Ridge Meadows Seniors Society: Serving Maple Ridge & Pitt Meadows

GrapeVine

November & December 2026 Programming Guide



Get ready for festive fun! Join us at our Christmas Cheer parties to celebrate the most wonderful time of the year. *(see pg.8)*

55+

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
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Kitchen Supervisor, Grace Nunnikhoven
Kitchen Staff: Leah, Comfort, Maria, Mushtari
MR/PM Facility Attendants: Mojgan, Sally
Support Staff: Rita, Robyn, Kevin, Sandra, Don, Darryl
MR Room Rentals: carmen@rmssseniors.org / 604-467-4593
PM 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 Meeting: November 19th @ PMSC

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RIDGE MEADOWS SENIORS SOCIETY BOARD OF DIRECTORS 2026/2027

President ..... Karen Hjort-Olsen
Vice-President .. Deborah Jamieson
Secretary ..... Patricia Gordon
Treasurer ..... Beth Turner
Director ..... Bobbi Duncan
Director .....Cecilie St.Amand
Director ..... Elaine Greaves
Director ..... Nigel Green
Director ..... Terri Smith

A MESSAGE FOR YOU

As I look out the window I am struck by the beauty of the trees as they change colour, the green of the lawn as it slowly grows back and the coolness of the nights. Such a change from what we experienced over the past summer that seemed to last forever.

Our communities may be changing as well. The public voted for change, both municipally as well as provincially. How that change will impact the Society – we don't know, but it is completely normal to feel a little hesitant when things begin to shift. But change is also how we grow, and welcome new opportunities.

RMSS has always thrived because we adapt together, and I want to assure you that while some faces in leadership of the Board may look different, the warmth, friendship, and core values of our society remain the same. For the first time in many years, we have a full Board and I am pleased to introduce four new Directors: Elaine Greaves, Nigel Green, Cecilie St.Amand and Terri Smith. They bring a wide variety of professional experience, and we look forward to their participation. I would also like to thank Leslie Carnie, who stepped off the Board and thank her for her years of service and the guidance she provided.

As we face some uncertainty to what the future holds, I am pleased to report our new team has already hit the ground running, bringing fantastic energy, fresh perspectives, and an immediate commitment to making our society the best it can be. We are committed to ensuring the Society continues to be a caring, compassionate, accessible and transparent organization that works to improve the lives of our members.

"Life is not about waiting for the storms to pass but learning to dance in the rain." (Vivian Greene)

We look forward to seeing you in the centres. Please stop and say hello, I hope your holidays are filled with warmth, rest and time with people you care about.

HAPPY HOLIDAYS AND HAPPY NEW YEAR!



Karen Hjort - Olsen
RMSS President

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.





Follow Us On Social Media: **#rmsssseniors**

WHERE TO FIND RMSS CENTRES & PROGRAMS

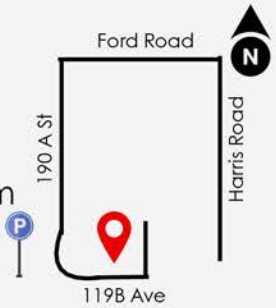
Maple Ridge
Seniors Activity Centre
12150 224 St.,
Maple Ridge

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

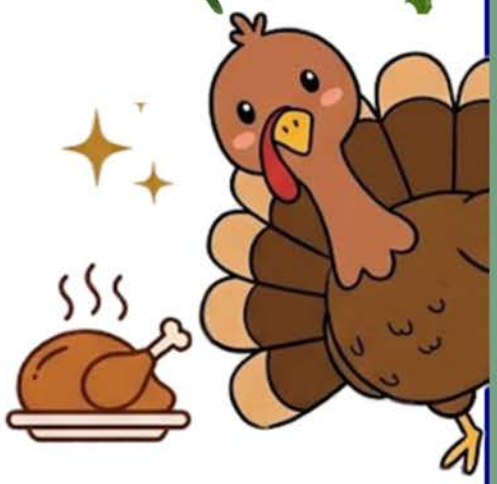


Fraserview Community Hall *(FVCH)*
22610 116 Ave., Maple Ridge
(Limited RMSS Programs)
Member Services Support: *Nov 26 & Dec 17*



RMSS CLOSURES:
Nov 11th
Dec 24th - CLOSED @ 2pm
Dec 25th & 26th

TAKEAWAY TURKEY DINNER



Pre-order your TAKE-AWAY meal

Nov 25 – Dec 9

LIMIT of 2 orders per PERSON



Please place order from the centre where you will pick up:

MR centre: 604-467-4993
PM centre: 604-457-4771

Meal: $12.00 | Dessert: $2.50
Pick up meal(s) on Friday, December 18th
Limited dine-in available

MR Seniors Activity Centre	PM Seniors Activity Centre
12150 224 St, Maple Ridge	19065 119b Ave, Pitt Meadows
604-467-4993	604-457-4771

Connecting adults 55+ with a happy, healthy life.

