

Ridge Meadows Seniors Society: Serving Maple Ridge & Pitt Meadows



GrapeVine

July & August 2026 Programming Guide



**FREE Summer Day Trips with the Seniors Community Shuttle!
Find all the details on pages 8 - 9!**





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

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Events Coordinator, Anita Bettsworth

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Volunteer Coordinator, Kara Matthew

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Volunteer Support Assistant, Nicole Hytte

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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: Jul 16 at PM centre; Aug (no meeting)

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RIDGE MEADOWS SENIORS SOCIETY BOARD OF DIRECTORS 2025/2026

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

A MESSAGE FOR YOU

As we settle into the summer season and our centres become just a little quieter than the usual hustle and bustle, it's the perfect time to enjoy some of our outdoor offerings using the Seniors Community Shuttle. We have a wonderful lineup of summer adventures planned and the best part is that they're free, thanks to funding from the United Way Transportation Grant stream.

Speaking of the Seniors Community Shuttle... have you seen the new signage decals on the bus? Our bus looks so grown up now. A huge thank-you to our drivers, Don and Daryll, for making it look so polished and professional.

I hope all of our volunteers felt truly celebrated at the Volunteer Appreciation Breakfasts in April. It was a big team effort from staff across both centres, with a special shout-out to Kara and Anita for their leadership and heart and Grace and staff for preparing a beautiful meal to remember.

At the end of June, we proudly celebrated one full year of the EngAge Ridge Adult Day Program at the Maple Ridge Centre. What a year it has been. I love hearing stories from caregivers who have finally found time for their own self-care, and I especially enjoy the updates about the fun and games happening in the program under Jessica's lead and her wonderfully creative (and sometimes delightfully wild) activity ideas. I'm already looking forward to another year filled with joy, connection, and laughter.

Last month, we also hosted a very successful Caregivers Appreciation Day, honouring the incredible dedication of the caregivers in our Caregiver Support Group. Thank you, Julia, for providing such a meaningful celebration. And another big thank-you to Anita, who brought so much energy to our Seniors Week festivities complete with games, prizes, dancing, great food, and plenty of smiles at both centres.

As we look ahead, I have a question for you. Have you ever had experience with board work? Our Annual General Meeting is coming up in September, and we will have a couple of openings on our Board of Directors. RMSS is especially seeking individuals with experience in areas such as accounting, law, and human resources. If you've ever thought about giving back in a meaningful way by joining a fun, committed board that spends about 10–15 hours a month helping shape the future of our centres, this could be your moment to shine.

If you're interested, or even just curious, please reach out to our Nominations Committee at board@rmsseniors.org.


Maria Perretta
Executive Director



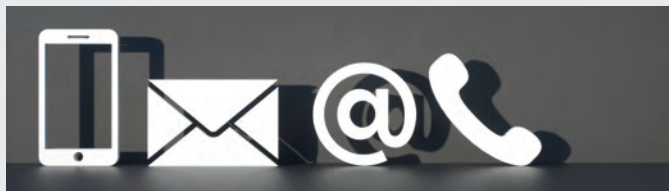
MEMBERSHIP INFORMATION

MEMBERSHIP:

Membership costs \$35 and is valid for one full year at RMSS centres

- 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

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 Jul 1 & Aug 3



Pitt Meadows Seniors Activity Centre

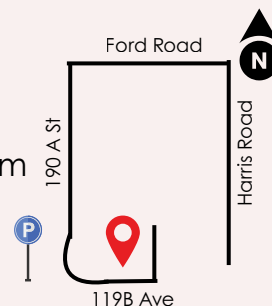
19065 119B Ave.,
Pitt Meadows

Member Services:

Mon - Fri 9:00am - 3:30pm

Sat 9:00am - 1:00pm

Closed Jul 1 & Aug 3



Thank You!

To our sponsors



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WITH THANKS AND APPRECIATION FOR
SPONSORING RMSS'
SHRED-A-THON FUNDRAISER



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

RIDGE MEADOWS SENIORS SOCIETY

ANNUAL GENERAL MEETING

You're Invited!

THUR SEPT 17, 2026

REGISTRATION AT 12 NOON
MEETING STARTS AT 1:00PM



- Please RSVP at Member Services to book your seat.
- AGM Report Packages will be available for pick-up from the office beginning September 7, 2026.
- Need a ride to Pitt Meadows? Leave your name at Member Services.

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



VOLUNTEER BOARD MEMBERS NEEDED!

