



GrapeVine

May & June 2026 Programming Guide



From the Strawberry Tea to Seniors Week celebrations,
see what's happening at our centres on pages 6-9



Maple Ridge



City of
Pitt Meadows
THE *Natural* PLACE





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

Operations Manager, Carmen Tischer

carmen@rmssseniors.org / 604-467-4593

Activity Coordinator, Vanessa De Freitas

vanessa@rmssseniors.org / 604-477-0425

Bookkeeper, Kathy Baxter

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 Bettsworth

anita@rmssseniors.org / 604-457-4771

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 Hytte

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, Rita, Robyn, Sandra, Don, Darryl

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

MR Room Rentals: pmsc@rmssseniors.org / 604-457-4771



RMSS Members are welcome to attend any Open Board Meeting. We meet the 3rd Thursday each month, 9:30-10:30am.

Upcoming: May 21 at PM centre & Jun 18 at MR centre

TABLE OF CONTENTS:

A Message for You 3
 Membership Information 4
 Events 5-9
 Bus Trips 11
 Program Information 12-31
 Week at a Glance 22-23
 Outreach Services 34
 Caregiver Support 35
 Driving Service 39
 Around Town 42
 Info Sessions & Events Index .. 43
 Volunteer Recognition 44

RIDGE MEADOWS SENIORS SOCIETY BOARD OF DIRECTORS 2025/2026

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 Director *Could this be you?*

A MESSAGE FOR YOU

Happy New (fiscal) Year!!!! This past year has brought another remarkable period of growth in participation, as well as increased requests for services, assistance, and resources. In January 2025, Maria shared with you that our two centres were the busiest they had ever been and she has recently reported we may have surpassed even those numbers!

There are many reasons for this growth. More seniors are taking proactive steps to stay active, social, and engaged in order to age well. It also reflects the work our staff do every day to thoughtfully balance rising demand by creating programming that meets the evolving needs of today's seniors. A great deal of planning goes into staggering activities, developing niche programs, and securing offsite spaces to help ease peak times.

While it's wonderful to see so many seniors prioritizing their health and well-being, we know this growth has also brought challenges, parking being one of the concerns staff hear dozens of times per day. We truly understand how frustrating it can be to find a spot.

Please know we hear your feedback specifically about empty Residential Visitor spaces at Maple Ridge and the open spaces on the northeast side often sitting empty during the day. Please be assured, we have asked to allow the Activity Centre to share some of those empty spots during the week, and turning them back to residential at 4pm, but here we are no further ahead. As tempting as it is to use those areas, the residential tower has begun towing vehicles that do not display the proper pass, so we ask you to leave those spaces empty. In the meantime, know that we continue to work with the City of Maple Ridge, who owns the seniors centre and the entire parking lot, to explore solutions. If you're able, please consider carpooling, walking, or biking to the centres.

To help ensure parking at the Maple Ridge Centre is reserved for our community members, staff will be introducing the same decal system used at our Pitt Meadows Centre. If you already have a Pitt Meadows decal, you're all set. Your existing decal will work at the Maple Ridge Seniors Activity Centre as well. We expect to begin issuing decals at the Member Services Desk by mid-month. When you come in, please bring your license plate number and your FOB. We thank all our members for their co-operation during this time and look forward to welcoming you to both Centres.

Karen Hjort-Olsen


RMSS Board - President



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 **drop-in** class for **FREE**.
- Look for the FOB  to note which activities require membership. *(FREE trial not applicable for pre-reg programs)*

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

<p>Maple Ridge Seniors Activity Centre 12150 224 St., Maple Ridge</p> <p>Member Services: Mon - Thu 9:00am - 7:30pm Fri 9:00 - 3:30pm Sat 10:00am - 3:30pm Closed May 18</p> 	<p>Pitt Meadows Seniors Activity Centre 19065 119B Ave., Pitt Meadows</p> <p>Member Services: Mon - Fri 9:00am - 3:30pm Sat 9:00am - 1:00pm Closed May 18 Closed Jun 6</p> 	<p>Albion Community Centre 24165 104 Ave., Maple Ridge <i>(limited RMSS programs)</i></p> <p>Member Services Support: Tue May 5 & 7 12:45-1:15pm Thu Jun 2 & 4 12:15-12:45pm</p> 
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RMSS SECURE DOCUMENT SHRED-A-THON FUNDRAISER



ONSITE SHREDDING PROVIDED BY RECORDXPRESS

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

Saturday June 13, 2026
9am - 12pm



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



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

SPONSORED BY:



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 Schmahmann, 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

PIE & ICE CREAM

TUESDAY, MAY 5 & JUNE 9

DROP-IN 1:00 TO 3:00 PM

\$4 INCLUDES
A SLICE OF PIE, ICE CREAM
& A BEVERAGE



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



Thursday May 21, 2026

1:30 - 3:30 p.m.

Tickets are \$10.00 which includes 2 Bingo Cards

6 Games will be Played

Additional cards may be purchased on the day of the event

Snacks &
Refreshments
for purchase at the
Coffee Shop

**PITT MEADOWS SENIORS
ACTIVITY CENTRE**
19065 119b Avenue, Pitt Meadows
(604) 457-4771



Licence# 169205



THEME LUNCH



FLAVOURS OF THE WORLD
**MEXICAN
CUISINE**

Get ready to spice up your day! Join the fiesta!
Expect bold flavours, vibrant colours & a delicious
spread inspired by classic Mexican cuisine.



FRIDAY MAY 8

DROP-IN: 11:30 am - 12:30 pm
Regular Lunch Prices in Effect

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



EVENTS

COMMUNITY GARAGE SALE

Saturday, MAY 23rd

10:30 AM TO 2:00 PM



25+ tables filled with treasures!!

