

Ridge Meadows Seniors Society: Serving Maple Ridge & Pitt Meadows



GrapeVine

September & October 2026 Programming Guide



Your complete guide to a happy, healthy and colourful autumn!



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 Bettesworth

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 Hyyette

nicole@rmssseniors.org / 604-467-4993

Kitchen Supervisor, Grace Nunnikhoven

Kitchen Staff: Leah, Comfort, Maria, Mushtari, Jordan, Kevin

MR/PM Facility Attendants: Mojgan, Sally

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

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

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

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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	Beth Turner
Director	Could this be you?
Director	Could this be you?
Director	Could this be you?



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

Upcoming: AGM on Sept 17 @ PMSC (see pg 5)

RMSS - Maple Ridge, 12150 224 Street, Maple Ridge, BC V2X 3N8 Tel. 604-467-4993

RMSS - Pitt Meadows, 19065 119B Avenue, Pitt Meadows, BC V3Y 0E6 Tel. 604-457-4771

Visit us on the web! www.rmssseniors.org

A MESSAGE FOR YOU

As the leaves begin to turn and the air grows crisp, our centres remain as lively as ever. Unlike summers past, we didn't see the usual dip in attendance, our spaces stayed vibrant and full, a testament to the incredible energy and engagement of our members. Now with fall almost upon us, we continue to thrive as bustling hubs of connection.

As you know, RMSS has actively been seeking alternate spaces within our communities to accommodate our growing roster of programs and activities. Our newest endeavor is at the Fraserview Village, where we are bringing a chair fit class once a week on a Thursday. Please check page 33 for more details. In addition, the Maple Ridge centre is looking to expand our evening and weekend activities. We would love your input, please email Vanessa@rmssseniors.org.

RMSS had a wonderfully successful summer with the Seniors Community Shuttle, with so many seniors enjoying free trips around town to beautiful outdoor destinations. As we look ahead to fall, we're hoping for equally lovely weather and if you're feeling up for an adventure, now is the perfect time to get your name on the list. This great service is completely free and continues to be supported through the United Way of BC AIM Transportation Grant, in partnership with Maple Ridge Pitt Meadows Community Services. For full details, be sure to check out page 11.

Every year RMSS holds its AGM in September. It's an opportunity to give members a clear, transparent overview of the work we do, present the past years activities and financials, elect our board directors and answer any members questions while celebrating our accomplishments and impact. We would love to see you there, September 17th at the Pitt Meadows Seniors Activity Centre at 1pm.

I am very excited to see what this new season brings... maybe more laughter, more learning, and more shared moments? Let's make this fall unforgettable together. See you around our centres.

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

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 9:00am - 3:30pm
Sat 10:00am - 3:30pm



Pitt Meadows Seniors Activity Centre

19065 119B Ave.,
Pitt Meadows

Member Services:

Mon - Fri 9:00am - 3:30pm
Sat 9:00am - 1:00pm



Fraserview Community Hall (FVCH)

22610 116 Ave., Maple Ridge
(Limited RMSS Programs)

Member Services Support: Sept 10 & Oct 1



RMSS CLOSURES:

September 7 & 30
October 12

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.

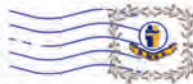
Pitt Meadows Seniors Activity Centre
19065 119B Ave, Pitt Meadows
604-457-4771

EVENTS

NEW TO RMSS?

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

RMSS WELCOME TOUR



Two Locations and Times:

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

Pitt Meadows Activity Centre

19065 119B Ave, Pitt Meadows

SECOND WEDNESDAY MONTHLY

10:00am - 11:00am

Maple Ridge Activity Centre

12150 224th Street, Maple Ridge

SECOND THURSDAY MONTHLY

10:00am - 11:00am

www.rmssseniors.org



Celebrating 10 Years of Strumming & Smiles!



Founded on September 7, 2016, by Lillian Bilodeau (and joined by volunteer instructor Don Klein), the Ridge Meadows Seniors Society Ukulele Group was created to share a love of music and build lasting friendships.

Over the past decade, the group has brought joy to the community through countless performances. Today, Lillian leads four beginner and intermediate groups every Thursday across Maple Ridge and Pitt Meadows. New members (55+) are always welcome!

Join the Celebration!

All are welcome to drop in, celebrate and enjoy some live music!

Thursday, September 10, 2026

1:00 - 2:30pm



Maple Ridge Seniors Activity Centre



ICE CREAM SOCIAL

Summer will be ending soon. Here's your last chance of the season to 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, September 1
1:00 to 3:00 pm

ALL 55+ WELCOME

BINGO

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

Pitt Meadows Seniors Activity Centre
Thursday, October 15
1:30 - 3:00 p.m.
Licence # 169205

Maple Ridge Seniors Activity Centre
Friday September 11, 2026
1:30 - 3:00pm
Licence # 169203

Snacks & refreshments for purchase at the coffee shop

EVENTS



HARVEST FEAST THEME LUNCH

Friday, September 18

Celebrate the flavours of the season. Expect hardy dishes, good company & autumn vibes.

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

 ALL 55+ WELCOME

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

Join us for an unforgettable afternoon
spotlighting performers 55 +

**ON SALE
SEPT 1**

**CELEBRATING
NATIONAL SENIORS DAY**

TALENT SHOW



**TICKETS
\$5.00**

THURSDAY, OCTOBER 1
2:00 p.m. - 3:30 p.m.

Expect music, dance, comedy, stories, and a few heart-warming surprises. Whether you're cheering from the seats or soaking up inspiration, it's a vibrant tribute to creativity, courage, and community.

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



TIME FOR A CRAFT SALE!

Tuesday, October 6
10:00am - 1:00pm
Maple Ridge Seniors Activity Centre
12150 224th St, Maple Ridge

Before all the seasonal sales begin, check out the Maple Ridge Craft Ladies selection of hand-knit baby clothes, blankies, dishcloths, slippers, sweaters, and more.

 **CASH OR
CREDIT CARD
(tap) ACCEPTED**





 ALL 55+ WELCOME

Fall into Pitt Meadows
Seniors Activity Centre for

PIE & ICE CREAM

**TUESDAY
OCTOBER 6**

DROP-IN: 1:00 TO 3:00 PM

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

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





WICKED IN OZ

HALLOWEEN THEME PARTY

They say there is no place like home... but this party will be more fun!