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

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



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

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



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

Email: board@rmssseniors.org



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



BANANA SPLIT BONANZA

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



PITT MEADOWS SENIORS ACTIVITY CENTRE

Tuesday, July 7 & August 4
1:00 to 3:00 p.m.



SAVE THE DATE

BINGO

Friday, September 11, 2026
1:30 - 3:30 p.m.

Snacks & Refreshments for purchase at the Coffee Shop

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

Tickets On Sale Aug 21

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

BRITISH COLUMBIA Licence# 169203

ICE CREAM SOCIAL

ALL 55+ WELCOME

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

\$4

BANANA SPLITS

\$3

SUNDAES

MAPLE RIDGE SENIORS ACTIVITY CENTRE

Friday, July 24 & August 14
1:00 to 3:00 p.m.

EVENTS

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

DEADLINE

Dive into Flavour
UNDER THE SEA Theme Lunch
 Friday, July 17

ALL 55+ WELCOME Join us for a seafood themed lunch. Expect an under the sea vibe with good food and company.

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

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



Dive in for an afternoon of Under-the-Sea **KARAOKE !**

SATURDAY, JULY 18
12:30 TO 3:00 P.M.

Join us for a karaoke party with a full ocean vibe – come sing your heart out, make a splash, and channel your inner sea creature. Costumes encouraged but not required. Think of songs like 'Under the Board Walk', 'Margaritaville', Kokomo', or 'Sea of Love'.

Enjoy tasty refreshments from the concession.

ENTRY \$2 Drop in PASS

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

* RMSS membership required



ARMCHAIR TRAVELLER

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



Join avid traveller Larry as he shares photos from Croatia!

Thursday Aug 20
1:30-2:30pm

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

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.

membership required

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

55+

Seniors Community Shuttle

ALL TRIPS ARE **NO CHARGE**. TO BOOK (**up to two weeks in advance**) or to CANCEL YOUR SEAT, PHONE MON - THU 4:00-7:00PM AT 604-467-4993

MAPLE RIDGE



Pick-up is from Maple Ridge Seniors Activity Centre - 12150 224th St.

TIME	LOCATION
10:00	leave MR centre
10:30	arrive Osprey Village
12:30	leave Osprey Village
12:45	arrive LFM - Harris Road
1:15	leave for MR centre
1:30	arrive at MR centre

Osprey Village & Langley Farm Market (Harris Rd. location)

- walk along the Fraser river
- explore the shops
- bring a lunch or purchase at local shops
- bring a grocery tote if you need some produce with a stop at Langley Farm Market on the way back to the centre



TIME	LOCATION
10:00	leave MR centre
10:30	arrive Grabenhorst
12:30	leave Grabenhorst
12:40	arrive fruit stand
12:50	leave for MR centre
1:10	arrive at MR centre

Grabenhorst Park & Fruit Stand

- explore this beautiful new park along Harris Rd.
- bring a lunch to enjoy (benches and picnic tables available)
- we'll stop at one of the many fruit stands along Old Dewdney Trunk Rd. on the way back to the centre



TIME	LOCATION
10:00	leave MR centre
10:30	arrive Pitt Lake
11:30	leave Pitt Lake
11:50	arrive Hopcott Farms
12:15	leave for MR centre
12:30	arrive at MR centre



Pitt Lake Birdwatching & Hopcott Farms

- enjoy a scenic drive and walk
- play bird bingo (handouts provided)
- bring a water bottle and snack
- take in the lakeview at a picnic table and/or bench
- enjoy a stop at Hopcott Farms
- *with Julia (biologist) leading the bird tour



TIME	LOCATION
10:00	leave MR centre
10:15	arrive The Patch
	(The Patch & Dyke Walk)
1:00	leave for MR centre
1:15	arrive at MR centre

The Patch Brewery & Dyke Walk

- go for a leisurely walk along the dyke that starts behind Laity Farm
- The Patch Brewery opens at 11am where you can enjoy coffee, baked goods or purchase lunch in their scenic barn
- drop-off and pick-up will be from The Patch gravel parking lot



Seniors Community Shuttle

ALL TRIPS ARE **NO CHARGE**. TO BOOK **(up to two weeks in advance)** or to CANCEL YOUR SEAT, PHONE MON - THU 4:00-7:00PM AT 604-467-4993

Pick-up is from Pitt Meadows Seniors Activity Centre - 19065 119B Ave.