Concession & 50/50 ticket sales

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



For more info, contact Events Coordinator at 604-457-4771
anita@rmssseniors.org

MUSIC JAM / POETRY SLAM

IT'S AN AFTERNOON TO SIT BACK & ENJOY THE TALENTS OF SOME OF OUR LOCAL ARTISTS



ALL 55+ WELCOME

EVENT DATE: FRIDAY, MAY 15, 2026
TIME: 2:00PM - 3:30PM
LOCATION: MAPLE RIDGE ACTIVITY CENTRE
12150 224th Street

EXPECT SOME HEART WARMING POETRY, COMEDIC POETRY SLAMS & TOE TAPING MUSICAL MELODIES.

\$2.00 DROP-IN Fee
If it's your first time, it's FREE

Enjoy tasty refreshments for purchase at the concession.



Celebrating Seniors Week...
FIT 4 LIFE Senior's Games

beach edition



Tuesday, June 2nd
10:00 AM to 12:00 PM

Come join us for an exciting mix of friendly competition, engaging activities and plenty of fun games, including...an obstacle course, target games and much, much more.

FREE

Note: Bag Lunch Included



Sign-up Begins on May 4th

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

Celebrate Seniors Week at our Traditional

Strawberry Tea

ALL 55+ WELCOME

Here's a sweet afternoon you don't want to miss. Join us for homemade strawberry shortcake, delicious tea and delightful live music.

THURSDAY, JUNE 4



2:00 - 3:30 PM

Tickets **\$7.00**

Go on Sale May 11 Cash Only

PITT MEADOWS SENIORS ACTIVITY CENTRE

19065 119B AVE
PITT MEADOWS
604-457-4771






PITT MEADOWS DAY PARADE

Saturday, June 6th

Meet at Pitt Meadows Activity Centre
19065 119b Street, Pitt Meadows
10:00 a.m.

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

In honour of the Parade's 85th Anniversary wear **BLUE & GOLD** Which happen to be RMSS colours too!!!





PIE & ICE CREAM COMES TO MAPLE RIDGE

FRIDAY, JUNE 19
DROP-IN 1:00 TO 3:00 PM

\$4 INCLUDES
A SLICE OF PIE, ICE CREAM & A BEVERAGE

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




WORLD CUP COVERAGE



VIEWING PARTY

PITT MEADOWS SENIORS ACTIVITY CENTRE
19065 119B AVE



CANADA



VS



BOSNIA & HERZEGOVINA



FRIDAY, JUNE 12
12:00 PM

COME & CHEER FOR CANADA!!!

REFRESHMENTS & TREATS FOR PURCHASE AVAILABLE AT THE CONCESSION

For More Information Call 604-457-4771






BACK BY POPULAR DEMAND

In Honour of National Seniors Day

We're hosting an exciting Talent Show and we want YOU to be a part of it! Whether it's singing, dancing, comedy, magic or something unique. We welcome all kinds of performances. (for 55+)



**TALENT SHOW
CALL OUT**

EVENT DATE: October 1, 2026
LOCATION: Maple Ridge Seniors Activity Ctr
SUBMISSION DEADLINE: August 10, 2026
HOW TO ENTER: Contact the Events Coordinator at anita@rmssseniors.org



SENIORS COMMUNITY SHUTTLE



Coming to a
stop near you!

WEDNESDAYS TO MEADOWTOWN SHOPPING CENTRE

Pick-up Locations

- Albion Community Centre
- Haney Pioneer Village
- Community Services
- Maple Ridge Seniors Centre
- Maple Towers

PICK UP between 10:20-11:10am
RETURN between 1:25-1:50pm

arrive at Meadowtown 11:30am;
depart 1:00pm

FRIDAYS TO FREMONT VILLAGE SHOPPING CENTRE

Pick-up Locations

- Maple Ridge Seniors Centre
- Hammond Comm. Centre
- Maple Ridge Alliance Church
- South Bonson Comm. Centre
- Meadows Highlands Co-op
- Pitt Meadows Seniors Centre

PICK UP between 10:00-11:00am
RETURN between 1:00-2:00pm

arrive at Fremont Village 11:15am;
depart 12:45pm



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



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



ALL 55+
WELCOME



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

Phone Mon - Thu 4:00-7:00pm to reserve your FREE seat:
604-467-4993 (up to one week in advance & for cancellations)



We would like to extend a sincere **thank you** to two wonderful groups:

- **RMSS Variety Plus:** Congratulations on another fantastic sold-out show! A total of \$3600 from ticket sales and the 50/50 draw go directly towards supporting RMSS programming.
- **Maple Ridge Craft Ladies:** For their wonderful and generous donation to the society!



THANK YOU



IMPORTANT! Maple Ridge Parking Update:



New parking decals are coming to Maple Ridge!

Starting mid-May, stop by the front desk with your license plate number and FOB to pick yours up. Already have a Pitt Meadows decal? Good news - you're already covered for both centres!



**Elder Abuse Awareness:
Local Resources & Support**



Recognizing the signs of elder abuse is a community responsibility. Join RMSS this June in fostering a culture of safety and support for ALL seniors.

Primary Local Contact: RMSS Outreach

- Reach out to our Outreach Coordinator, Bev Schmahmann for confidential support & guidance.

Phone: 604-380-0516

Fraser Health REACT

- To report abuse, neglect, or self-neglect.

Phone: 1-877-732-2808

Public Guardian and Trustee of BC

- To report financial abuse of a vulnerable adult.