JOIN US FOR A PARTY LIKE NO OTHER!

- LIVE MUSIC
- MUNCHKINLAND MUNCHIES
- WICKED WITCHES BREW
- COSTUMES OPTIONAL

TICKETS GO ON SALE: SEPT 21

TICKETS \$7.00

TUESDAY, OCTOBER 20
2:00- 3:30 P.M.

ALL 55+ WELCOME

Follow the Yellow Brick Road to the...

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



HAPPY Halloween

KARAOKE PARTY

ENTRY \$2 Drop in PASS

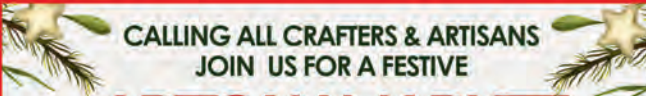
SATURDAY, OCTOBER 31
12:30 TO 3:00 P.M.

Get ready to sing your heart out and scare up some fun! Join us for a Halloween Karaoke Party filled with haunting tunes, creepy costumes, and frightfully good vibes.

Costumes are optional.

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

RMSS membership required



CALLING ALL CRAFTERS & ARTISANS

JOIN US FOR A FESTIVE

ARTISAN MARKET

We're looking for crafters & artisans to showcase and sell their handmade goods - whether it's cozy knits, unique jewellery, woodwork, pottery, seasonal decor or other one-of-a-kind creations.

SATURDAY, NOVEMBER 21
10:30 AM TO 2:00 PM

IMPORTANT DETAILS

- All items must be handmade - no mass produced or resale items please.
- If you plan to sell food items, they must be prepared in a certified industrial kitchen to meet health and safety standards.

\$25 Per Table

Reserve by October 22nd
To Book a Table

Contact Events Coordinator: anita@rmssseniors.org

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!

Join avid traveller Larry on his Bowron Lake canoe trip!

Thursday Oct 29
1:30-2:30pm

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

membership required

Maple Ridge Seniors Activity Centre
224th 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

55+



Intermediate Conversational French

In this intermediate level French class, we will spend time each week in discussion about a variety of topics. We will also work on vocabulary, verbs, and grammar through songs, stories, games, activities, crosswords, etc. The facilitator is not a fluent French speaker, but as a former teacher she tries to make learning fun. Join us to help us all improve our French skills!

Tuesdays 2:30 - 3:30pm
Pre-registered: Sept 15 - Oct 27
Cost: \$14 (7 weeks)

Min 6 registered to proceed. (Max 14)
Registration Opens Sept 1



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

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

55+



Writing
Group

Wordsmith

This writing group's aim is to help you develop and improve your creative writing skills (memoir or fiction). Members learn from one another developing their own "voice" and style. The group meets monthly to share and compare, open to thoughtful, respectful feedback, as all forge their wordsmithing skills.

Meets last Tuesday monthly (most months)
1:00pm - 3:00pm

pre-registered (min. 5, max 12)

\$8 / 4 sessions

Sept 29, Oct 27, Nov 24 & Dec 15



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

55+



painting & mixed media

We'll be working on coneflowers

PAINTING w/ Kim

Two-part pre-registered class:

Fri Sept 25 & Oct 2

9:30am-noon

Cost: \$25.00*

(includes instruction and supplies)

Min 5, Max 11 participants;

Registration opens Sept 1

***RMSS membership required**



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

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

55+



create



Sample arrangement shown

Arranging Fresh Flowers

Join the ladies of Maple Ridge Florist as they teach you how to design a beautiful fall ceramic pumpkin arrangement perfect for welcoming in the fall season. All supplies included.

Tuesday, Sept 29

1:00-2:00pm

\$35.00 pre-registered*

Includes instruction and supplies

Min 10, Max 20 participants; reg. opens Sept 1



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



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

55+

Emerald Pig
25 YEARS
Theatrical Society

DESTINATION: LAUGHTER

**ALBION COMMUNITY CENTRE
MAPLE RIDGE**
Nov 5 to 7 at 7:30pm
Nov 8 at 1:00pm

**HERITAGE HALL
PITT MEADOWS**
Nov 12 to 14 at 7:30pm
Nov 15 at 1:00pm

TICKETS:
emeraldpig.ca

SIBERIAN SUMMER

**WRITTEN BY
PAUL VAN DYCK**

**DIRECTED BY
HAZEL EASON**

TRANS-SIBERIAN EXPRESS
017 78062

**Produced by special arrangement with the
Playwrights Guild of Canada**

City of Pitt Meadows
Maple Ridge

FRASER VALLEY ZONE
theatre bc

A-LIST
theatre bc

COMMUNITY SHUTTLE BUS TRIPS

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
Please note: Shuttle trips are self-guided and independent (no tour leader provided)



Osprey Village & Langley Farm Market

- 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

Wednesdays

MRSC: Sept 2 & Oct 7
(10:00AM - 1:30PM)

PMSC: Sept 9 & Oct 14
(10:15AM - 1:30PM)

Grabenhorst & Golden Ears Cheesecrafters

- explore this beautiful new park along Harris Rd.
- bring a lunch to enjoy (benches and picnic tables available)
- enjoy a stop at Golden Ears Cheesecrafters on the way back to the centre

Fridays

MRSC: Sept 11 & Oct 16
(10:00AM - 1:15PM)

PMSC: Sept 4 & Oct 9
(10:15AM - 1:30PM)

The Patch Brewery & Dyke Walk

- go for a leisurely walk along the dykes that starts behind Laity Farm (north on 128 Ave)
- 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 gravel parking lot

Wednesdays

MRSC: Sept 23 & Oct 28
(10:00AM - 1:15PM)

PMSC: Sept 16 & Oct 21
(10:15AM - 1:30PM)

Pitt Lake Bird Watching & Hopcott Farms

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

Fridays

MRSC: Sept 18 & Oct 30
(10:00AM - 12:30PM)

PMSC: Sept 25 & Oct 23
(10:15AM - 12:40PM)

BUS TRIPSENJOY 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.