PITT MEADOWS

TIME	LOCATION
10:15	leave PM centre
10:30	arrive Grabenhorst
12:30	leave Grabenhorst
12:40	arrive fruit stand
12:50	leave for PM centre
1:10	arrive at PM centre

Grabenhorst Park & Fruit Stand

- explore this beautiful new park along Harris Rd.
- bring a lunch to enjoy (benches and picnic tables available)
- we'll stop at one of the many fruit stands along Old Dewdney Trunk Rd. on the way back to the centre



TIME	LOCATION
10:15	leave PM centre
10:30	arrive Osprey Village
12:30	leave Osprey Village
12:45	arrive LFM -Harris Rd.
1:15	leave for PM centre
1:30	arrive at PM centre

Osprey Village & Langley Farm Market (Harris Rd. location)

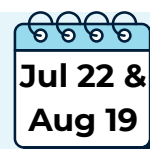
- walk along the Fraser river
- explore the shops
- bring a lunch or purchase at local shops
- bring a grocery tote if you need some produce with a stop at Langley Farm Market on the way back to the centre



TIME	LOCATION
10:15	leave PM centre
10:45	arrive The Patch (The Patch & Dyke Walk)
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The Patch Brewery & Dyke Walk

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TIME	LOCATION
10:15	leave PM centre
10:45	arrive Pitt Lake
11:45	leave Pitt Lake
12:05	arrive Hopcott Farms
12:30	leave for PM centre
12:40	arrive at PM centre



Pitt Lake Birdwatching & Hopcott Farms

- enjoy a scenic drive and walk
- play bird bingo (handouts provided)
- bring a water bottle and snack
- take in the lakeview at a picnic table and/or bench
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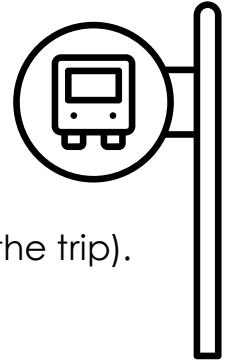


BUS TRIPS

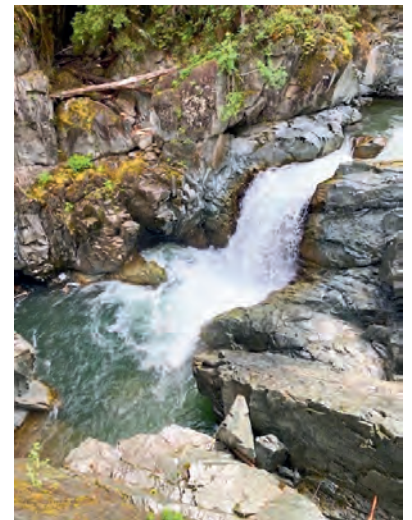
ENJOY THE JOURNEY

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 (chqs should be dated for 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.
- Bus Trips are often very popular. When sold out, a waitlist is started in case a duplicate tour is booked.

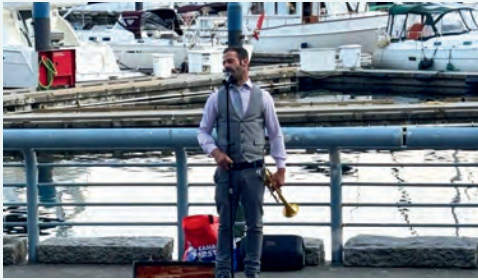


Due to limited parking at RMSS centres, we acknowledge our community partners for their provision of space during bus trips.
Thank you to Legion Branch #88 and ONNI group.



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

BUS TRIPS



Package Includes:

- **Ciro Vivancos Meet & Greet**
- **Trumpet and Vocal Performance**
- **Lunch at Bodega on Main**
- **Afternoon Dessert & Refreshments**
- **Spanish Banks**
- **Main Street Coffee Stop**
- **All Fees & Taxes**

Tue Aug 25

A Day in Spain with Ciro Vivancos

\$165 (includes \$5 fuel surcharge)

MR 8:45am - 5:00pm

PM 9:00am - 4:45pm

Spend a day with Spaniard National Ciro Vivancos, a talented vocalist and trumpet player. Savour a Spanish lunch at Bodega on Main then continue to Spanish Banks for Ciro's special afternoon trumpet and vocal performance, complete with seaside picnic table dessert and refreshments.

Level: Easy

Registration opens Jul 16

Cancel by Aug 17



LIMITED SEATS MAY BE AVAILABLE FOR THE FOLLOWING TRIP:
(Stop by Member Services for more information)



Package Includes:

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

Mon Aug 10 - 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 Jul 7

Cancel by Aug 3



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.