Phone: 604-660-4444

Assisted Living Registrar

- For concerns regarding abuse or neglect in assisted living facilities.

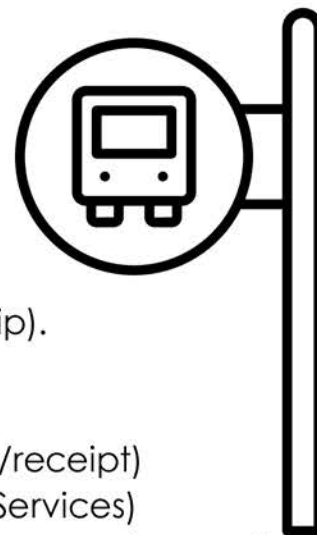
Phone: 1-866-714-3378

SEE SOMETHING, SAY SOMETHING

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)
- Bus seating: In fairness, please consider others first when choosing your bus seat.



THANK YOU!

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.



Tue Jul 30 - Summer Sight Seeing Cruise

\$205 (includes \$5 fuel surcharge)

MR 8:30am - 5:15pm

PM 8:45am - 5:00pm

Set sail aboard Vancity Cruises' 40-seat double-decker catamaran for a fun, narrated tour with a live guide sharing Vancouver's stories and sights. Then savour lunch at the Teahouse in Stanley Park and visit the Nature House at Lost Lagoon.

Level: Easy

Registration opens Jun 23

Cancel by Jul 22

Package Includes:

- 90 Minute Narrated Cruise
- Lunch Teahouse Stanley Park
- Nature House Lost Lagoon
- Main Street Coffee Shop
- All fees and taxes

Please share your bus trip photos with us. Include trip name and those in the photo.
 Email vanessa@rmssseniors.org



LIMITED SEATS MAY BE AVAILABLE FOR THE FOLLOWING TRIP:

Wed Jun 9 - Sooke Potholes \$165 (includes \$5 fuel surcharge)

Details at Member Services and on bulletin board.



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

MOBILITY FOR LIFE

Mobility for Life's aim is to help maintain one's ability to keep moving. This step up from Chair Fit will have specialized segments on memory, dual and multi-tasking, spine health, and balance.

For core exercises and stretching, you have the option of remaining on a chair or going to the floor.
(For floor option, bring your own mat.)

FRIDAYS - 9:00-9:45am
\$2 drop-in pass

We're testing this new class to see if it meets the need of those looking for a level up from Chair Fit. As you build endurance and flexibility, we want to support your fitness goals, keeping you active and mobile.

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

Try any drop-in class for FREE before committing to membership

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

TAI CHI / QIGONG

With 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.

MON (MR)	TUE (MR)	WED (MR)	FRI (PM)
CHAIR 1:30 - 2:30pm	BEGINNERS 5:30 - 6:15pm	ALL LEVELS 2:00 - 3:30pm	ALL LEVELS 10:15 - 11:15am
ADVANCED 6:30 - 7:45pm		Try any class for FREE before committing to membership	

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

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

Try any class for FREE before committing to membership

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

PROGRAM INFORMATION - FITNESS (Aerobic)

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	<i>not on Jun 6</i>

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	<i>not on May 18</i>

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	<i>not on May 18</i>
**Mon	6:30pm - 7:15pm	MR	Hall C	\$2 drop-in	<i>not on May 18</i>

PROGRAM INFORMATION - FITNESS (Dance - pre-registered)

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	Hall C	\$20 / 4 classes	pre-registered

Session #5: May 6, 13, 20, 27 **Reg Opens:** Apr 22

Session #6: Jun 3, 10, 17, 24 **Reg Opens:** May 27

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	Hall C	\$20 / 4 classes	pre-registered

Session #5 (\$15/3 classes): May 11, 25, Jun 1 **Reg Opens:** May 4

Session #6: Jun 8, 15, 22, 29 **Reg Opens:** Jun 1



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Email: libraryforyou@fvrl.bc.ca

Web: www.fvrl.ca/library-you



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PROGRAM INFORMATION - FITNESS (Chair & Specialty)

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	<i>not on May 18</i>
Tue - Thu	9:30am - 10:15am	MR	Halls B & C	\$2 drop-in	
**Thu	10:15am - 11:00am	PM	Main Hall	\$2 drop-in	
Sat	10:30am - 11:15am	PM	Main Hall	\$2 drop-in	<i>not on Jun 6</i>
Tue	1:15pm - 2:00pm	ACC	MU 1/2	\$2 drop-in	
Thu	12:45pm - 1:30pm	ACC	MU 1/2	\$2 drop-in	



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 (Yoga)

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	<i>not on May 18</i>
Tue	1:30pm - 2:10pm	PM	Main Hall	\$2 drop-in	
Thu	11:30am - 12:15pm	PM	Main Hall	\$2 drop-in	
Thu	2:15pm - 3:00pm	MR	Hall C	\$2 drop-in	
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	<i>not on May 18</i>

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	<i>Pre-registered</i>

Session #5: May 26, Jun 9, 16, 23 **Reg Opens:** May 19

Session #6: Jul 7, 14, 21, 28 **Reg Opens:** Jun 23

PROGRAM INFORMATION - FITNESS (Specialty)

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	Hall C	\$2 drop-in	

MOBILITY FOR LIFE:

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

Instructor: Lilly

Mobility for Life's aim is to help maintain one's ability to keep moving. This step up from Chair Fit will have specialized segments on memory, dual and multi-tasking, spine health, and balance. Core exercises and stretching option from chair or floor.