CHRISTMAS CRAFT SALE

Has someone made the "nice list" just in time for Christmas? Check out the Maple Ridge Craft Ladies selection of hand knit baby clothes, blankies, dish cloths, slippers, sweaters, gnomes, and much more!



CASH OR CREDIT CARD (tap) ACCEPTED

Tuesday December 1
10:00am - 1:00pm

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

Connecting adults 55+ with a happy, healthy life.

R.M.S.S.

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!





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

www.rmssseniors.org

Take this tasty opportunity to get together with friends and neighbours for...



PIE & ICE CREAM







$4 INCLUDES:
A SLICE OF PIE, SCOOP OF VANILLA ICE CREAM & A HOT OR COLD BEVERAGE

Tuesday, November 3
1:00pm - 2:30pm

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

Connecting adults 55+ with a happy, healthy life.



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

Tickets On Sale Now

BRITISH COLUMBIA License# 169203

Snacks & refreshments for purchase at the coffee shop



Friday, November 6
2:00 to 3:30 pm



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

Connecting adults 55+ with a happy, healthy life.



THEME LUNCH



CHILL OUT & CHILI UP

Warm up with a bowl of chili, a fresh baked scone and your choice of toppings from our buffet.





Friday, November 20
DROP - IN
11:30am - 1:00pm



Regular Lunch Prices in Effect

Cozy food, friendly faces - a perfect lunch on a cold day.

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

Connecting adults 55+ with a happy, healthy life.

Come join us for a day of creativity, community and handcrafted charm!

ARTISAN MARKET

Browse and shop for homemade arts & crafts from talented local makers.



Enjoy delicious seasonal treats at our concession stand.

ADMISSION BY DONATION

Find one-of-a-kind gifts and treasures just in time for the holiday season!

Saturday, November 21
10:30am - 2:00pm

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

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R.M.S.S.

RIDGE MEADOWS SENIORS SOCIETY

PITT MEADOWS EVENT

SPREADING
Christmas Cheer

Join us as we celebrate the holiday season. There will be holiday bites, **LIVE ENTERTAINMENT**, door prizes and more!



Tickets $7.00

Tickets available for purchase Nov 4

ALL 55+ WELCOME

Thursday, December 3
2:00pm - 3:30pm

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

Connecting adults 55+ with a happy, healthy life.

R.M.S.S.

RIDGE MEADOWS SENIORS SOCIETY

MAPLE RIDGE EVENT

SPREADING
Christmas Cheer

Join us as we celebrate the holiday season featuring **LIVE ENTERTAINMENT** Christmas caroling, treats and door prizes.



Tickets $7.00

Tickets available for purchase Nov 4

ALL 55+ WELCOME

Tuesday, December 8
2:00pm - 3:30pm

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

Connecting adults 55+ with a happy, healthy life.

R.M.S.S.

HOLIDAY HITS & HIGH NOTES

KARAOKE PARTY

It's an afternoon of laughter, music & holiday cheer. Enjoy festive treats, drinks and merry company while singing holiday classics.



ENTRY
$2 Drop-in Pass
First time FREE!
RMSS membership required



Saturday, December 12
12:30pm - 3:00pm

membership required

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

Connecting adults 55+ with a happy, healthy life.

R.M.S.S.

Painting with Kim





Brush up on your creativity and celebrate the season! Join us for a fun, beginner-friendly acrylic painting session with Kim. Participants will be guided step-by-step to create two beautiful 5x7 holiday cards to share or display.

Friday, November 27
9:30am - noon

Register by Nov 20

Cost: $15.00*
(includes instruction & supplies)
Min 5, Max 11 participants;
Registration opens Nov 6

membership required

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

Connecting adults 55+ with a happy, healthy life.

create

membership required



Crafting Christmas Cards

Get festive and creative for the holiday season!
Join Marcia to craft four beautiful Christmas cards during this 2-hour workshop, plus receive a kit to take home and make a fifth card!

Cost: $20 pre-registered*
**Includes instruction & supplies*
Max 10 participants; reg opens Nov 2
**RMSS membership required*

Maple Ridge — **Tuesday, December 1**
1:00pm - 3:00pm
REGISTER BY NOV 24

Pitt Meadows — **Thursday, November 26**
1:00pm - 3:00pm
REGISTER BY NOV 19

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

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

Connecting adults 55+ with a happy, healthy life.

Flower Arranging





membership required

Christmas Centrepieces

Join Irene from Maple Ridge Florist as she helps you create a festive Christmas table centrepiece for your holidays using longer lasting blooms, Christmas greens and the choice of one candle or no candle.

REGISTER BY DEC 3

Thursday, December 10
1:00pm - 2:00pm
Cost: $35 pre-registered*
**Includes instruction & supplies*
Min 10; max 20 participants; reg opens Nov 3
**RMSS membership required*

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

Connecting adults 55+ with a happy, healthy life.

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
2:30pm - 3:30pm
Pre-registered: Nov 3 - Dec 15
Cost: $12 (6 weeks)

membership required

Min 6 registered to proceed. (Max 14)
Registration Opens Oct 27

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

Connecting adults 55+ with a happy, healthy life.