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	

PROGRAM INFORMATION - FITNESS (Aerobic)

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 Aug 3</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 Jul 1 & Aug 3</i>
**Mon	6:30pm - 7:15pm	MR	Hall C	\$2 drop-in	<i>not on Aug 3</i>



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Email: libraryforyou@fvrl.bc.ca

Web: www.fvrl.ca/library-you



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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	
Wed	11:15am - 12:00pm	MR	Hall C	\$20 / 4 classes	

Dance fitness is an ideal way for seniors to stay active, offering a perfect blend of cardiovascular exercise, strength building, and balance training. It protects joint health with low-impact movements, boosts cognitive function through choreography, and provides a joyful, social outlet that combats isolation.

ZUMBA GOLD



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

Summer Instructor: Quan

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

Summer Session #1: July 6, 13, 20 & 27
Reg Opens: Jun 29

Summer Session #2 (\$15/3 classes): Aug 10, 17 & 24
Reg Opens: Jul 27

PROGRAM INFORMATION - FITNESS (Chair & Specialty)

CHAIR FIT:



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

Seated exercises with the option to stand. Class format includes cardio, walking in place, balance and agility followed by strength & stretch exercises. Designed to improve quality of life with functional exercises for daily living. ***N.B. PM centre 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 Jul 1 & Aug 3</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	



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	<i>not on Jul 1</i>

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 Aug 3</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 Aug 3</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 #6: Jul 7, 14, 21, 28 **Reg Opens:** Jun 23

Session #7: Aug 11, 18, 25 & Sep1 **Reg Opens:** Jul 28

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	



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	



IMPORTANT! Maple Ridge Parking Update:



Have You Received Your New Parking Decal for Maple Ridge Seniors Activity Centre?

If you already have a Pitt Meadows Seniors Activity Centre parking decal, it will work at the Maple Ridge Seniors Activity Centre as well.

If you don't already have a decal, please ensure you pick one up. To receive one, visit Member Services with your license plate number and your FOB.

If you are not a member but regularly visit our centres, you can pick up a license plate quick card instead. Simply show this card at the Welcome Desk each time you arrive.

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	Social Activity	\$2 drop-in	<i>not on Aug 3</i>
Wed	2:45pm - 3:45pm	PM	Arts & Crafts	\$2 drop-in	<i>not on Jul 1</i>

TAI CHI / QIGONG



Instructor Wanted for PM centre!

Contact Vanessa:
vanessa@rmssseniors.org



Cost: \$2 (drop-in pass)

Instructors: MR: Berna, Wayne

PM: Nelly / Tammy

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 Aug 3</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	<i>not on Jul 1</i>
Fri - All levels	10:15am - 11:15am	PM	Main Hall	\$2 drop-in	<i>reg Jul schedule only on Aug 7 & 14</i>

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 Aug 3</i>
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	<i>not on Aug 3</i>
Thu	1:00pm - 2:30pm	PM	Main Hall	\$2 drop-in	<i>resumes in Sept</i>
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 Aug 3</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	<i>not on Jul 1</i>
Wed	10:15am - 12:00pm	PM	Hall A	\$2 drop-in	<i>not on Jul 1</i>
Wed - beginners	12:00pm - 1:30pm	PM	Main Hall	\$2 drop-in	<i>not on Jul 1</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 Jul 1 & Aug 3</i>
Mon - Fri Sat	9:00am - 4:00pm 9:00am - 1:00pm	PM	Snooker	\$4 drop-in	<i>not on Jul 1 & Aug 3</i>
Tue - Ladies	2:00pm - 4:00pm	MR	Snooker	\$4 drop-in	
Wed - Ladies	1:30pm - 3:30pm	PM	Snooker	\$4 drop-in	<i>not on Jul 1</i>
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	Hall A	\$2 drop-in	<i>not on Aug 3</i>
Wed - ACBL	12:30pm - 4:00pm	MR	Hall A	\$2 drop-in	<i>not on Jul 1</i>
Wed - Social	12:30 - 3:30pm	MR	Craft Room	\$2 drop-in	<i>not on Jul 1</i>
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.

Please Note: Some classes take a summer break, check programming pages for more info.