***Bring:** your own mat, if opting for floor

Weekday	Time	Centre	Room	Cost	Of Note
Fri	9:00am - 9:45am	PM	Main Hall	\$2 drop-in	

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	Hall C	\$2 drop-in	

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	<i>not on May 18</i>
Wed	2:45pm - 3:45pm	PM	Arts & Crafts	\$2 drop-in	

TAI CHI / QIGONG



Instructor Wanted for PM centre!

Contact Vanessa:
vanessa@rmssseniors.org



Cost: \$2 (drop-in pass)

Instructors: MR: Berna, Wayne

PM: Guest Instructor

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	<i>not on May 18</i>
Tue - Beginners	5:30pm - 6:15pm	MR	Hall B	\$2 drop-in	
Tue - Advanced	6:30pm - 7:45pm	MR	Hall B	\$2 drop-in	
Wed - All levels	2:00pm - 3:30pm	MR	Hall B	\$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	<i>not on May 18</i>
Sat	10:30am - 12:30pm	MR	Halls A & B	\$2 drop-in	<i>not on May 23</i>

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	<i>not on May 18</i>
Thu	1:00pm - 2:30pm	PM	Main Hall	\$2 drop-in	
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	<i>not on May 18</i>
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 - 12:00pm	PM	Hall A	\$2 drop-in	
Wed - beginners	12:00pm - 1:30pm	PM	Main Hall	\$2 drop-in	<i>new time</i>
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 Rob @ 778-245-3745

PM centre: call John @ 604-202-0692

Weekday	Time	Centre	Room	Cost	Of Note
Mon - Thu Fri Sat	8:45am - 7:30pm 8:45am - 3:30pm 10:00am - 3:30pm	MR	Snooker	\$4 drop-in	<i>not on May 18</i>
Mon - Fri Sat	9:00am - 4:00pm 9:00am - 1:00pm	PM	Snooker	\$4 drop-in	<i>not on May 18</i>
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	
Tue	8:45am - 9:45am	MR	meet outside	free	
Thu	9:00am	MR	meet outside Panorama	free	

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: vanessa@rmssseniors.org.



Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00pm - 3:45pm	PM	Lounge	\$2 drop-in	<i>not on May 18</i>
Wed - ACBL	12:30pm - 4:00pm	MR	Hall A	\$2 drop-in	
Wed - Social	12:30 - 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)

A card game for four players using four decks of cards. No partner required.



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

CRIB:

Cost: \$2 (drop-in pass)

Cribbage is a classic card game that combines strategy, memory, and quick arithmetic. No partner required.



Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00pm - 3:30pm	MR	Hall C	\$2 drop-in	<i>arrive by 12:50pm</i>
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	
Fri	12:45pm - 3:45pm	PM	Lounge	\$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	Table Tennis 8:45 - 11:00am	Snooker 8:45 - 7:30pm	**Wellness Clinic 9:00am - noon	Table Tennis 8:45 - 11:00am	
	Snooker 8:45 - 7:30pm	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 - 11:45am	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 Beg 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	ACBL Bridge 12:30 - 4:00pm	Canasta/Games/Mah Jong 1:00 - 4:00pm	Partnership Bridge 12:30 - 4:00pm	 Evening & Weekend rentals available
Meditation 1:30 - 2:30pm	*Wordsmith 1:00 - 3:00pm	Social Bridge 12:30 - 3:30pm	**Life After Loss 1:00 - 3:00pm	Scrabble 12:45 - 3:30pm	
Line Dance Beg 1:45 - 3:00pm	Ladies Snooker 2:00 - 4:00pm	Mah Jong 1:00 - 3:30pm	Ukulele 1:00 - 2:30pm	Carpet Bowling 1:00 - 3:00pm	
Gentle Hatha Yoga 3:30 - 4:15pm	Table Tennis 3:30 - 5:00pm	Mexican Train 1:00 - 3:30pm	**Caregiver Conn 1:30 - 3:00pm	Create 1:30 - 3:30pm	Inquire at 604-467-4593 
	Tai Chi Beginners 5:30 - 6:15pm	Tech Help 12:15 - 1:45pm	Chair Yoga 2:15 - 3:00pm	Wed & Fri FREE community bus trips for ALL 55+	
Badminton 5:45 - 7:30pm	Tai Chi Adv 6:30 - 7:45pm	Variety Plus 1:00 - 4:00pm	Gentle Hatha Yoga 3:30 - 4:15pm		
Stay Fit 3 6:30 - 7:15pm	Therapeutic Yoga 6:30 - 7:15pm	Tai Chi 2:00 - 3:30pm	Gentle Pilates 6:30 - 7:15pm		

RMSS CENTRES WILL BE CLOSED: Monday, May 18 for Victoria Day

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	Mobility for Life 9:00 - 9:45am	
Snooker 9:00 - 4:00pm	Snooker 9:00 - 4:00pm	Crafts 9:30 - 11:30am	Ukulele - Beg 9:00 - 9:45am	Snooker 9:00 - 4:00pm	Snooker 9:00 - 1:00pm
Coffee Shop Open 9:15am - 2:15pm					Coffee Shop 9:30am - 12:30pm
**Caregiver Conn 9:30 - 11:00am	Scrabble 10:00 - noon	Table Tennis 10:15 - noon	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 Beg noon - 1:30pm	Chair Fit 1 10:15 - 11:00am	Tai Chi 10:15 - 11:15am	Jam Session 10:00 - noon
Lunch Served 11:30am - 1:00pm					
Line Dance Beg 11:30 - 12:30pm	Mah Jong 1:00 - 3:30pm		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		Crib 1:00 - 3:30pm	Our centres offer take - away frozen soups & meals
Mexican Train 1:15 - 3:30pm	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 & 1 st Thu most months ½ hr ahead of class.	