Butchart Gardens**\$150****Tuesday, September 22**

MR 6:45am - 7:15pm

PM 7:00am - 7:00pm



A beautiful, colourful garden with an interesting history and over 1000 varieties of plants. Browse the different gardens at your leisure. Visit Sidney by the sea for a waterfront stroll or shopping prior to escorted entry to the Butchart Gardens.

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

Package Includes

- Admission to Butchart Gardens
- 3.75 Hours at Butchart Gardens
- Sidney Waterfront
- All Fees & Taxes



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

FALL MANNING COLOURS

\$120

Wednesday, October 14

MR 8:30am - 5:45pm
PM 8:45am - 5:30pm



Heading to Manning Park, we drive through the scenic fall colours of the Cascade Mountains. Have lunch at the Manning Park Resort before heading to Lightning Lake for a walk along its shores.

Package Includes

- Manning Park
- Manning Park Resort, Lunch
- Lightning Lake
- Hope Slide
- Rhododendron Flats

Vancouver Orpheus Male Choir

\$140

Friday, November 6

MR 3:45pm - 10:15pm
PM 4:00pm - 10:00pm



Take in a special afternoon Remembrance concert with the amazing Vancouver Orpheus Male Choir at Gilmore Park United Church in Richmond. Enjoy a dinner at Old Spaghetti Factory prior to the performance.

Package Includes

- Vancouver Orpheus Male Choir Ticket
- 7:30 Performance
- Escorted Seating
- Old Spaghetti Factory



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.



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**

RHYTHM & REACH:

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



Instructor: Michelle

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: Adela

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	9:15am - 10:00am	PM	Main Hall	\$2 drop-in	not on Sept 7, Oct 12

STAY FIT 3

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

Instructor: Debbie

This challenging workout is designed to elevate your heart rate and challenge your muscles. It incorporates stationary balance work and stretches on floor mats.

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



Weekday	Time	Centre	Room	Cost	Of Note
M - W - F	8:30am - 9:15am	MR	Halls B & C	\$2 drop-in	not on Sept 7 & 30, Oct 12
**Mon	6:30pm - 7:15pm	MR	Hall C	\$2 drop-in	not on Sept 7, Oct 12

Library For You provides accessibility services to people who are unable to access the library due to illness or disability. Find the right service for you.
libraryforyou@fvrl.bc.ca

FRASER VALLEY REGIONAL LIBRARY
 Read. Learn. Play. | www.fvrl.ca

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

PROGRAM INFORMATION - FITNESS (Dance - pre-registered)

DANCE FIT WITH ADELA:

Cost: \$15/3 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	\$15/3 classes	Pre-registered

Session #7: Sept 2, 9 & 16
Reg Opens: Aug 26

Session #8: Oct 14, 21 & 28
Reg Opens: Sept 16



ZUMBA GOLD

Cost: \$20/4 classes OR \$15/3 classes (pre-reg; min 10 to proceed)

Instructors: Carolina / Quan

ZUMBA WITH QUAN FREE DEMO ON SEPT 10th!

SIGN UP AT MEMBER SERVICES. (see poster pg.34)

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	\$15/3 classes	Pre-registered
NEW Thu	4:45pm - 5:30pm	MR	Hall C	\$15/3 classes \$20/4 classes	Pre-registered
NEW Sat	11:30am - 12:15pm	MR	Hall C	\$15/3 classes	Pre-registered

**Monday Zumba
with Carolina**

Session #7: Sept 14, 21 & 28
Reg Opens: Aug 24

Session #8: Oct 5, 19 & 26
Reg Opens: Sept 28

**Thursday Zumba
with Quan**

Session #1: Sept 17 & 24, Oct 8
Reg Opens: Sept 3

Session #2: Nov 5, 12, 19 & 26
Reg Opens: Oct 8

**Saturday Zumba
with Quan**

Session #1: Sept 19, 26, Oct 3
Reg Opens: Sept 4

Session #2: Nov 7, 28 & Dec 5
Reg Opens: Oct 3

PROGRAM INFORMATION - FITNESS (Chair & Specialty)

CHAIR FIT:



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

Instructors: MR: Julia

PM: Lori / Lilly

FVCH: Leigha

Seated exercises with the option to stand. Class format includes cardio, walking in place, balance and agility followed by strength & stretch exercises. Designed to improve quality of life with functional exercises for daily living. ****N.B. PM centre Thu offers Chair Fit - Level 1. MR - all levels.**

***Bring:** a small pillow to support your back, as needed; resistance band (available for purchase at reception); in addition, PM class also uses free weights (provided).

Weekday	Time	Centre	Room	Cost	Of Note
M - W - F	10:00am - 10:45am	MR	Halls B & C	\$2 drop-in	not on Sept 7, Oct 12
Tue - Thu	9:30am - 10:15am	MR	Halls B & C	\$2 drop-in	
**Thu	10:15am - 11:00am	PM	Main Hall	\$2 drop-in	
NEW Thu	12:45pm - 1:30pm	FVCH	Banquet Hall	\$2 drop-in	see poster (pg.34) NEW
Sat	10:30am - 11:15am	PM	Main Hall	\$2 drop-in	

FVCH = Fraserview Community Hall - 22610 116 Ave, Maple Ridge



FUNCTIONAL FITNESS:

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

Instructor: Michelle

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	not on Sept 30

PROGRAM INFORMATION - FITNESS (Yoga)

CHAIR YOGA:



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

Instructors: MR: Kelli / Virginia

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 Sept 7, Oct 12</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 Sept 7, Oct 12</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 #8: Sept 15, 22, 29, Oct 6 **Reg Opens: Sept 1**

Session #9: Oct 20, 27, Nov 3, 10 **Reg Opens: Oct 6**

RMSS - Maple Ridge, 12150 224 Street, Maple Ridge, BC V2X 3N8 Tel. 604-467-4993

RMSS - Pitt Meadows, 19065 119B Avenue, Pitt Meadows, BC V3Y 0E6 Tel. 604-457-4771

Visit us on the web! www.rmssseniors.org

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	

Working and 55+? Help Shape Our After-Hours Schedule!