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	Chair Fit 9:30 - 10:15am	Snooker - Ladies & Beg 9:00 - noon	
Chair Fit 10:00 - 10:45am	Chair Fit 9:30 - 10:15am	**Caregiver Conn 10:00 - 11:45am	Line Dance Fun 10:45 - noon	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	Tech Help 11:00 - 1:00pm	**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	Ukulele Beg 12:15 - 1:00pm	**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	Canasta/Games/ Mah Jong 1:00 - 4:00pm	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	**Life After Loss 1:00 - 3:00pm	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	Ukulele 1:00 - 2:30pm	Scrabble 12:45 - 3:30pm	
Line Dance Beg 1:45 - 3:00pm	Ladies Snooker 2:00 - 4:00pm	Mah Jong 1:00 - 3:30pm	**Armchair Traveller 1:30 - 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		Chair Yoga 2:15 - 3:00pm		
Badminton 5:45 - 7:30pm	Tai Chi Adv 6:30 - 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	Tech Help 3:00 - 5:00pm	Gentle Pilates 6:30 - 7:15pm		











RMSS centres are CLOSED on Wednesday, July 1st for Canada Day

RMSS centres are CLOSED on Monday, Aug 3rd for BC 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.
 Please Note: Some classes take a summer break, check programming pages for more info.

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	Crafts 9:30 - 11:30am	Ukulele - Beg 9:00 - 9:45am		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 12:45 - 3:45pm	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			



Beat the Heat & Keep Cool With Us!


When the summer sun gets a bit too warm, we've got you covered! Don't forget to stay hydrated and play it safe out there. Our centres are always a refreshing, air-conditioned refuge whenever we're open. Stop by to escape the heat, enjoy a cool glass of water, and catch up in comfort!



PROGRAM INFORMATION - CARDS & GAMES

MAH JONG: This tile-based game combines skill, strategy, and luck.

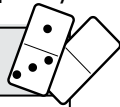
Cost: \$2 (drop-in pass)



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	<i>not on Jul 1</i>
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
Mon	12:45pm - 3:45pm	PM	Lounge	\$2 drop-in	<i>not on Aug 3</i>
Wed	1:00pm - 3:30pm	MR	Lounge	\$2 drop-in	<i>not the last Wed of month; not on Jul 1</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	<i>not on Jul 1</i>

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	resumes in Sept
Flamenco	Wed	3:00pm - 4:00pm	PM	Hall B	\$2 drop-in	resumes in Sept
Hawaiian	Mon	12:15pm - 1:15pm	MR	Hall C	\$2 drop-in	last class Jul 27; resumes in Sept
Line Dance - absolute beg	Wed	11:15am - 12:15pm	MR	Hall B	\$2 drop-in	not in Aug
Line Dance - beginners	Mon	11:30am - 12:30pm	PM	Main Hall	\$2 drop-in	not in Aug
Line Dance - beginners	Mon	1:45pm - 3:00pm	MR	Hall C	\$2 drop-in	not in Aug
Line Dance Fun	Thu	10:45am - 12:00pm	MR	Hall C	\$2 drop-in	not in Aug
Line Dance Fun	Fri	11:30am - 12:30pm	PM	Main Hall	\$2 drop-in	not in Aug
Line Dance - intermediate	Tue	10:45am - 12:00pm	MR	Main Hall	\$2 drop-in	now drop-in; not in Aug

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 on Jul 24 & Aug 28

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	not on Jul 1

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	resumes in Sept



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		resumes in Sept



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	resumes in Sept



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	resumes in Sept



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	

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	

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 in Sept



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



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 in Sept



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	3:00pm - 5:00pm	MR	Boardroom	\$2 by appt	<i>not on Jul 1</i>
 Thu	11:00am - 1:00pm	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	<i>1st Thu monthly</i>

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	<i>see poster pg 30</i>
Wed	10:00am - 1:00pm	PM	Wellness Rm	FREE to drop-in! \$5 foot care	<i>see poster pg 30</i>

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Our Wellness Clinics Offer:

- 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
- Foot Care \$5 (by appointment)
- Membership not required
- FREE to drop-in!


Maple Ridge **Monthly on the 2nd & 4th Thursday**
9:00am - 12:00pm
Jul 9 & 23 & Aug 13 & 27

Maple Ridge Seniors Activity Centre
 12150 224th Street, Maple Ridge
 604-467-4993

Pitt Meadows **First Wednesday Monthly**
10:00am - 1:00pm
Jul 8 & Aug 5



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

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





UPCOMING

RMSS Support Groups

Caregiver Connection Pitt Meadows Activity centre (Mondays) 9:30-11:00am	Jul 6 & 20	Aug 10 & 24
Caregiver Connection Maple Ridge Activity centre (Wednesdays) 10:00-11:30am	Jul 8 & 22	Aug 5 & 19
Caregiver Connection Maple Ridge Activity centre (Thursdays) 1:00-3:00pm	Jul 2 & 16	Aug 6 & 20
Caregiver Connection Maple Ridge Activity centre (Fridays) 10:00-11:30am	Jul 10 & 24	Aug 7 & 21
Life After Loss Maple Ridge Activity centre (4 th Thursday monthly) 1:00-3:00pm	Jul 23	Aug 27

For More Information Contact Julia: 604-477-2771
 or email julia@rmssseniors.org

wellness workshop

Remember to visit our Wellness Clinic!

