADOWS.CA

Alzheimer Society BRITISH COLUMBIA

Caregiver support group



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

This group offers the chance to connect with others with similar experiences and learn about dementia and community resources.

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

WHERE
Maple Ridge Seniors
Activity Centre
12150 224th Street

REGISTRATION
Call the First Link® Dementia Helpline at
1-800-936-6033

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604.466.2761

marcdaltonmp.com

marc.dalton@parl.gc.ca

WORKSHOP & EVENT DETAILS

Jan 1: RMSS centres closed for NEW YEAR'S DAY

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

Jan 13: Workshop: **Navigating Online Dementia Resources** (see pg. 35)
FREE; Tue 10:00am-noon at MR centre; pre-register at 604-467-4993



Jan 17: Workshop: **Chronic Pain Self-Management** (see pg. 29)
FREE; 6 weeks; Sat Jan 17-Feb 21 10:30am-1:00pm at MR centre; pre-reg @ 604-940-1273

Jan 20: Workshop: **Navigating Online Dementia Resources** (see pg. 35)
FREE; Tue Jan 20 2:00-3:30pm at PM centre; pre-register at 604-457-4771

Jan 20: Event: **Beat the Winter Blues** (see pg. 6)
\$7.00; Tue Jan 20 2:00-3:30pm at MR centre; ticket sales begin Jan 5



Jan 22: Wellness Workshop: **Sleep Smart** (see pg. 29)
FREE; Thu Jan 22 10:00-11:00am at MR centre; pre-register at 604-467-4993

Jan 23: Theme Lunch: **Scottish Cuisine** (see pg. 7); regular lunch pricing; at MR centre

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

Feb 5: Armchair Traveller: **European River Cruise** (see pg. 30)
\$2.00 drop-in pass; Thu Feb 5 1:30-2:30pm at PM centre

Feb 6: Event: **Bingo** (see pg. 7); \$10.00; Fri Feb 6 1:30-3:30pm at MR centre

Feb 12: Event: **An Italian Affair** (see pg. 7)
\$7.00; Thu Feb 12 2:00-3:30pm at PM centre; ticket sales begin Jan 5



Feb 13: Theme Lunch: **Italian Cuisine** (see pg. 7); regular lunch pricing; at MR centre

Feb 16: RMSS centres closed for **FAMILY DAY**

Feb 19: Workshop: **Tech Security** (see pg. 30); \$2 pass; Thu Feb 19 1:00-3:00pm at PM centre

Feb 19: Armchair Traveller: **India** (see pg. 30)
\$2.00 drop-in pass; Thu Feb 19 1:30-2:30pm at MR centre

Feb 24: Info Session: **Anticipatory Grief** (see pg. 35); FREE; pre-register with Julia at 604-477-2771

Feb 26: Wellness Workshop: **Heart Health** (see pg. 29)
FREE; Thu Feb 26 10:00-11:00am at MR centre; pre-register at 604-467-4993



Feb 28: Event: **Broadway Themed Karaoke** (see pg. 7)
\$2 drop-in pass; Sat Feb 28 12:30-3:00pm at MR centre

OUR VISION

Connecting adults 55+ with a happy, healthy life.

VOLUNTEER APPRECIATION!

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

We want to nominate...

Our fabulous Tai Chi volunteer instructors! These three love to teach the practice that has inspired them to donate their time and invest their talents in teaching others.

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



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