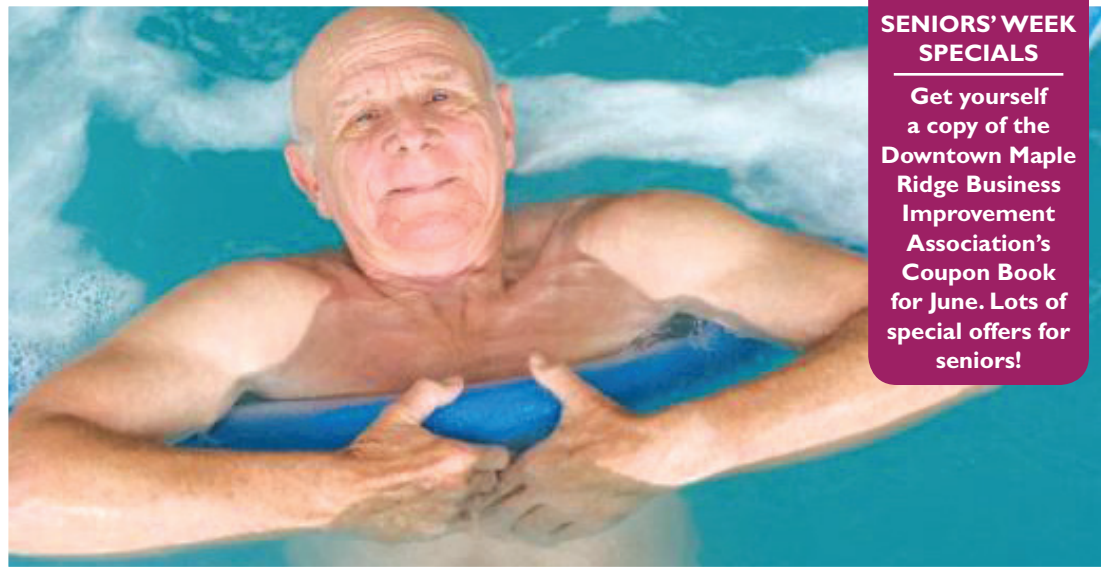


Seniors in focus

SENIORS' WEEK
JUNE 2-8



SENIORS' WEEK SPECIALS

Get yourself a copy of the Downtown Maple Ridge Business Improvement Association's Coupon Book for June. Lots of special offers for seniors!



SENIORS' WEEK ACTIVITIES

Seniors' Week - June 2-8th, 2013

Seniors' Week celebrates seniors and their many contributions -- providing an opportunity to acknowledge and celebrate the integral part seniors play in communities across British Columbia.

The communities of Maple Ridge and Pitt Meadows have a wide array of special events and activities planned. Check out our calendar of events and have fun celebrating BC's Seniors!

For more information, contact Heather Treleaven, Seniors Network Coordinator at (604) 786-7404 or e-mail: htrelaevan@shaw.ca.

SATURDAY JUNE 1

Tea at Haney Farmer's Market

Enjoy tea and a cupcake and toast our seniors. Seniors free, others \$2.

Memorial Peace Park
10:30-12noon

Hummingbirds in Your Backyard

Identify types of hummingbirds, how to attract them and keep them coming back.

Maple Ridge Library
2-3:30pm

SUNDAY JUNE 2

Art of Ikebana: Japanese Flower Arranging

Take home your arrangement. By donation. RSVP (604)786-7404 or email htrelaevan@shaw.ca.

Intergenerational Garden,
22527 121 Ave.
11am-12:30pm

Breakfast with Friends

A plated breakfast at Greystone Manor. \$5. Call to RSVP (604)467-2808

11657 Ritchie Ave.
10am-noon

WEDNESDAY JUNE 5

Book a Librarian

One-on-one 30 minute sessions for seniors. Free. RSVP in person or phone (604)465-4113.

Pitt Meadows Library
200-12099 Harris Rd.
10:30am-noon.

Blast From The Past Day at Greystone Manor

50's themed meals and entertainment! RSVP (604) 467-2808

11657 Ritchie Avenue
Lunch noon-1pm. \$5
50's entertainment by Allen Boolinoff 1:30-3pm
Dinner at 4:45pm or 6 pm \$12

Summer Bazaar & Fashion Show

Products, gifts, and services for seniors and their families. Free

1-4:30pm. Fashion Show 3 pm. Refreshments.

Willow Senior Living Residence 12275 224 St.
Seating is limited. For more info and to RSVP call Wendy (604)466-8602

MONDAY JUNE 3

Active Seniors Loonie Day

Try new classes at Pitt Meadows Family Recreation Centre. \$1 admission for 55+.

Strawberry Tea at Greystone Manor

Sponsored by Park Place Senior Living. Free. RSVP (604)467-2808

11657 Ritchie Ave.
1:30 - 3 pm.

Downtown MR Art & Heritage Walking Tour

Guided walking tour 45min-1 hour. Includes coffee and treat at Europe Bakery. Free. RSVP (604)467-2420.

Meet in front of Westminster Savings (NE corner of Lougheed Hwy. and 224 St.)
1:30 pm.

THURSDAY JUNE 6

Active Seniors Loonie Day

Pickleball, aquafit, yoga and more. \$1 admission all day for everyone age 55+.

Maple Ridge Leisure Centre

Book a Librarian

See above description. Free. RSVP in person or phone (604)465-4113.

Pitt Meadows Library
10:30am-12noon

Downtown MR Art & Heritage Walking Tour

See description on Monday.
1:30 pm.

FRIDAY JUNE 7

Downtown MR Art & Heritage Walking Tour

See description on Monday.
1:30 pm.

Bernie & Red Entertainment Duo

Tickets at Ridge Meadows Seniors Ctr. \$10

Ridge Meadows Seniors Ctr,
12150 224 St.
2-4pm.

TUESDAY JUNE 4

Health & Wellness Clinic

Check your blood pressure, talk with a Nurse, Pharmacist, Ophthalmologist, & Medical Supply Co. Free.

Ridge Meadows Seniors Ctr, 12150 224 St.
9am-noon

Hanging Out with Friends at Greystone

Spend the day playing games. Pig Race Game 1pm; Yahtzee 2pm; Bowling 3pm. Free.

RSVP (604)467-2808

SATURDAY JUNE 8

Protect Yourself from Frauds and Scams

The BC Centre for Elder Advocacy and Support. Free. No registration required.

Maple Ridge Public Library, 22470 Dewdney Trunk Rd
2-3pm

Health & Wellness Fair and BBQ

Health Fair 10am-2pm Free. BBQ lunch 11:30am-1pm \$5.

Greystone Manor
RSVP (604)467-2808

Pie and Ice Cream Social

Ridge Meadows Seniors Centre. \$2.50. Tickets available in advance at the Centre.

12150 224 St.
2-4pm

Chinese Buffet Luncheon

Free for seniors with Gold Card.

China Kitchen Restaurant,
22805 Lougheed Hwy.
11:30am-2:30pm