



Seniors Connect

Do you have a friend, neighbour or relative in the hospital?

A volunteer from Seniors Connect will visit that person in the hospital. We also have volunteers on hand to be "phone buddies" to shut-ins or people living alone, provide transportation to medical appointments or to activities at our seniors centres.

Transportation program for R.M.S.S. Members by donation to our volunteer drivers. Suggested minimum donation for the transportation programs are kindly appreciated.

There is always something to do. Pick up a copy of our monthly newsletter, "GrapeVine" to read more about the many opportunities that await you.

Computer Help Mondays, 10am-Noon



R.M.S.S.

Ridge Meadows Seniors Society
604-467-4993
12150 – 224th Street
Maple Ridge

Pitt Meadows Seniors Lounge

604-465-2478
12027 Harris Road
Pitt Meadows

Special Events

Senior's Week

June 7th to 11th

Some years ago the United Nations proclaimed the first full week of June as "Senior's Week". They recognized the contribution seniors make to society. In Canada, regardless of location, background or lifestyle, the vast majority of seniors play an immense positive role in the lives of families and communities across the country. Get involved in the activities that are planned. Watch for schedules closer to this event!

Heritage Day

July 31st

The Heritage Day Committee invites you to celebrate our local history. Have fun at the midway, play heritage games and activities and learn more about our community's roots. There will be Vintage cars, Haney Farmer's Market, great food, craft tent and musical entertainment throughout the day and into the evening at Memorial Peace Park. Hammond Mill, the Chamber of Commerce and the Whonnock Post Office will be featured along with displays from the Maple Ridge Museum. The day wraps up with a spectacular fireworks show! Call Wendy at 604-466-9444 for more information.

2010 BC Seniors Games



September 15th to 18th

Hosted by Comox Valley and Campbell River

Pub Night - Last Saturday of the month

Join us in the lounge for entertainment and refreshements. Sorry, no minors.

Health and Wellness Clinics

Maple Ridge Clinic Pitt Meadows Clinic

Tuesdays

9:00am-12:00pm

Fee: \$1

Every 2nd Friday

10:00am-12:00pm

Fee: \$0.50

This popular program is operated by retired Registered Nurses and is designed to work in conjunction with your family physician to detect early health concerns. Your height, weight, blood pressure, and pulse is checked and recorded on a personalized and confidential medical card. During your visit you could also enjoy a ten minute massage, have your hearing aid cleaned, have minor repairs done on your eye glasses, or discuss your diet and medication challenges with our Diabetic educator. Drop-in fees are waived in cases of hardship. No appointments are required. Join us and learn what you can do to continue on your pathway of healthy aging.