WE WANT
YOUR
FEEDBACK

If daytime classes don't fit your work week, tell us what will! We are exploring new evening and weekend programming for adults 55+ and would love your input! What classes, social groups, or activities would you love to see?

Email Vanessa at: vanessa@rmssseniors.org

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	not on Sept 7, Oct 12
Wed	2:45pm - 3:45pm	PM	Arts & Crafts	\$2 drop-in	not on Sept 30, Oct 7, 14, 21

TAI CHI / QIGONG



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	Library	\$2 drop-in	not on Sept 7, Oct 12
Tue - Beg	5:30pm - 6:15pm	MR	Hall B	\$2 drop-in	
Tue - Adv	6:30pm - 7:45pm	MR	Hall B	\$2 drop-in	
Wed - All Levels	2:00pm - 3:30pm	MR	Hall B	\$2 drop-in	not on Sept 30
Fri - All Levels	10:15am - 11:15am	PM	Main Hall	\$2 drop-in	resumes Sept 11

BADMINTON:

Cost: \$2 (drop-in pass)

An excellent form of exercise whether played for fun or aiming to win!

Bring a friend. Invite someone to play with you if they come alone. Equipment provided.



Weekday	Time	Centre	Room	Cost	Of Note
Mon	5:45pm - 7:30pm	MR	Halls A & B	\$2 drop-in	not on Sept 7, Oct 12
Sat	10:30am - 12:30pm	MR	Halls A & B	\$2 drop-in	

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Visit us on the web! www.rmssseniors.org

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 Sept 7, Oct 12</i>
Thu	1:00pm - 2:30pm	PM	Main Hall	\$2 drop-in	resumes on Sept 3
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 Sept 7, Oct 12</i>
Tue	8:45am - 11:00am	MR	Hall A	\$2 drop-in	
NEW Tue	2:00pm - 5:00pm	MR	Hall A	\$2 drop-in	
Wed	8:45am - 11:00am	MR	Hall A	\$2 drop-in	<i>not on Sept 30</i>
Wed	10:15am - 12:00pm	PM	Hall A	\$2 drop-in	<i>not on Sept 30</i>
Wed- Beg	12:00pm - 1:30pm	PM	Main Hall	\$2 drop-in	<i>not on Sept 30</i>
Fri	8:45am - 11:00am	MR	Hall A	\$2 drop-in	
Fri - Beg	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	9:00am - 7:30pm 9:00am - 3:30pm 10:00am - 3:30pm	MR	Snooker	\$4 drop-in	<i>not on Sept 7 & 30, Oct 12</i>
Mon - Fri Sat	9:00am - 4:00pm 9:00am - 1:00pm	PM	Snooker	\$4 drop-in	<i>not on Sept 7 & 30, Oct 12</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 Sept 30</i>
Fri - Ladies	9:00am - 12:00pm	MR	Snooker	\$4 drop-in	
Fri - Beg	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 Sept 7, Oct 12</i>
Wed - ACBL	12:30pm - 4:00pm	MR	Hall A	\$2 drop-in	not on Sept 30
Wed - Social	12:30pm - 3:30pm	MR	Craft Room	\$2 drop-in	not on Sept 30
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.

Lunch is served Monday -Friday, 11:30am - 1:00pm. Menu 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 9:00 - 7:30pm	Stay Fit 3 8:30 - 9:15am	 Check out our info sessions & workshops!
Snooker 9:00 - 7:30pm	Table Tennis 8:45 - 11:00am	Snooker 9:00 - 7:30pm	**Wellness Clinic 9:00 - noon	Table Tennis 8:45 - 11:00am	
	Snooker 9:00 - 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	Tech Help 9:00 - noon	Chair Fit 10:00 - 10:45am	
*Zumba Gold 11:15 - noon	Crafts 9:30 - 11:30am	Chair Fit 10:00 - 10:45am	Line Dance Fun 10:45 - noon	**Book Club 10:00 - noon	Snooker 10:00 - 3:30pm
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	Badminton 10:30 - 12:30pm
Carpet Bowling 1:00 - 3:00pm	Scrabble 12:45 - 3:30pm	Line Dance Abs Beg 11:15 - 12:15pm	Canasta/Games/ Mah Jong 1:00 - 4:00pm	Table Tennis Beg 11:00 - noon	Chair Yoga 10:30 - 11:15am
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	*Zumba Gold 11:30 - 12:15pm
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	Karaoke 12:30 - 3:00pm
Line Dance Beg 1:45 - 3:00pm	Ladies Snooker 2:00 - 4:00pm	Mah Jong 1:00 - 3:30pm	**Armchair Travel 1:30 - 2:30pm	Carpet Bowling 1:00 - 3:00pm	 Evening & Weekend Rentals Available Inquire at 604-467-4593 
Gentle Hatha Yoga 3:30 - 4:15pm	Table Tennis 2:00 - 5:00pm	Mexican Train 1:00 - 3:30pm	**Caregiver Conn 1:30 - 3:00pm	Create 1:30 - 3:30pm	
	Tai Chi Beg 5:30 - 6:15pm	Tai Chi 2:00 - 3:30pm	Chair Yoga 2:15 - 3:00pm	 Join Us - Events Monthly	
Badminton 5:45 - 7:30pm	Tai Chi Adv 6:30 - 7:45pm	Tech Help 3:00 - 5:00pm	Gentle Hatha Yoga 3:30 - 4:15pm		
Stay Fit 3 6:30 - 7:15pm	Therapeutic Yoga 6:30 - 7:15pm		*Zumba Gold 4:45 - 5:30pm		
			Gentle Pilates 6:30 - 7:15pm		

PROGRAMS AT PITT MEADOWS - WEEK AT A GLANCE

Fitness class information and descriptions on surrounding pages. Some programs listed are

*pre-registered, **others may not occur each week. Inquire at Member Services.