Restorative Yoga & Sound Healing

Join certified sound healer and yoga teacher Manisha for a relaxing trial class combining restorative movement, guided meditation, and calming singing bowls to quiet a busy mind.

NEW PROGRAM



FREE DEMO

Thursday, November 12
3:00pm - 3:45pm

FREE trial class - (pre-registration required)

$15 for a 3-week session Dec 3, 10 & 17
Registration opens Nov 12
Min 10; max 20 participants.

membership required

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

Connecting adults 55+ with a happy, healthy life.

Ridge Meadows Seniors Society

Chair Fit

55+



RMSS Satellite Location

JOIN THE FUN!
Now Offering Chair Fit Right in Your Neighbourhood!
Same great workout, now closer to home.

Fraserview Community Hall
22610 116 Ave, Maple Ridge

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

membership required

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

Connecting adults 55+ with a happy, healthy life.

Tech Help



membership required

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

Help?

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
9:00am - 12pm

Pitt Meadows

Thursdays with Lance
1:00pm - 3:00pm

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

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

Connecting adults 55+ with a happy, healthy life.

Zumba Gold



membership required

Come experience Zumba Gold—the low-impact, easy-to-follow dance class designed for adults 55+. Enjoy great music, gentle cardio, and wonderful company as you move at your own pace. Good for your heart, great for your balance, and guaranteed to make you smile!

Mondays: 11:15am -12:00pm (Carolina)
Thursdays: 4:45pm - 5:30pm (Quan)
Saturdays: 11:30am - 12:15pm (Quan)

These are pre-registered programs.
Check out pg. 10 for registration details.
RMSS membership required.

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

Connecting adults 55+ with a happy, healthy life.

COMMUNITY SHUTTLE BUS TRIPS



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

Olive Garden - Langley

- Pasta for the people!
- Enjoy endless salad and breadsticks with every meal at the Olive Garden in Langley
- Buon appetito!

Wednesdays & Fridays

MRSC: Nov 4, Nov 27 & Dec 9
(10:30AM - 1:45PM)

PMSC: Nov 6, Nov 25 & Dec 11
(10:30AM - 1:30PM)

Willowbrook Mall - Langley

- With 146 stores, you might just find what you're looking for at Willowbrook Mall in Langley
- Bring your Christmas shopping list and explore

Wednesdays & Fridays

MRSC: Nov 20 & Dec 16
(10:00AM - 1:45PM)

PMSC: Nov 18 & Dec 18
(10:15AM - 1:30PM)



Coquitlam Centre Mall

- With 180 stores, score the perfect Christmas gift!
- Enjoy people watching or get in your steps without needing to face the weather.

Wednesday & Friday

MRSC: Dec 2
(10:00AM - 1:30PM)

PMSC: Dec 4
(10:15AM - 1:15PM)

Lights at Lafarge Lake

- Enjoy the magical Lights at Lafarge Lake without needing to find parking
- Take a festive walk around the lake
- We'll stop at Tim Hortons on the return trip so you can treat yourself to a snack or dinner

Tuesdays & Thursdays

MRSC: Dec 10 & Dec 15
(4:00PM - 7:15PM)

PMSC: Dec 8 & Dec 17
(4:00PM - 7:00PM)

JOIN US FOR A SPECIAL

TABLE READ

— OF —

THE LATE BOOMER

THE MUSICAL

BY SCOTT PARRY

A FUN, UNIQUE WAY TO SEE A MUSICAL COME TO LIFE!



COME, LISTEN, LAUGH, AND BE PART OF THE CREATIVE JOURNEY!



SATURDAY
NOVEMBER 14TH
AT 1PM

R.M.S.S.

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

TICKETS $5

Bring a friend, enjoy a great story, and help us bring THE LATE BOOMER THE MUSICAL to the stage!

Footcare Services

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

$40 for approx. 15-20 minute appointment

Beez foot care



Vilma Baldoz-Abalos
Certified Footcare Nurse / Registered Nurse

Upcoming dates for Maple Ridge Activity Centre (Mondays):

November 16 & 30
December 14 & 21

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

Upcoming dates for Pitt Meadows Activity Centre (Fridays):

November 13
December 18

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

SPECC tacular PRODUCTIONS THEATRE GROUP
PRESENTS

Red Riding Hood The Panto

January 14 & 15 2027 · 7:30pm
January 16 2027 · 2:30pm & 7:00pm
January 17 2027 · 1:30pm & 6:00pm

THE ACT ARTS CENTRE MAPLE RIDGE

General Admission: $28
Students & Seniors: $25
(plus taxes and service fees)

GET YOUR TICKETS THROUGH
mapleridge.ca/art-parks-rec/arts-theatre/act-performances

BUS TRIPS

ENJOY THE JOURNEY

PLEASE NOTE:

membership required

- 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.