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	

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




Weekday	Time	Centre	Room	Cost	Of Note
NEW! Mon	12:45pm - 3:45pm	PM	Lounge	\$2 drop-in	<i>not on May 18</i>
Wed	1:00pm - 3:30pm	MR	Lounge	\$2 drop-in	<i>not the last Wed of the month</i>

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	Common Area	\$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	

Interested in a Whist group coming to Maple Ridge? Contact Vanessa: vanessa@rmssseniors.org

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)

NEW TO THE CLASS? Ask your instructor if your shoes are right for the rhythm! Proper footwear helps prevent slips and falls so we can keep you dancing, not slipping!

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 May 18
Line Dance - absolute beg	Wed	11:15am - 12:15pm	MR	Hall B	\$2 drop-in	
Line Dance - beginners	Mon	11:30am - 12:30pm	PM	Main Hall	\$2 drop-in	not on May 18
Line Dance - beginners	Mon	1:45pm - 3:00pm	MR	Hall C	\$2 drop-in	not on May 18
Line Dance Fun	Thu	10:45am - 12:00pm	MR	Hall C	\$2 drop-in	
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	

PROGRAM INFORMATION - THE ARTS

BOOK CLUB:

Cost: \$2 (drop-in pass)

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

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



Weekday	Time	Centre	Room	Cost	Of Note
Fri	10:00am - 12:00pm	MR	Library	\$2 drop-in	meets May 22 & Jun 26

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	Craft Room	\$2 drop-in	
Sat	10:30am - 12:30pm	PM	Arts & Crafts	\$2 drop-in	monthly: May 9 Jun 13

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.



Weekday	Time	Centre	Room	Cost	Of Note
Tue	2:30pm - 3:30pm	PM	Arts & Crafts	\$14/7 classes	pre-registered starts May 19

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	\$25/2 classes	details on pg. 31

WORDSMITH

Cost: equivalent to \$2/class

A writing group to help you develop your writing skills.



Weekday	Time	Centre	Room	Cost	Of Note
Tue	1:00pm - 3:00pm	MR	Craft Room	Pre-registered	meets monthly; in session

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	<i>not on Jun 6</i>

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	<i>not on May 23</i>

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	

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 - <i>beginners</i>	9:00am - 9:45am	PM	Arts & Crafts	\$2 drop-in	
Thu - <i>some exp.</i>	10:00am - 11:30am	PM	Arts & Crafts	\$2 drop-in	
Thu - <i>beginners</i>	12:15pm - 1:00pm	MR	Hall A	\$2 drop-in	
Thu - <i>some exp.</i>	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	<i>resumes in Sept</i>

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	12:15pm - 1:45pm	MR	Library Room	\$2 by appt	
Thu	9:00am - 12:00pm	MR	Boardroom	\$2 by appt	
Thu	1:00pm - 3:00pm	PM	Lounge	\$2 by appt	

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	see poster pg.

WELLNESS CLINIC: A 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.)



Weekday	Time	Centre	Room	Cost	Of Note
Thu	9:00am - 12:00pm	MR	Social Activity	FREE to drop-in! \$5 foot care	May 14 & 28 Jun 11 & 25
NEW! Wed	10:00am - 12:00pm	PM	Wellness Rm	FREE to drop-in! \$5 foot care	May 6 & Jun 3

Grand OPENING

WELLNESS CLINIC @ PM

Thanks to a grant from the Pitt Meadows Lions Club AND Golden Ears Care Society a monthly Wellness Clinic is coming to Pitt Meadows!

May 6, 2026 | 10:00am - 12:00pm

JOIN US for ribbon cutting at 10:00am and cake!

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

ALL 55+ WELCOME

WELLNESS CLINIC

Helping you take care of YOU!

A monthly Wellness Clinic is offered monthly on the first Wednesday!


- Blood Pressure Monitoring & Wellness Check
- Foot Care Clinic by registered foot care nurses
- Wellness Workshops on an array of topics
- Resources and Info available
- Foot Care \$5 (by appointment)
- Membership not required

FREE to drop-in!

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



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

WELLNESS



WELLNESS CLINIC


Helping you take care of YOU!

Upcoming Dates:
May 14 & 28
June 11 & 25

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

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




2nd & 4th Thursday
09:00 – 12:00

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




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




wellness workshop

Remember to visit our Wellness Clinic!



2nd & 4th Thursday
09:00 – 12:00



Vision Health


Fuel Your Future: Small Changes, Big Energy

The Vision Health workshop will provide an overview of:



- How the eye works
- Common vision disorders
- Vision disorders for seniors
- Prevention and protection

A community service presentation by Seniors' Health and Wellness Institute



Thursday, May 28 10:00-11:30am
FREE - pre-registration required. Call 604-467-4993



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

info session





Making Your Money Last 10 Principles for Living in Retirement


Are you on track for the retirement you've always imagined? Join us for an insightful presentation by Edward Jones. This session will cover essential strategies for mapping out your goals, factoring in inflation, and understanding sources of income like CPP and OAS, while providing tools to help ensure your finances remain steady throughout your retirement years.

Presented as a community service by Colton Hope, Financial Planner with Edward Jones


Thursday, May 28
1:30 - 2:30pm
FREE - PRE-REGISTER at 604-467-4993



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



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




wellness workshop

Remember to visit our Wellness Clinic!



2nd & 4th Thursday
09:00 – 12:00



Healthy Eating for Seniors: Your Best Life Starts on Your Plate

Fuel Your Future: Small Changes, Big Energy

Eating well and maintaining a healthy diet as you age is important. This session offers tips to help you monitor and adjust your eating habits to reflect the latest Canada Food Guidelines.