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

MON	TUE	WED	THU	FRI	SAT
Stay Fit 2/3 9:15 - 10:00am	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 - 1:00pm
Snooker 9:00 - 4:00pm	Snooker 9:00 - 4:00pm	Crafts 9:30 - 11:30am	Ukulele Beg 9:00 - 9:45am		
Coffee Shop Open 9:15am - 2:15pm					Coffee Shop 9:30 - 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	Whist 1:00 - 3:00pm	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	Ladies Snooker 1:30 - 3:30pm	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	Ballet 2:00 - 3:00pm	Tech Help 1:00 - 3:00pm	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	Meditation 2:45 - 3:45pm	Snooker 9:00 - 4:00pm	Table Tennis 1:15 - 3:30pm	
		Flamenco 3:00 - 4:00pm			
 Evening & Weekend Rentals Available - Inquire at 604-457-4771					

PLEASE NOTE: BEVERAGES IN HALLS

- **Closed-Lid Containers Only:** Please bring your own refillable water bottle or travel mug with a secure, spill-proof lid into all program rooms and fitness classes.
- **Lounge Glassware:** Glass cups and open mugs must remain in the lounge.



Thank you for helping us prevent slips, protect our hardwood floors, and keep everyone safe!

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Visit us on the web! www.rmssseniors.org

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 Sept 30</i>
Thu	1:00pm - 4:00pm	MR	Lounge	\$2 drop-in	

MEXICAN TRAIN: A unique, fun version of dominoes.

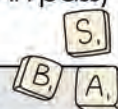
Cost: \$2 (drop-in pass)



Weekday	Time	Centre	Room	Cost	Of Note
Mon	12:45pm - 3:45pm	PM	Lounge	\$2 drop-in	<i>not on Sept 7, Oct 12</i>
Wed	1:00pm - 3:30pm	MR	Lounge	\$2 drop-in	<i>not the last Wed of month; not on Sept 30</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 Sept 30</i>

PROGRAM INFORMATION - DANCE

DANCE:

Cost: \$2 (drop-in pass)

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 - slightly more challenging than beginners

Program	Day	Time	Centre	Room	Cost	Of Note
Ballet	Wed	2:00pm - 3:00pm	PM	Hall B	\$2 drop-in	resumes Sept 9; not on Sept 30
Flamenco	Wed	3:00pm - 4:00pm	PM	Hall B	\$2 drop-in	resumes Sept 9; not on Sept 30
Hawaiian	Mon	12:15pm - 1:15pm	MR	Hall C	\$2 drop-in	resumes Sept 14; not on Sept 7 & Oct 12
Line Dance - absolute beg	Wed	11:15am - 12:15pm	MR	Hall B	\$2 drop-in	resumes Sept 9; not on Sept 30
Line Dance - beginners	Mon	11:30am - 12:30pm	PM	Main Hall	\$2 drop-in	resumes Sept 14; not on Sept 7 & Oct 12
Line Dance - beginners	Mon	1:45pm - 3:00pm	MR	Hall C	\$2 drop-in	resumes Sept 14; not on Sept 7 & Oct 12
Line Dance Fun	Thu	10:45am - 12:00pm	MR	Hall C	\$2 drop-in	resumes Sept 10
Line Dance Fun	Fri	11:30am - 12:30pm	PM	Main Hall	\$2 drop-in	resumes Sept 11; not on Oct 16
Line Dance - intermediate	Tue	10:45am - 12:00pm	MR	Main Hall	\$2 drop-in	now drop-in; resumes Sept 8



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 Sept 25 & Oct 23

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 Sept 30

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	meets on Sept 12 & Oct 10

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 (pg.9)

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	Pre-registered (pg.9)

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	\$8/4 classes	Pre-registered (pg.9)

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	see poster (pg.34)

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 Aug 20

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 - Beg	9:00am - 9:45am	PM	Arts & Crafts	\$2 drop-in	resumes Sept 17
Thu - some exp.	10:00am - 11:30am	PM	Arts & Crafts	\$2 drop-in	resumes Sept 17
Thu - Beg	12:15pm - 1:00pm	MR	Hall A	\$2 drop-in	resumes Sept 10
Thu - some exp.	1:00pm - 2:30pm	MR	Hall A	\$2 drop-in	resumes Sept 10

VARIETY PLUS:

Cost: time & commitment

Having fun with music, dance and comedy. Singing or theatre experience preferred. Looking for additional men to join.



Weekday	Time	Centre	Room	Cost	Of Note
Wed	1:00pm - 4:00pm	MR	Hall C	time & commitment	resumes on Sept 16

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 Sept 30</i>
Thu	9:00am - 12:00pm	MR	Boardroom	\$2 by appt	resumes Sept 24
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.31)</i>
Wed	10:00am - 1:00pm	PM	Wellness Room	FREE to drop-in! \$5 foot care	<i>see poster (pg.31)</i>

WELLNESS

Wellness Clinic

Helping you take care of YOU!



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!

Health
is wealth

Maple Ridge

Monthly on the 2nd & 4th Thursday
9:00am - 12:00pm
September 10 & 24 October 8 & 22

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

Pitt Meadows

First Wednesday Monthly
10:00am - 1:00pm
September 2 & October 7

Pitt Meadows Seniors Activity Centre
19065 119B Avenue, Pitt Meadows
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

Sept
14 & 28

Oct
5 & 19

Caregiver Connection

Maple Ridge Activity centre
(Wednesdays) 10:00-11:30am

Sept
2 & 16

Oct
7 & 21

Caregiver Connection

Maple Ridge Activity centre
(Thursdays) 1:00-3:00pm

Sept
3

Oct
8 & 22

Caregiver Connection

Maple Ridge Activity centre
(Fridays) 10:00-11:30am

Sept
4 & 18

Oct
2 & 16

Life After Loss

Maple Ridge Activity centre
(4th Thursday monthly)
1:00-3:00pm

Sept
24

Oct
22

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



POP-UP SERVICE CLINICS



Sign Up for a Family Doctor!

Maple Ridge & Pitt Meadows residents, have you been trying to find a family doctor? The time is now! There are more than 15 family doctors currently accepting patients.

Ridge Meadows Division of Family Practice will be onsite at the Maple Ridge Seniors Activity Centre on September 14th to answer your questions and help you register for a new family doctor.

DROP-IN CLINIC DATE

Monday, September 14
9:30am - 11:30am

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

Ridge Meadows
Division of Family Practice
A TISCORP



Get a Flu Shot

Thu Oct 15
10:00am - 4:00pm

BECAUSE FLU SEASON
IS COMING

Book your appointment
starting Sep 15 at 604-467-4993.

