



FREE



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.



REGISTER TODAY!



604-477-2771
Phone



jessica@rmssseniors.org
Email

Our Programming Includes



Engaging Social Activities

Meaningful programs that spark joy, connection, and purpose.



Daily Lunch, Beverages & Snacks

Nutritious meals and refreshments provided each day.



Round-Trip Transportation

Safe and reliable transportation to and from the program.

**In most cases, transportation may be available.*



Personalized Support

From Recreation Therapist, Care Aid & Volunteers who care.



Respite for Caregivers

Peace of mind and access to support resources.



Wednesdays & Fridays
from 9:00-2:15PM

at the Maple Ridge Seniors Activity Centre



community SERVICES
Changing lives together



Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island

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

Therapeutic Activation Program for Seniors (TAPS)