A community service presentation by Seniors' Health and Wellness Institute

Thursday, June 25 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





EDUCATION SERIES




Hummingbirds of the World

Join Carol Matthews, the Executive Director of the Vancouver Avian Research Centre, for a presentation about the Hummingbirds of the World. Find out why hummingbirds are nature's high-performance miracles defying the limits of physics every day!


When: Wednesday, May 13
Time: 1:00 - 3:00pm
Where: Maple Ridge Library - Fraser Rm.
To Register: 604-467-4993



Maple Ridge Library
22470 Dewdney Trunk Rd.

EDUCATION SERIES




ENHANCED ROAD ASSESSMENT - What to Expect

When: Friday, May 22
Time: 10:00 - 11:30am
Where: PM Seniors Activity Centre
To Register: 604-457-4771

Join ICBC for a supportive and informative session designed for experienced adult drivers. Learn what to expect from the Enhanced Road Assessment (ERA), how it helps evaluate real world driving abilities, and how ICBC administers the assessment on behalf of RoadSafetyBC at no cost to participants.

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




ARMCHAIR TRAVELLER

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



Australia / NZ

Thursday May 21
1:30-2:30pm

Reserve your spot by phone
 Cost \$2.00 drop-in pass

Join avid traveller Larry as he shares photos from Australia!

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

*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




painting & mixed media



We'll be working on landscapes

PAINTING w/ Kimberley

Two-part pre-registered class:
Fri May 29 & Jun 5
9:30am-noon
Cost: \$25.00*

Register by 12:00pm May 20

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


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




membership required

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





Beez
foot care




Vilma Baldoz-Abalos

Footcare Services
Certified Footcare Nurse / Registered Nurse
\$40 for approx. 15-20 minute appointment

Upcoming dates (Mondays): May 4 & 11
June 1 & 22
July 6 & 20

Call or text Vilma to book:
778-998-2013
at Maple Ridge Seniors Activity Centre
12150 224 St., Maple Ridge


Drop-in Tech Help
in the computer lab




Mondays, Apr 13 to Jun 29
2 pm - 3 pm

These practical, hands-on sessions with library staff are designed to help customers solve problems or learn new programs and techniques on their own devices or on library computers. Bring your tablets, laptops, eReaders and your questions!

Maple Ridge Public Library
130-22470 Dewdney Trunk Road, Maple Ridge | 604-467-7417
Read. Learn. Play. | www.fvrl.ca



THE MEN'S SHED




NEW MEMBERS ARE ALWAYS WELCOME!

The Men's Shed Meets Every Tuesday
1:00PM - 3:00PM
Christophersen House, Maple Ridge

The Men's Shed offers a friendly, safe place where men can:
Work on community, joint or personal projects.
Learn or teach new skills.
Find opportunities and make new friends.

For More Information Contact: Rick Medhurst
604-463-3000 | rickmedhurst@telus.net



Maple Ridge, Pitt Meadows, and Katzie, Seniors Network | www.seniors-network.ca



Seniors' High Tea Party
with the Silvertones Choir

Wednesday, June 3 | 1 pm - 2:30 pm

Come and join us for a delightful Seniors' Week High Tea Party featuring the Silvertones Choir. It's the perfect opportunity to relax, socialize, and indulge in delicious treats. Don't miss this special event celebrating our seniors!

Fraser Valley Regional Library upholds the principle of freedom of expression and supports the rights of individuals to read, speak, view, and exchange differing perspectives. The library facilitates a variety of programs; this does not imply endorsement or sanction of any of the views expressed by presenters.

Maple Ridge Public Library
130-22470 Dewdney Trunk Road, Maple Ridge | 604-467-7417
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STAY IN THE HOME YOU LOVE

For many Canadians 55+, their home is their largest asset. A reverse mortgage allows you to access some of that value while continuing to live in your home.

CONTACT ME TO LEARN MORE:

Brandee McWhinney
Mortgage Specialist



604-454-7961

BrandeeMcWhinney.com



A helpful option for 55+ homeowners to:

- ✓ Eliminate monthly payments
- ✓ Give a gift of early inheritance
- ✓ Access funds in a lump sum or as needed
- ✓ Fund retirement, renovations and more



THE WESBROOKE SENIORS LIVING COMMUNITY

Voted best seniors retirement home in Maple Ridge & Pitt Meadows



Imagine...

The Freedom & Security You Deserve Independent Living...

All Inclusive Rental Accommodations:

Junior Studio, Studio, 1 & 2 Bedroom Suites

- Nutritious meals by certified chef
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- Home of Pitt Meadows Senior Rec. Centre
- Spacious comfortable suites with full kitchens & appliances

Assisted Living...

The Care & Comfort You Deserve



Our Manor experience has...

- A registered 30 suite assisted living residence
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- Private Manor dining room & lounges
- Specialized wellness programs
- Services available for your individual needs
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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



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.

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



Life After Loss

What might it look like for you?