On Oct 15, remember to bring your CareCard.

Please note: COVID-19 booster also available
When booking, specify if for both vaccines.

GET YOUR FLU SHOT HERE:

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

Courtesy of
SHOPPERS
DRUG MART



MAiD

Medical Assistance in Dying

INFORMATION SESSION

Based on feedback we received during our Advanced Care Planning Series we have invited a representative from the Fraser Health MAiD team to present an overview of the current MAiD Legislation and explain the process of how to request MAiD in BC.

We kindly remind everyone that this is not a forum format and there will be no discussions about the political, religious, or moral beliefs surrounding MAiD. This is an information session so that everyone has equal access to healthcare information.

Sept 22 10:30am-12pm
Maple Ridge Seniors Activity Centre
 12150 224th Street, Maple Ridge

For more information or to register please call
 Julia 604-477-2771



ADVANCED CARE PLANNING WORKSHOP (2 PART SERIES)

October 29th 1:00pm - 3:00pm

PART 1 - FRASER HEALTH

Learn About:

- What Advanced Care Planning Is and Why It's Important
- How to Choose a Substitute Decision Maker
- Where to Find Resources and Support

November 12th 1:30pm - 3:00pm

PART 2 - MACDONALD MEECHAN NOTARIES

Learn About:

- Understanding Wills
- Powers of Attorney
- Representation Agreements
- Advanced Directives



TO REGISTER CALL 604-457-4771
 (one registration for both sessions)
Pitt Meadows Seniors Activity Centre
 19065 119B Ave, Pitt Meadows

For more information: call Julia at 604-477-2771
 julia@rmssseniors.org




EDUCATION SERIES



AI & You: Understanding and Using AI in Everyday Life

Join Alan Cadwell for a practical, easy-to-understand introduction to artificial intelligence. This session explains what AI is, why it is suddenly everywhere, and how it can help seniors make sense of today's information overload.

We will look at the remarkable infrastructure behind AI, the speed and scale of modern technology, and several everyday tools that can help with writing, travel planning, health questions, meal planning, organizing photos, creativity, and staying connected in our golden years.

When: Wednesday, September 9
Time: 1:00 - 2:30pm
Where: Maple Ridge Library - Fraser Rm.
To Register: 604-467-4993




EDUCATION SERIES

Senior Safety

Protecting Yourself from Scams: A Guide for Seniors

Join Metro Vancouver Crime Stoppers for an essential presentation dedicated to keeping seniors safe and informed. Learn how to recognize and avoid today's most common scams - including AI and romance scams, investment fraud, fake services and recovery schemes.

Discover practical steps to protect yourself and your loved ones, how to report suspicious activity anonymously through Crime Stoppers, and what immediate steps to take if you or someone you know is targeted.

When: Wednesday, October 14
Time: 1:00 - 2:30pm
Where: Maple Ridge Library - Fraser Rm.
To Register: 604-467-4993

CRIME STOPPERS
 1-800-222-8477 SOLVECRIME.CA





wellness workshop

Remember to visit our Wellness Clinic!
10:00 - 01:00
1st Wednesday



Bone Health 101

ENCORE PRESENTATION

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, September 24
1:00pm - 2:00pm
FREE - pre-registration required. Call 604-457-4771

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

ALL 55+ WELCOME

55+



wellness workshop

Remember to visit our Wellness Clinic!
09:00 - 12:00
2nd & 4th Thursday



Women's Heart Health

Join us for an informative wellness presentation dedicated to women's cardiovascular health. Learn practical insights, recognize key risk factors, and discover how to support a strong, healthy heart across every stage of life.

A community service presentation by the Canadian Women's Heart Health Alliance

Thursday, September 24
10:00am - 11:00am
FREE - pre-registration required. Call 604-467-4993

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

ALL 55+ WELCOME

55+



wellness workshop

Remember to visit our Wellness Clinic!
09:00 - 12:00
2nd & 4th Thursday



Denture Awareness

Wondering about denture options or dental care coverage? Join us for an informative presentation with Allcare Denture Clinic covering:

- Different types of denture options and when they are needed
- The importance of consulting a dentist
- How to navigate the Canadian Dental Care Plan (criteria & applying)
- Open Q&A session to get your questions answered

Tuesday, October 13
1:00pm - 2:30pm
FREE - pre-registration required. Call 604-467-4993

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

ALL 55+ WELCOME

55+



TECH HELP

KEEP LEARNING

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 drop-in pass

Maple Ridge	Wednesdays with Somi 3:00pm - 5:00pm
	Thursdays with Peter (starting Sept 24th) 9:00am - 12pm
Pitt Meadows	Thursdays with Lance 1:00pm - 3:00pm

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

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

55+

Ridge Meadows Seniors Society

CHAIR FIT

NEW SATELLITE LOCATION!



STARTS SEPT 10

Love Chair Fit?
We're bringing the fun to a brand new spot in your neighbourhood!

Frasersview Community Hall
22610 116 Ave, Maple Ridge

Thursdays 12:45-1:30pm
\$2.00 / class using drop-in passes

Try it for FREE before committing to membership.
RMSS annual membership \$35. Membership and drop-in passes available for purchase at RMSS centres.

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

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

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

ZUMBA GOLD

MORE WAYS TO DANCE & MOVE!

Can't get enough Zumba? We've got multiple weekly classes to keep you moving and smiling this Fall:

Mondays (with Carolina) 11:30am - 12:15pm
Thursdays (with Quan) 4:45pm - 5:30pm
Saturdays (with Quan) 11:30am - 12:15pm

Sessions run throughout September & October. Check the GrapeVine (pg.16) for registration dates or drop by Member Services for more information.

FREE DEMO: ZUMBA WITH QUAN - THURSDAY SEPTEMBER 10th
Sign up at Member Services



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

Ridge Meadows Seniors Society

VARIETY PLUS

SHOWTIME



ACCEPTING NEW MEMBERS

Love to sing, act, play an instrument, or help backstage?
We'd love to have you on the team as we prepare for our big April show! New members welcome thru October.