Christmas Market Tour - $110
Wednesday, December 16

MR 2:30pm - 9:45pm
PM 2:45pm - 9:30pm

Reg Opens Nov 3



Celebrate the magic of Christmas with visits to three festive favourites. Browse unique gifts and seasonal treats at the Shipyards Christmas Market and Vancouver Christmas Market, then enjoy the twinkling lights and nostalgic holiday displays at Burnaby Village Museum. A cheerful day of holiday spirit!

Package Includes

- Shipyards Christmas Market Escorted Entry
- Vancouver Christmas Market Admission, Escorted Entry & Carousel
- Burnaby Village Museum Escorted Entry

THANK YOU!

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

Legion BRANCH 88 MAPLE RIDGE

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.



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	not on Dec 26

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	

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 Nov 11; Dec 25*
**Mon	6:30pm - 7:15pm	MR	Hall C	$2 drop-in	



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 favourite 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 #10: Dec 2, 9 & 16	*reg opens Nov 25*



ZUMBA GOLD

Cost: $20/4 classes OR $15/3 classes (pre-reg; min 10 to proceed)
Instructors: Carolina / 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*
Thu	4:45pm - 5:30pm	MR	Hall C	$20/4 classes $15/3 classes	*pre-registered*
Sat	11:30am - 12:15pm	MR	Hall C	$15/3 classes	*pre-registered*

Mondays with Carolina	**Session #9:** Nov 2, 9, 16 & 23	*reg opens Oct 26*
Thursdays with Quan	**Session #2:** Nov 5, 12, 19 & 26	reg opens Oct 8
Thursdays with Quan	**Session #3:** Dec 3, 10, 17	*reg opens Nov 26*
Saturdays with Quan	**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: Kathleen

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 Nov 11; Dec 25*
Tue - Thu	9:30am - 10:15am	MR	Halls B & C	$2 drop-in	
**Thu	10:15am - 11:00am	PM	Main Hall	$2 drop-in	
Thu	12:45pm - 1:30pm	FVCH	Banquet Hall	$2 drop-in	*not on Dec 24*
Sat	10:30am - 11:15am	PM	Main Hall	$2 drop-in	*not on Dec 26*

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 Nov 11*

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	
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	*not on Dec 26*

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	

at PMSC:

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

Weekday	Time	Centre	Room	Cost	Of Note
Tue	12:15pm - 1:00pm	PM	Main Hall	$20/4 classes	*pre-registered*

Session #10: Nov 24, Dec 1, 8 & 15	*reg opens Nov 10*

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	

RESTORATIVE YOGA & SOUND HEALING

Cost: $15/3 classes (pre-reg; min 10 to proceed)
Instructor: Manisha



Join certified sound healer and yoga teacher Manisha for a relaxing class combining gentle restorative movement, guided meditation, and calming singing bowls to quiet a busy mind and reduce tension.



***Bring:** your own mat

Weekday	Time	Centre	Room	Cost	Of Note
Thu	3:00pm - 3:45pm	PM	Main Hall	$15/3 classes	*pre-registered (see poster pg. 10)*

Session #1: Dec 3, 10 & 17	*reg opens Nov 12*

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	
Wed	2:45pm - 3:45pm	PM	Arts & Crafts	$2 drop-in	*not on Nov 11*

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	
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 Nov 11*
Fri - All Levels	10:15am - 11:15am	PM	Main Hall	$2 drop-in	*not on Dec 25*

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	
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	
Thu	1:00pm - 2:30pm	PM	Main Hall	$2 drop-in	
Fri	1:00pm - 3:00pm	MR	Halls A & B	$2 drop-in	*not on Dec 25*

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	
Tue	8:45am - 11:00am	MR	Hall A	$2 drop-in	
Tue	2:00pm - 5:00pm	MR	Hall A	$2 drop-in	
Wed	8:45am - 11:00am	MR	Hall A	$2 drop-in	*not on Nov 11*
Wed	10:15am - 12:00pm	PM	Hall A	$2 drop-in	*not on Nov 11*
Wed- Beg	12:00pm - 1:30pm	PM	Main Hall	$2 drop-in	*not on Nov 11*
Fri	8:45am - 11:00am	MR	Hall A	$2 drop-in	*not on Dec 25*
Fri - Beg	11:00am - 12:00pm	MR	Hall A	$2 drop-in	*not on Dec 25*
Fri	1:15pm - 3:30pm	PM	Main Hall	$2 drop-in	*not on Dec 25*

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	*not on Nov 11; Dec 25 & 26*
Mon - Fri Sat	9:00am - 4:00pm 9:00am - 1:00pm	PM	Snooker	$4 drop-in	*not on Nov 11; Dec 25 & 26*
Tue - Ladies	2:00pm - 4:00pm	MR	Snooker	$4 drop-in	
Wed - Ladies	1:30pm - 3:30pm	PM	Snooker	$4 drop-in	*not on Nov 11*
Fri - Ladies	9:00am - 12:00pm	MR	Snooker	$4 drop-in	*not on Dec 25*
Fri - Beg	9:00am - 12:00pm	MR	Snooker	$4 drop-in	*not on Dec 25*

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@rmsssenior.org.