If you are 55+, have experienced the loss of your partner or other loved ones - 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

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 (1st & 3rd Wed 10:00-11:45am)
 bi-weekly at Maple Ridge centre (1st & 3rd Fri 10:00-11:45am)
 bi-weekly at Maple Ridge centre (1st & 3rd Thu 1:30-3:00pm)
 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

Stroke Recovery:

weekly at Maple Ridge centre (Fridays 10:00am-noon)
 phone 604-688-3603 / office@strokerecoverybc.ca

Alzheimer Society of BC:

monthly at Maple Ridge centre (2nd Tue 6:15-7:45pm)
 phone 1-800-936-6033 to register



FREE

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

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

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

FREE DROP-IN SUPPORT GROUP AT
 Bi-Weekly at Maple Ridge Activity Centre
 Bi-Weekly at Pitt Meadows Activity Centre

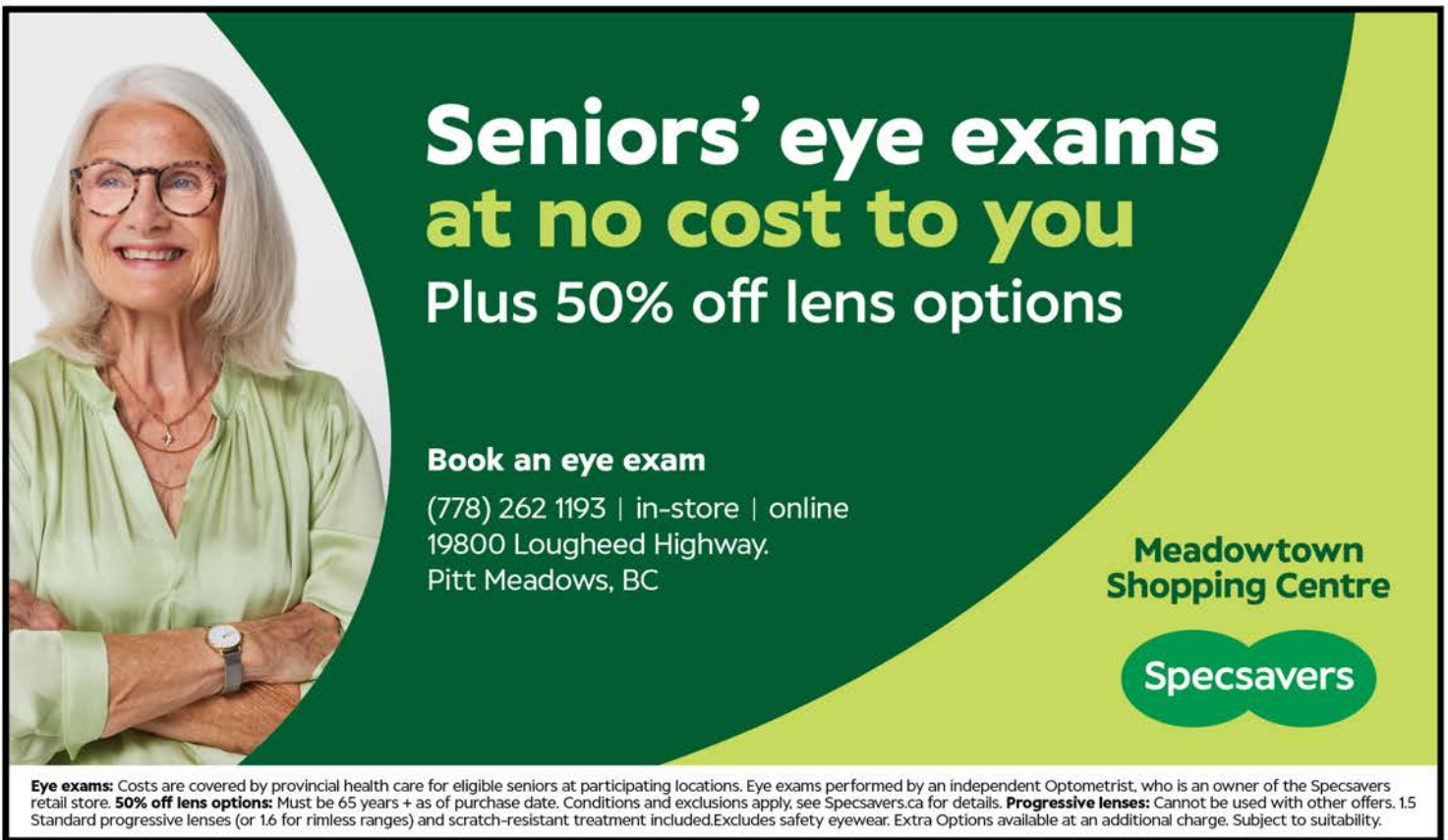
Drop-in includes:
 One to One Support & Telephone Support
 Circle of Care Support
 Educational Sessions for Caregivers to Learn New Tools & Resources

Are you caring for an adult 55+?

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.



Seniors' eye exams at no cost to you

Plus 50% off lens options

Book an eye exam
(778) 262 1193 | in-store | online
19800 Lougheed Highway,
Pitt Meadows, BC

Meadowtown Shopping Centre

Specsavers

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.

Alzheimer Society
BC & YUKON

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	WHERE
2nd Tuesday of the month from 6:15 to 7:45 p.m.	Maple Ridge Seniors Activity Centre 12150 224th Street

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

"I work for you!"



MARC DALTON
MP | PITT MEADOWS—MAPLE RIDGE

**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



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Danielle Ramos
Registered Denturist

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Consultation today!*

604-457-3763

info@lowermainlanddenture.ca

C2-12460 191 Street, Pitt Meadows

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.
- 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	✓	✓	✓	✓	✓
Maik E (mornings) 604-861-9869	✓	Relief Driver	Relief Driver	✓	
Claudia F 604-467-8385			✓		✓
Duffy M 604-466-9617	✓	✓		✓	
Joys S 604-726-8868			✓		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



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

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 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



We're heading into a summer full of community gatherings and we look forward to seeing you. Visit us at local events for assistance, information, or simply to say hi!