Special call for Tenor, Baritone, and Bass voices.

Wednesdays 1:00pm - 4:00pm
Starting September 16th
Musical experience appreciated.

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

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

EngAge

Ridge Day Program

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

Ridge Meadows Seniors Society is offering a new day program designed specifically for older adults (55+) with mild to moderate cognitive limitations.

The EngAge Day Program offers a safe and supportive environment where participants can EngAge in structured group activities that promote cognitive function, physical health, and social connection.

Our Programming Includes

- Engaging Social Activities
- Daily Lunch, Beverages & Snacks
- Round Trip Transportation
- Personalized Support
- Respite for Caregivers

Wednesdays & Fridays
9:00am - 2:15pm

REGISTER TODAY!
604-477-2771
jessica@rmssseniors.org

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

community SERVICES
Changing lives together

Therapeutic Activation Program for Seniors (TAPS)



**Footcare
Services**

Beez
foot care



Vilma Baldoz-Abalos
Certified Footcare Nurse /
Registered Nurse

\$40 for approx. 15-20 minute appointment

Upcoming dates (Mondays):

September 14 & 21
October 5 & 19



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

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



**CanYou
Hear it?**

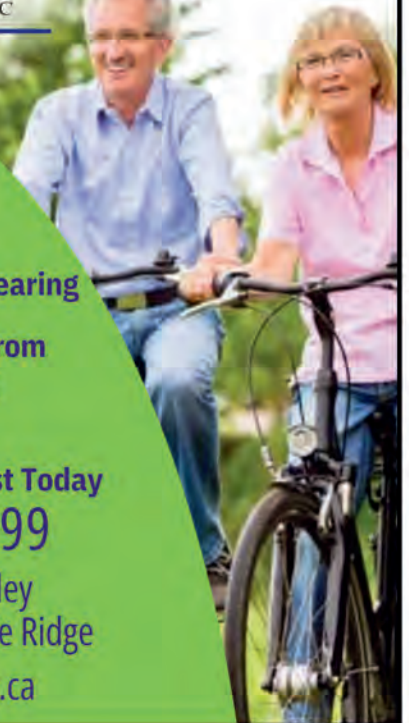
Mild high frequency hearing

**loss can prevent you from
hearing birds chirping
and rain falling**

Book Your Hearing Test Today

604-510-2299

5501 - 204 St. Langley
12150 - 224 St. Maple Ridge
absolutehearing.ca



**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.

RMSS - Maple Ridge, 12150 224 Street, Maple Ridge, BC V2X 3N8 Tel. 604-467-4993

RMSS - Pitt Meadows, 19065 119B Avenue, Pitt Meadows, BC V3Y 0E6 Tel. 604-457-4771

Visit us on the web! www.rmssseniors.org

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 goods 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 10:00-11:30am)
 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



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 BC and managed by United Way BC






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Pitt Meadows**



Imagine...

*The Freedom & Security You
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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



LEGISLATIVE ASSEMBLY
of BRITISH COLUMBIA

OUR OFFICE IS A GREAT RESOURCE FOR SENIORS LOOKING INTO:

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



RMSS - Maple Ridge, 12150 224 Street, Maple Ridge, BC V2X 3N8 Tel. 604-467-4993
RMSS - Pitt Meadows, 19065 119B Avenue, Pitt Meadows, BC V3Y 0E6 Tel. 604-457-4771
Visit us on the web! www.rmssseniors.org

Realtor and Fellow Community Member

I have lived and worked in Maple Ridge for over 25 years, and am well-acquainted with surrounding communities as well.

If you have plans to buy or sell, want to explore your downsizing options, or simply have questions about today's market, I'd be happy to help.

As a fellow member of this community, let me put my expertise to work for you!



Sterling Realty

INDEPENDENTLY OWNED AND OPERATED



Annette Halas
778-848-4505

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

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

WHERE

Maple Ridge Seniors
Activity Centre
12150 224th Street

REGISTRATION

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



"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

RMSS - Maple Ridge, 12150 224 Street, Maple Ridge, BC V2X 3N8 Tel. 604-467-4993

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Visit us on the web! www.rmssseniors.org



MACDONALD MEECHAN NOTARIES

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Lucy Meechan
Notary Public, M.A.

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Mortgages
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Affidavits
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Travel Letters
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www.macdonaldmeechannotaries.com

604.457.0050



MACDONALD MEECHAN NOTARIES

20% OFF

All Personal Planning Services (Wills, Powers of Attorney,
Representation Agreements and Health Directives)

Cannot be combined with any other discount.

Must present this coupon at time of initial appointment.

Valid until October 31st, 2026

RMSS - Maple Ridge, 12150 224 Street, Maple Ridge, BC V2X 3N8 Tel. 604-467-4993

RMSS - Pitt Meadows, 19065 119B Avenue, Pitt Meadows, BC V3Y 0E6 Tel. 604-457-4771

Visit us on the web! www.rmssseniors.org

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					
REG DRIVER	MON	TUE	WED	THU	FRI
Drivers Available for Local and Metro Vancouver Trips During Business Hours					
Maiké 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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Danielle Ramos
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info@lowermainlanddenture.ca

C2-12460 191 Street, Pitt Meadows



Your City, Your Voice

**Vote Mayor,
Councillor,
School Trustee**

Assent Vote On:
Borrowing for 3 Recreation
Infrastructure Projects



3 Ways to Vote



Vote Early | Oct 7, 10, 14, 15 | 8AM-8PM

Vote by Mail | Ballots available Oct 7

Vote on Election Day | Oct 17 | 8AM-8PM

MapleRidge.ca/GoVote



Aquatics and
Recreation centre
in Hammond



Multi-use
40-acre park
in Hammond



Twin-rink arena
expansion
in Albion



**RECREATION
READY** ▶ CREATING
NEW PLACES TO
MOVE MEET & PLAY



MapleRidge.ca/RecreationReady



BE INFORMED & HAVE YOUR SAY

Learn about the planned amenities, estimated costs and the funding strategy designed to deliver these exciting projects, including an **assent vote** (referendum) on the borrowing, at the October 17 local government election.