2nd & 4th Thursday
09:00 - 12:00

Bone Health 101


At least 1 in 3 women and 1 in 5 men will experience an osteoporosis-related fracture in their lifetime. Bone Health 101 provides a general overview about what osteoporosis is, risk factors, how to maintain healthy bone, the impact of nutrition & physical activity, and fall prevention. Join to learn about osteoporosis and how to reduce your fracture risk.

OSTEOPOROSIS
 A community service presentation by Osteoporosis Canada

Thursday, July 23 10:00-11:00am
 FREE - pre-registration required. Call 604-467-4993

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

ALL 55+ WELCOME




wellness workshop

Remember to visit our Wellness Clinic!

2nd & 4th Thursday
09:00 - 12:00

Social Connectedness

Don't Let Isolation Hold You Back - Discover the Power of Staying Connected!

Loneliness and isolation can affect your health. This workshop examines the social determinants of health and well-being. It helps participants to determine the level of connectedness they need and how to achieve it.

A community service presentation by Seniors' Health and Wellness Institute

Thursday, August 27 10:00-11:00am
 FREE - pre-registration required. Call 604-467-4993

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

ALL 55+ WELCOME



Understanding and Adapting to Communication Changes Along the Dementia Journey



Presented by **Castine Breckwoldt** with **Alzheimers Society of BC**

A person's ability to communicate will change over the course of the dementia journey. Learn how different types of dementia affect communication and discuss strategies for adapting to and coping with these changes.

July 7, 2026
10:30am - 12:00pm
 Maple Ridge Seniors Activity Centre
 12150 224th Street

To take part in this workshop you must be actively caregiving for someone 55+

Register with Julia
 604-477-2771
 julia@rmssseniors.org



THE ART OF GRIEVING



In this workshop we will learn:

- How grief can physically effect the human body
- What happens to your brain chemistry when you are grieving
- What does the most recent research on grief tell us



Presented by **Julia Larsen**
 Caregiver Connection Coordinator

AUGUST 12
10AM - 11AM

To register please call 604-467-4993



Maple Ridge Seniors Activity Center
 12150 224th Street



create



Sample arrangement shown

Arranging Fresh Flowers

Join the ladies of Maple Ridge Florist for a fun afternoon making a beautiful summery vase arrangement in a keepsake vase using all of summer's fresh blooms. This is a great way to learn tips and tricks for arranging flowers

Thursday, Aug 6
1:00-2:30pm
 \$35.00 pre-registered*
 Includes instruction and supplies
 Min 10, Max 20 participants; reg. opens Jul 6
 *RMSS membership required

Register by Jul 27

Maple Ridge Seniors Activity Centre
 12150 224th Street, Maple Ridge
 604-467-4993

membership required

55+

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



TECH HELP



Tech Help is offered at both centres - and who doesn't need to ask for help sometimes?



Call Member Services to book a one-on-one appointment with one of our volunteers.
 Cost: \$2.00

Wednesdays with Somi
 3:00pm - 5:00pm

Thursdays with Sara
 11:00am - 1:00pm

Thursdays with Peter
 Back in September!

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

membership required

Thursdays
 1:00pm - 3:00pm

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

*RMSS membership required
 New to this service? Come and try it for FREE!

55+

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

Pitt Meadows

VOTES OCTOBER 17

The 2026 local election is coming up on October 17, 2026, and the City of Pitt Meadows invites residents to learn more about how local government works, what Council does, and how to take part in the election process.

Candidate Information Session

Thinking about running for council? This session will provide an overview of the nomination process, important election dates, the roles and responsibilities of Council, and current priorities in Pitt Meadows.

DATE: Thursday, July 9, 2026

TIME: 6:30–8:30 p.m.

LOCATION: City Hall

RSVP: Required

Candidate and Community Engagement Workshop

Open to residents and anyone considering running for Council, this free workshop offers a clear and honest look at how local government works and what it takes to cast an informed vote. Facilitated by local governance expert Christina Benty.

DATE: Monday, August 10, 2026

TIME: 6:30-9:00 p.m.

LOCATION: Pitt Meadows Heritage Hall

RSVP: Required

Great councils start with informed communities. Come learn, ask questions and be part of the conversation. Learn more and register for these free sessions at pittmeadows.ca/election.



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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.