Weekday	Time	Centre	Room	Cost	Of Note
Mon	1:00pm - 3:45pm	PM	Hall A	$2 drop-in	
Wed - ACBL	12:30pm - 4:00pm	MR	Hall A	$2 drop-in	*not on Nov 11*
Wed - Social	12:30pm - 3:30pm	MR	Craft Room	$2 drop-in	*not on Nov 11*
Fri - Partnership	12:30pm - 4:00pm	MR	Hall C	$2 drop-in	*not on Dec 25*

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	*not on Dec 25*

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	*arrive by 12:50pm*
Fri	1:00pm - 3:30pm	PM	Arts & Crafts	$2 drop-in	*not on Dec 25*

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	*not on Dec 25*

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** 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** 9:00 - 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 - 11:30am	**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		**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** 3:15 - 5:15pm	**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	**Restorative Yoga 3:00 - 3:45pm**	**Table Tennis** 1:15 - 3:30pm	
		**Flamenco** 3:00 - 4:00pm	**Snooker** 9:00 - 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!

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	*not on Nov 11*
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	
Wed	1:00pm - 3:30pm	MR	Lounge	$2 drop-in	*not the last Wed of month; not on Nov 11*

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	*not on Dec 25*

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	*not on Nov 11*

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	*not on Nov 11; Dec 23 & 30*
Flamenco	Wed	3:00pm - 4:00pm	PM	Hall B	$2 drop-in	*not on Nov 11; Dec 23 & 30*
Hawaiian	Mon	12:15pm - 1:15pm	MR	Hall C	$2 drop-in	*not on Dec 21 & 28*
Line Dance - *absolute beg*	Wed	11:15am - 12:15pm	MR	Hall B	$2 drop-in	*not on Nov 11; Dec 23 & 30*
Line Dance - *beginners*	Mon	11:30am - 12:30pm	PM	Main Hall	$2 drop-in	*not on Dec 28*
Line Dance - *beginners*	Mon	1:45pm - 3:00pm	MR	Hall C	$2 drop-in	*not on Dec 28*
Line Dance Fun	Thu	10:45am - 12:00pm	MR	Hall C	$2 drop-in	*not on Dec 24 & 31*
Line Dance Fun	Fri	11:30am - 12:30pm	PM	Main Hall	$2 drop-in	*not on Dec 25*
Line Dance - *intermediate*	Tue	10:45am - 12:00pm	MR	Main Hall	$2 drop-in	*not on Dec 22 & 29*

PROGRAM INFORMATION - THE ARTS

BOOK CLUB:

Cost: $2 (drop-in pass)

Known as "The Mavericks" this personable book club meets twice a month on Fridays. Members are invited to make book suggestions based on library availability list.



Weekday	Time	Centre	Room	Cost	Of Note
Fri	10:00am - 12:00pm	MR	Library	$2 drop-in	*meets on Nov 13 & 27; Dec 11*

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	*Craft Sale on Dec 1*
Wed	9:30am - 11:30am	PM	Arts & Crafts	$2 drop-in	

CREATE:

Cost: $2 (drop-in pass)

A drop-in studio for artists to convene, create, and collectively inspire. Bring your project & supplies. We provide the space.



Weekday	Time	Centre	Room	Cost	Of Note
Fri	1:30pm - 3:30pm	MR	Craft Room	$2 drop-in	
Sat	10:30am - 12:30pm	PM	Arts & Crafts	$2 drop-in	*meets on Nov 14 & Dec 12*

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	$12/6 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	$15/1 class	*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	*in session*

PROGRAM INFORMATION - MUSIC

JAM SESSION:

Cost: $2 (drop-in pass)

Bring your instrument and favourite songs. Enjoy weekly!



Weekday	Time	Centre	Room	Cost	Of Note
Sat	10:00am - 12:00pm	PM	Lounge	$2 drop-in	*not on Nov 21 & Dec 26*

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	*not on Dec 26*

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	*not on Dec 24 & 31*

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	*not in Dec*
Thu - some exp.	10:00am - 11:30am	PM	Arts & Crafts	$2 drop-in	*not in Dec*
Thu - Beg	12:15pm - 1:00pm	MR	Hall A	$2 drop-in	*not in Dec*
Thu - some exp.	1:00pm - 2:30pm	MR	Hall A	$2 drop-in	*not in Dec*

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	*not on Nov 11; Dec 16, 23 & 30*

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	3:15pm - 5:15pm	MR	Boardroom	$2 by appt	*not on Nov 11*
Thu	9:00am - 12:00pm	MR	Boardroom	$2 by appt	not on Dec 24 & 31
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	*1st Thu monthly*

WELLNESS CLINIC:



A clinic that allows 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	*see poster (pg.31)*
Wed	10:00am - 1:00pm	PM	Wellness Room	FREE to drop-in! $5 foot care	*see poster (pg.31)*

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!