INFORMATION BOOTH:

Find us at local events and parks this summer to speak with City staff and ask questions!

SENIORS ACTIVITY CENTRE

Sept. 23, 9:30-11:00am

12150 224th Street, Maple Ridge



RecreationReady@MapleRidge.ca



ASSENT VOTE

MapleRidge.ca/GoVote

AROUND TOWN

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



Intro to Weight Training (55Y+)

Build strength, support bone health and improve functional fitness with guidance from a certified trainer. Sessions run September to December and include safe, effective use of fitness centre equipment.



Course ID#16000, 16001, 16004

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

FRASERVUE
VILLAGE
COMMUNITY
ASSOCIATION

**Christmas
Craft Fair**

Banquet Hall
22610 - 116 Avenue
Maple Ridge

SATURDAY
NOVEMBER 21
11 AM - 5 PM

fvca.craftfairs@gmail.com

WORKSHOP & EVENT DETAILS

- Sept 1: Event: Ice Cream Social** (see pg. 6); \$3.00 drop-in; Tue Sept 1 1:00–3:00pm at PM centre
- Sept 9: Education Series: AI & You: Understanding and Using AI in Everyday Life** (see pg. 32); *FREE*; Wed Sept 9 1:00–2:30pm at Maple Ridge Library (Fraser Rm); pre-reg at 604-467-4993
- Sept 10: New! RMSS in the Community: Chair Fit at Fraserview Hall** (see pg. 34); \$2.00 drop-in pass (first time *FREE*); starts Thu Sept 10 12:45–1:30pm at Fraserview Community Hall
- Sept 11: Event: Bingo** (see pg. 6); \$10.00 includes 2 cards; Fri Sept 11 1:30–3:30pm at MR centre; tickets on sale Aug 21
- Sept 14: Pop-up Service Clinic: Sign Up for a Family Doctor!** (see pg. 31); *FREE* drop-in; Mon Sept 14 9:30–11:30am at MR centre
- Sept 17: Annual General Meeting (AGM)** (see pg. 5); Thu Sept 17 (Registration 12:00pm, Meeting 1:00pm) at PM centre; RSVP at Member Services
- Sept 18: Themed Lunch: Harvest Feast Theme Lunch** (see pg. 7); regular lunch pricing; Fri Sept 18 11:30am–12:30pm at MR centre
- Sept 22: Info Session: MAID (Medical Assistance in Dying)** (see pg. 32); *FREE*; Tue Sept 22 10:30am–12:00pm at MR centre; pre-reg at 604-477-2771
- Sept 24: Wellness Workshop: Women's Heart Health** (see pg. 33); *FREE*; Thu Sept 24 10:00–11:00am at MR centre; pre-reg at 604-467-4993
- Sept 24: Wellness Workshop: Bone Health 101 – Encore Presentation** (see pg. 33); *FREE*; Thu Sept 24 1:00–2:00pm at PM centre; pre-reg at 604-457-4771
- Sept 29: Workshop: Arranging Fresh Flowers** (see pg. 9); \$35.00; Tue Sept 29 1:00–2:00pm at MR centre; register by Sept 22 at Member Services
- Oct 1: Event: National Seniors Day Talent Show** (see pg. 7); \$5.00; Thu Oct 1 2:00–3:30pm at MR centre; tickets on sale Sept 1
- Oct 6: Event: Craft Sale** (see pg. 7); Tue Oct 6 10:00am–1:00pm at MR centre
- Oct 6: Event: Pie & Ice Cream** (see pg. 7); \$4.00 drop-in; Tue Oct 6 1:00–3:00pm at PM centre
- Oct 13: Wellness Workshop: Denture Awareness** (see pg. 33); *FREE*; Tue Oct 13 1:00–2:30pm at MR centre; pre-reg at 604-467-4993
- Oct 14 Education Series: Protecting Yourself from Scams: A Guide for Seniors** (see pg. 32); *FREE*; Wed Oct 14 1:00–2:30pm at Maple Ridge Library (Fraser RM); pre-reg at 604-467-4993
- Oct 15: Clinic: Flu Shot Clinic** (see pg. 31); Thu Oct 15 10:00am–4:00pm at MR centre; book appt starting Sept 15 at 604-467-4993
- Oct 20: Event: "Wicked in Oz" Halloween Theme Party** (see pg. 8); \$7.00; Tue Oct 20 2:00–3:30pm at MR centre; tickets on sale Sept 21
- Oct 29: Workshop: Armchair Traveller – Bowron Lake Canoe Trip** (see pg. 8); \$2.00 drop-in pass (first time *FREE*); Thu Oct 29 1:30–2:30pm at MR centre; reserve spot at 604-467-4993
- Oct 29: Workshop: Advanced Care Planning – Part 1 Fraser Health** (see pg. 32); *FREE*; Thu Oct 29 1:00–3:00pm at PM centre (Part 2 Nov 12); pre-reg at 604-457-4771
- Oct 31: Event: Halloween Karaoke Party** (see pg. 8); \$2.00 drop-in pass; Sat Oct 31 12:30–3:00pm at MR centre

OUR VISION

Connecting adults 55+ with a happy, healthy life.



Volunteer Spotlight

Sara's only been volunteering for a year and a half, but she wears many hats: Welcome Desk and Member Services on weekdays and weekends, Tech Help, Admin Support. Versatility isn't her only super-power. Sara is the epitome of positivity, determination, and resilience. You can't meet Sara and not come away feeling heard and inspired. Plus, she's faster than a speeding bullet with her walker! This summer Sara graduated from the Administrative Office Specialist program at Ridge Meadows College and accepted an RMSS Internship through United Way's Work Experience Grant Program. Congratulations, Sara, and see you soon!

**Pitt
Meadows**
VOTES
OCTOBER 17



Make a plan to vote on October 17

Voting is an important way to have your say in Pitt Meadows. Choose the voting option that works best for you.

VOTE EARLY	Tuesday, October 6 to Friday, October 9 at City Hall
VOTE ON ELECTION DAY	Saturday, October 17 at various locations
VOTE BY MAIL	Request a mail ballot until Thursday, October 15

For candidate information, voting details, and key dates, visit pittmeadows.ca/election.