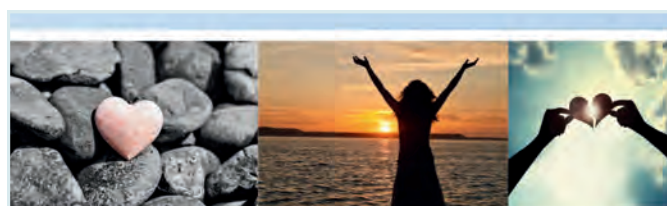
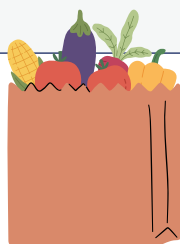
Contact: Bev Schmahmann 604-380-0516 or email: info@rmssseniors.org



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 10:00-11:30am)
 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 Angel 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



**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

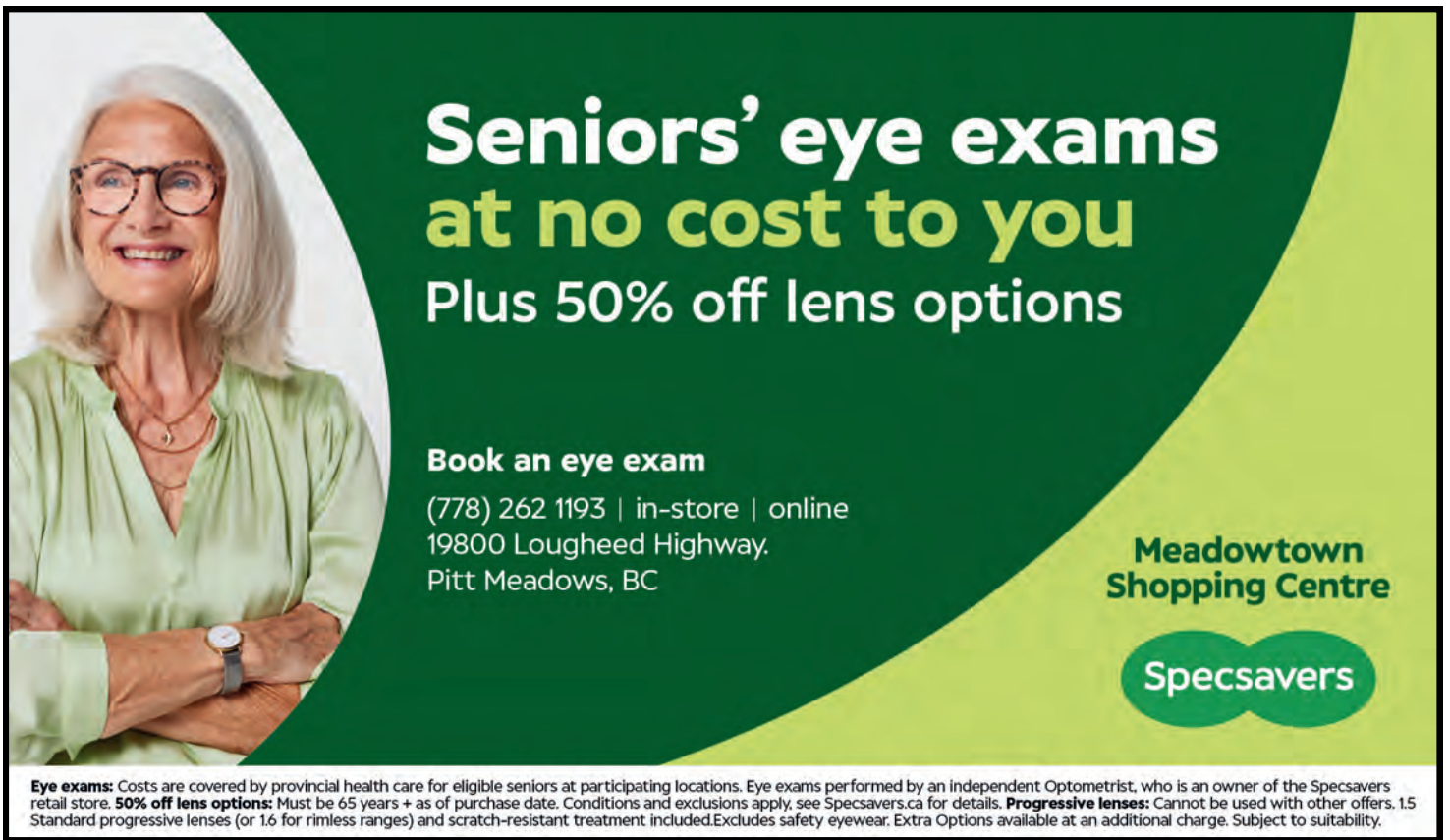
To register or for more info contact:
 Julia Larsen, Caregiver Connection Coordinator
julia@rmssseniors.org or phone 604-477-2771

Are you caring for an adult 55+?