All 55+ Welcome

Health is wealth

Maple Ridge
Monthly on the 2nd & 4th Thursday
9:00am - 12:00pm
November 12 & 26 / December 3 & 10

Pitt Meadows
First Wednesday Monthly
10:00am - 1:00pm
November 4 & December 2

MR Seniors Activity Centre	PM Seniors Activity Centre
12150 224 St, Maple Ridge	19065 119b Ave, Pitt Meadows
604-467-4993	604-457-4771

Connecting adults 55+ with a happy, healthy life.

UPCOMING

RMSS Support Groups

	Nov	Dec
Caregiver Connection **Pitt Meadows** Activity centre (Mondays) 9:30-11:00am	2 &16	7 & 21
Caregiver Connection **Maple Ridge** Activity centre (Wednesdays) 10:00-11:30am	4 & 18	2 & 16
Caregiver Connection **Maple Ridge** Activity centre (Thursdays) 1:30-3:00pm	5 & 19	3 & 17
Caregiver Connection **Maple Ridge** Activity centre (Fridays) 10:00-11:30am	6 & 20	4 & 18
Life After Loss **Maple Ridge** Activity centre (4th Thursday monthly) 1:00-3:00pm	26	17

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

MR Seniors Activity Centre	PM Seniors Activity Centre
12150 224 St, Maple Ridge	19065 119b Ave, Pitt Meadows
604-467-4993	604-457-4771

Connecting adults 55+ with a happy, healthy life.

Caregiver Connection

ALL 55+ WELCOME

In partnership with the Alzheimer Society of B.C.

Understanding Behaviour Changes with Dementia

Explore various changes in behaviour caused by Dementia and learn practical strategies for responding in supportive and compassionate ways.

Tuesday, November 3
2:00pm-3:30pm



FREE! Pre-registration required.
To register call: 604-457-4771

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

Connecting adults 55+ with a happy, healthy life.

wellness workshop



Falls Prevention

This group presentation will provide you with some tips and tricks on how to reduce your risk of having a fall! The Falls Prevention presentation focuses on the 4 pillars of falls prevention, which are: vision, medication, exercise and home safety. Bring your questions!

All 55+ Welcome

Tuesday, November 10
1:00pm - 2:00pm
FREE. To register call 604-467-4993

fraserhealth *A presentation by Fraser Health*

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

Connecting adults 55+ with a happy, healthy life.

POP-UP SERVICE CLINIC

SAVE ENERGY

FORTIS BC

FortisBC

Looking for simple ways to lower your home energy costs this winter? Stop by the lounge to chat with the friendly team from FortisBC! They will be sharing practical tips on saving energy at home, natural gas safety, and information on rebates and free programs for income-qualified seniors.

DROP-IN CLINIC DATE
Monday, November 16
9:30am - 11:30am

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

Connecting adults 55+ with a happy, healthy life.

R.M.S.S.

wellness workshop



Memory & Aging

Curious about how memory works and why it changes over time? Join us for an informative session exploring how memory functions as we age. You will walk away with practical tips for managing and improving your memory, plus helpful resources on when and how to seek extra support.

All 55+ Welcome

Thursday, November 26
1:00pm - 2:30pm
FREE. To register call 604-467-4993

A community service presentation by Seniors' Health and Wellness Institute

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

Connecting adults 55+ with a happy, healthy life.

R.M.S.S.

POP-UP SERVICE CLINIC



Ridge Meadows Division of Family Practice

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

Ridge Meadows Division of Family Practice will be onsite at the **Pitt Meadows Seniors Activity Centre** on November 30th to answer your questions and help you register for a new family doctor.

DROP-IN CLINIC DATE
Monday, November 30
9:30am - 11:30am

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

Connecting adults 55+ with a happy, healthy life.

R.M.S.S.

wellness workshop



Safety in the Home

Want to make sure your home is as safe and comfortable as possible? Join us for a practical workshop featuring detailed room-by-room and outdoor safety checklists. We will review fire hazards, medication safety, and childproofing for visiting family, along with helpful safety devices and tips for effective home renovations.

All 55+ Welcome

Tuesday, December 15
1:00pm - 2:30pm
FREE. To register call 604-467-4993

A community service presentation by Seniors' Health and Wellness Institute

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

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R.M.S.S.

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FREE

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

Ridge Meadows Seniors Society is offering a 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@rmsssseniors.org
Email







Our Programming Includes

Engaging Social Activities
Meaningful programs that spark joy, connection, and purpose.

Daily Lunch, Beverages & Snacks
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**In most cases, transportation may be available.*

Personalized Support
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Respite for Caregivers
Peace of mind and access to support resources.