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: 8:30am-4:30pm

Email: info@seniorsadvocatebc.ca

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

Emerald Pig Theatrical Society proudly presents



Suburban Standoff

A Comedy by Michael Grant

Directed by Hazel Eason



Heritage Hall, Pitt Meadows
April 30 to May 2, 2026 at 7:30pm
May 3, 2026 at 1:00pm



Albion Community Centre, Maple Ridge
May 7 to 9, 2026 at 7:30pm
May 10, 2026 at 1:00pm



Tickets at emeraldpig.ca or scan the QR code



Produced by special arrangement with the Playwrights Guild of Canada

AROUND TOWN



SAVE THE DATE
FOR A WORLD CUP VIEWING EVENT!



June 24

Join us for a FREE, family-friendly community celebration featuring a live public viewing of a World Cup match as Canada takes on Switzerland!


Enjoy an inclusive, intergenerational event with space to gather, cheer, and connect in a welcoming and accessible environment.

11:00AM - 3:00PM
(match kick off at noon)

Activities for all ages will be offered throughout the day.

 **Pitt Meadows Family Recreation Centre**









MAPLE RIDGE RCMP

Open House

MAY 9, 2026
12 - 3 pm

To sign up for the Junior Jailbreak Cells Tour and more information
MapleRidge.ca/Police

  MapleRidge.ca/Police



Candlelight Sound Bath

Bathed in candlelight, you'll be guided through an immersive soundscape with crystal singing bowls, handpan, Native American branch flute and nature's instruments—designed to awaken the body's seven energy centers, supporting balance, clarity and emotional release.



Tuesdays, April to June - \$30 Per Session

To register, visit the **Pitt Meadows Family Recreation Centre**, call 604.465.2470 or register online at pittfitandfun.ca.




Legion

BRANCH 88 MAPLE RIDGE

Your Royal Canadian Legion makes a real difference in the lives of Veterans and their families, offering vital support programs, helping communities thrive, and keeping the memory of those who sacrificed for Canada alive.

Come to the local Legion for live music and dancing every week! No charge.

Friday & Saturday night 7:00 to 10:30PM
and Sunday 2:00PM to 5:30PM

Royal Canadian Legion Branch 88 - 12101 224 St., Maple Ridge.

Must be a member or be signed in by a member.
For more info, call (604) 463-5101 or email: legionoffice88@telus.net

WORKSHOP & EVENT DETAILS

- May 5: Event: Pie & Ice Cream** (see pg.6); \$4.00 drop-in; Tue May 5 1:00-3:00pm at PM centre
- May 6: Wellness Clinic: Grand Opening!**; (see pg.29); FREE; Wed May 6 10:00-12:00pm; PM centre
- May 8: Theme Lunch: Mexican Cuisine** (see pg.6); regular lunch pricing at MR centre
- May 13: Education Series: Hummingbirds of the World** (see pg.31); Wed May 13 1:00-3:00pm at MR Library (Fraser Rm) 22470 Dewdney Trunk Rd; pre-register at 604-467-4993
- May 15: Event: Music Jam/Poetry Slam** (see pg.7); \$2.00 drop-in pass; Fri May 15 2:00-3:30pm at MR centre
- May 21: Event: Bingo** (see pg.6); \$10.00; Thu May 21 1:30-3:30pm at PM centre
- May 21: Armchair Traveller: Australia & New Zealand** (see pg.31); \$2.00 drop-in pass; Thu May 21 1:30-2:30pm at MR centre
- May 22: Education Series: ICBC Enhanced Road Assessment** (see pg.31); FREE; Fri May 22 10:00-11:30am at PM centre; pre-register at 604-457-4771
- May 23: Community Garage Sale** (see pg.7); FREE; Sat May 23 10:30-2:00pm at MR centre
- May 28: Wellness Workshop: Vision Health** (see pg.30); FREE; Thu May 28 10:00-11:30am at MR centre; pre-register at 604-467-4993
- May 28: Info Session: Making Your Money Last** (see pg.30); FREE; Thu May 28 1:30-2:30pm at MR centre; pre-register at 604-467-4993
- Jun 2: Event: Fit 4 Life - Beach Edition** (see pg.7); FREE; Tue Jun 2 10:00-12:00pm at MR centre; sign up at 604-467-4993
- Jun 4: Event: Strawberry Tea** (see pg.7); \$7.00; Thu Jun 4 2:00-3:30pm at PM centre;
- Jun 6: Pitt Meadows Day Parade** (see pg.8); FREE; Sat Jun 6 10:00am at PM centre
- Jun 9: Event: Pie & Ice Cream** (see pg.6); \$4.00 drop-in; Tue Jun 9 1:00-3:00pm at PM centre
- Jun 12: Event: World Cup Coverage** (see pg.8); FREE; Fri Jun 12 12:00pm at PM centre
- Jun 13: Fundraiser: Shred-A-Thon** (see pg.5); Sat Jun 13 9:00-12:00pm at MR centre
- Jun 19: Event: Pie & Ice Cream** (see pg.8); \$4.00 drop-in; Fri Jun 19 1:00-3:00pm at MR centre
- Jun 25: Wellness Workshop: Healthy Food** (see pg.30); FREE; Thu Jun 25 10:00-11:30am at MR centre; pre-register at 604-467-4993

OUR VISION

Connecting adults 55+ with a happy, healthy life.



Thank you!

RMSS Volunteers!

We ♥ our Volunteers

We had such a wonderful time celebrating our amazing team at the Volunteer Appreciation Breakfast! RMSS is incredibly lucky to have over **165 volunteers** who dedicate their time, talent, and love to making our centres a vibrant place for everyone. Whether you're helping with a program or greeting members with a smile, please know how much you are appreciated!



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