United Way
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Financed 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

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-  **604.466.2761**
-  marcdaltonmp.com
-  marc.dalton@parl.gc.ca



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Bard on the Bandstand Presents

William Shakespeare's

Romeo & Juliet

Directed by Simon Challenger

**July 16, 17,
and 18**
Spirit Square
Pitt Meadows

**July 23, 24,
and 25**
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Maple Ridge

 **Maple Ridge**

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Pitt Meadows**
The Natural Place

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council

Pre-show entertainment at **6:30pm** • Performance at **7:00pm**
Free for one and all • Please bring a donation for the Friends in Need Food Bank

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

RMSS DRIVING SERVICE

Regular Driver	Monday	Tuesday	Wednesday	Thursday	Friday
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Drivers Available for Local and Metro Vancouver Trip During Business Hours:




Gordon C 778-840-3557	✓	✓	✓	✓	✓
Maike 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



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- Transportation Resources.
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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

THE MEN'S SHED



**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




Beez
foot care



Footcare Services

Vilma Baldoz-Abalos
Certified Footcare Nurse /
Registered Nurse

\$40 for approx.15-20 minute appointment

Upcoming dates (Mondays):
July 6 & 20
August 10 & 17



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

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



Plein Air Painting

Join us at Grabenhorst Garden and discover the fundamental techniques of plein air painting—the art of painting outdoors in natural light. Offered as a single-session workshop on July 11 or a 6-session series.



Course ID#15455 & 15687

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



WORKSHOP & EVENT DETAILS

Jul 7: Event: Banana Split Bonanza (see pg.6); \$4.00 drop-in; Tue Jul 7 1:00-3:00pm at PM centre

Jul 7: Workshop: Understanding and Adapting to Communication Changes Along the Dementia Journey (see pg.31); FREE; Tue Jul 7 10:30-12:00pm at MR centre; pre-reg at 604-477-2771

Jul 17: Themed Lunch: Under the Sea (see pg.7); regular lunch pricing; Fri Jul 17 11:30-12:30pm at MR centre

Jul 18: Themed Karaoke - Under the Sea (see pg.7); \$2 drop-in pass; Sat Jul 18 12:30-3:00pm at MR centre

Jul 23: Wellness Workshop: Bone Health 101 (see pg.30); FREE; Thu Jul 23 10:00-11:00am at MR centre; pre-reg at 604-467-4993

Jul 24: Event: Ice Cream Social (see pg.6); \$4.00 drop-in; Fri Jul 24 1:00-3:00pm at MR centre

Aug 4: Event: Banana Split Bonanza (see pg.6); \$4.00 drop-in; Tue Aug 3 1:00-3:00pm at PM centre

Aug 6: Workshop: Arranging Fresh Flowers (see pg.31); \$35.00; Thu Aug 6 1:00-2:30pm at MR centre; pre-reg at Member Services

Aug 10: Talent Show Submission Deadline (see pg.7); Submission Deadline is Mon Aug 10; contact anita@rmssseniors.org

Aug 12: Workshop: The Art of Grieving (see pg.31); FREE; Wed Aug 12 10:00-11:00am at MR centre; pre-reg at 604-477-2771

Aug 14: Event: Ice Cream Social (see pg.7); \$4.00 drop-in; Fri Aug 14 1:00-3:00pm at MR centre

Aug 20: Armchair Traveller: Croatia (see pg.7); \$2.00 drop-in pass; Thu Aug 20 1:30-2:30pm at MR centre

Aug 27: Wellness Workshop: Social Connectedness (see pg.30); FREE; Thu Aug 27 10:00-11:00am at MR centre; pre-reg at 604-467-4993



OUR VISION

Connecting adults 55+ with a happy, healthy life.



Volunteer Spotlight

Julie is a regular volunteer at the Welcome Desk and Events, plus she's on our Event Prep team. But don't let that sweet, petite presence fool you! Julie wields her crafting scissors like a sword... and she will absolutely chase you down if you don't check-in! Thank you, Julie, for being so pleasant and diligent about monitoring the front, greeting everyone with a smile, and teaching others how important the Welcome role is. Julie's latest volunteer undertaking? Fern Whisperer. But don't worry, she still has her eye on us all.

Thank you!



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