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

R.M.S.S. | community SERVICES *Changing lives together* | United Way British Columbia

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

Therapeutic Activation Program for Seniors **(TAPS)**

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@rmsssseniors.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@rmsssseniors.org



Life after Loss:
monthly at Maple Ridge centre (4th Thu 1:00-3:00pm)
contact Bev at 604-380-0516 / info@rmsssseniors.org

Purple Angel Memory Café:
bi-weekly at Maple Ridge centre (1st & 3rd Tue1:00-3:00pm)
bi-weekly at Pitt Meadows centre (1st & 3rd 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



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@rmsssseniors.org

BRITISH COLUMBIA

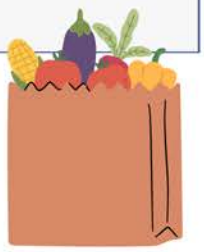
Foodbank is available at Maple Ridge & Pitt Meadows centres - by appointment

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.

Friends In Need FOOD BANK







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



STAY IN THE HOME YOU LOVE

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



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- Access funds in a lump sum or as needed
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(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.



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Email: fvca.mapleridge@gmail.com

Fireside Lounge (for smaller functions)
- Seats up to 44
- Partial kitchen

Parking is Available On Site



Website: www.fraserviewvillage.com

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

RIDGE MEADOWS RECYCLING SOCIETY

Maple Ridge

metrovancouver SERVICES AND SOLUTIONS FOR A LIVABLE REGION

R.M.S.S.

Repair Café Maple Ridge

Brought to you by Ridge Meadows Recycling Society in partnership with the City of Maple Ridge & Metro Vancouver

Saturday, November 21

10am-2pm at the Maple Ridge Seniors Activity Centre - 12150 224th Street

LAST Café of 2026!

See you again in February, 2027!



RIDGE MEADOWS RECYCLING SOCIETY · Maple Ridge · R.M.S.S. · FVRL · SUBWAY · metrovancouver · Earthdays

For more information, phone Leanne Koehn at 604-463-5545, email leanne@rmrecycling.org, or visit www.mrrepaircafe.ca

The Silvertones are looking for a part-time pianist. If interested contact: vanessa@rmsssenior.org



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We are excited to welcome Arash to the Lower Mainland Denture Centre team!

With over 29 years of experience in healthcare, Arash brings extensive clinical knowledge and a passion for patient care. He began his career as a practicing dentist in Iran and, after relocating to Canada, became a Registered Denturist. He is dedicated to providing comfortable, natural-looking dentures tailored to each patient's needs. Arash provides care in both English and Farsi.

ARASH SEDIGHI
DENTURIST



604-457-3763
www.lowermainlanddenture.ca

C2 - 12460 191 St,
Pitt Meadows, BC V3Y 2J2

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.

BRITISH COLUMBIA

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 Maple Ridge & Pitt Meadows Trips.					
Tami D (afternoons) 604-209-0752		✓	✓	✓	✓
Drivers Available for Local and Metro Vancouver Trips During Business Hours					
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

M M N
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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 I rickmedhurst@telus.net

WORKSHOP & EVENT DETAILS

Nov 3: **Workshop: Understanding Behaviour Changes with Dementia** *(see pg. 31); FREE; pre-reg at 604-457-4771;* Tue Nov 3 2:00-3:30pm at PM centre

Nov 3: **Pie & Ice Cream** *(see pg. 7); $4.00 drop-in;* Tue Nov 3 1:00–2:30pm at PM centre

Nov 6: **Event: Bingo** *(see pg. 7); $10.00 includes 2 cards;* Fri Nov 6 2:00–3:30pm at MR centre; tickets on sale now

Nov 10: **Wellness Workshop: Falls Prevention** *(see pg. 31); FREE;* pre-reg at 604-467-4993; Tue Nov 10 1:00 - 2:00pm at MR centre

Nov 12: **FREE Trial Class: Restorative Yoga & Sound Healing** *(see pg. 10); FREE;* pre-reg at 604-457-4771; Thu Nov 12 3:00 - 3:45pm at PM centre

Nov 14: **Event: The Late Boomer Table Read** *(see pg. 12); Tickets $5;* Sat Nov 14 1:00pm at MR centre

Nov 16: **Pop-up Service Clinic: FortisBC** *(see pg. 32); FREE; drop-in;* Mon Nov 16 9:30 - 11:30am at MR centre

Nov 20: **Themed Lunch: Chili** *(see pg. 7); regular lunch pricing;* Fri Nov 20 11:30–12:30pm at MR centre

Nov 21: **Event: Artisan Market** *(see pg. 8); Admission by donation;* Sat Nov 21 10:30-2:00pm at PM centre

Nov 26: **Wellness Workshop: Memory & Aging** *(see pg. 32); FREE;* pre-reg at 604-467-4993; Thu Nov 26 1:00-2:30pm at MR centre

Nov 26: **Workshop: Christmas Cards with Marcia** *(see pg. 9); $20;* Thu Nov 26 1:00-3:00pm at PM centre; pre-reg by Nov 19

Nov 27: **Workshop: Painting with Kim** *(see pg. 9); $15;* pre-reg at Member Services; Fri Nov 27 9:30-12:00pm at PM centre; pre-reg by Nov 20

Nov 30: **Pop-up Service Clinic: Division of Family Practice** *(see pg. 32); FREE; drop-in;* Mon Nov 30 9:30-11:30am at PM centre

Dec 1: **Christmas Craft Sale** *(see pg. 6); FREE admission;* Tue Dec 1 10:00-1:00pm at MR centre

Dec 1: **Workshop: Christmas Cards with Marcia** *(see pg. 9); $20;* Tue Dec 1 1:00-3:00pm at MR centre; pre-reg by Nov 24

Dec 3: **Event: Christmas Cheer** *(see pg. 8); $7;* Thu Dec 3 2:00-3:30pm at PM centre; tickets available starting Nov 4

Dec 8: **Event: Christmas Cheer** *(see pg. 8); $7;* Tue Dec 8 2:00-3:30pm at MR centre; tickets available starting Nov 4

Dec 10: **Workshop: Christmas Centrepieces** *(see pg. 9); $35;* Thu Dec 10 1:00-2:00pm at MR centre; pre-reg by Dec 3

Dec 12: **Event: Christmas Themed Karaoke** *(see pg. 8); $2 drop-in pass;* Sat Dec 12 12:30-3:00pm at MR centre

Dec 15: **Wellness Workshop: Safety in the Home** *(see pg. 32); FREE;* pre-reg at 604-467-4993; Tue Dec 15 1:00-2:30pm at MR centre

LOVE YOUR GRAPEVINE?

Spare a Toonie or Loonie?

Please consider dropping a small donation into our new black donation boxes when you pick up your copy. Every little bit helps cover printing costs!

One Copy Per Household

Our issues go fast! Please be courteous and take only one copy.

Pass It On

Finished reading? Recycle your copy by returning it to the rack for another member to enjoy.

Thank you for supporting the Ridge Meadows Seniors Society!

MR Seniors Activity Centre	PM Seniors Activity Centre
12150 224 St, Maple Ridge	19065 119b Ave, Pitt Meadows
604-467-4993	604-457-4771

Connecting adults 55+ with a happy, healthy life.

Seniors Helping Santa

Each year our volunteers fill bags for people in need. The group has an ongoing partnership with London Drugs which has a Christmas tree on display outside their Valley Fair Mall location. People wishing to donate may purchase the items on the tree tag and leave them at the store where they will be picked up and put into the gift bags by volunteers.

Seniors Helping Santa packed **250 bags** for our Maple Ridge and Pitt Meadows seniors in 2025.

This year, the London Drugs Christmas tree will be in place from November 12 - December 8.

If you would like more information contact Bev:info@rmssseniors.org or phone 604-380-0516

LONDON DRUGS

MR Seniors Activity Centre	PM Seniors Activity Centre
12150 224 St, Maple Ridge	19065 119b Ave, Pitt Meadows
604-467-4993	604-457-4771

Connecting adults 55+ with a happy, healthy life.

Donating is as Easy as Recycling!

Step 1:

Put your containers in sealed clear plastic bags. Bags and labels available for pick up at reception of both activity centre locations.





Step 2:

Put a label on each of your bags and drop them off. No sorting required!

Step 3:

Encorp will sort your containers and credit the Ridge Meadows Seniors Society account.

OR...

Print Your Own Labels!

If you already have your own bags you can print your own labels at the kiosk.

At the Express depot, use Ridge Meadows Seniors Society phone number 604-467-4993 to log in and print your own bag labels.

The next time you're stocking up, you can help support the Ridge Meadows Seniors Society (RMSS)!

It's super easy and costs you nothing extra! Just visit one of these awesome local liquor stores:

- Maple Ridge Liquor Store (207th & Lougheed Hwy)
- Kanaka Creek Liquor Store (240th & Kanaka Way)
- Lougheed Liquor Store (Harris Rd & Lougheed Hwy)

Here's the secret: when you check out, just ask the cashier to "Put it on the Ridge Meadows Seniors Society account!"

That's it! They will donate 5% of your total purchase to RMSS.

neighbourhood liquor.com

Your small action helps us continue connecting adults 55+ with happy, healthy lives. Tell your friends, tell your neighbours, and let's raise some funds together!

WAYS YOU CAN HELP MAKE A DIFFERENCE

SHARE WITH FRIENDS AND NEIGHBOURS
Share how RMSS has helped you & encourage them to get involved.

DONATE IN LIEU OF GIFTS
Ask friends & family to donate to RMSS in lieu of birthday or holiday gifts.

INVITE A FRIEND
Invite a friend to try out a program with you!

SHOP LOCAL, SUPPORT RMSS
When visiting one of 3 local Neighborhood Liquor Stores, ask for the sale to go towards the RMSS account. These stores donate 5% of that sale to our society.

GIVE THE GIFT OF TIME
Offer the gift of time: volunteer with us!

DONATE YOUR RECYCLABLES
Donate your recyclables to the RMSS account at any Return It Express Depot Centre. Account is under **(604) 467-4993**

LEAVE A LEGACY
Leave a legacy gift.

MAKE A MONETARY DONATION
Make a monetary donation yearly or even monthly. Secure donations can be made online at **www.rmsssseniors.org.** (Or by scanning the QR code below)

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