



Maple Ridge
Pitt Meadows
Katzie

Seniors Resource Guide

4th Edition

Programs & Organizations

Services & Support

Housing

Events & Activities

Transportation

Volunteer Opportunities

and much more!





Shared Care, a division of Doctors of BC, has provided funding to the Ridge Meadows Division of Family Practice to improve awareness and access to seniors services that enhance quality of care. Our project goal is to improve collaboration among providers and seniors to ensure seamless care within our community. We are pleased to partner with many seniors organizations and to support the development of this seniors guide that was initiated by the Maple Ridge, Pitt Meadows, Katzie, Seniors Network. By working together as a community, we can connect seniors to a multitude of services that will make our community stronger and healthier.

The Ridge Meadows Division of Family Practice in partnership with the Maple Ridge, Pitt Meadows, Katzie, Seniors Network proudly presents this Seniors Guide to help increase awareness of available services and resources in our community.

Thank you to the Ridge Meadows Division of Family Practice Seniors Project Steering Committee for supporting this project:

Tracy Miyashita – *Seniors Project Staff Lead RMDFP*
Dr. A Neufeld – *GP Project Lead*

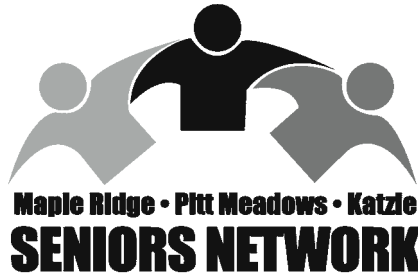


Vision Statement

Ridge Meadows Division seeks to influence change by providing leadership to achieve optimal health for our community and provide support to our physicians that enables primary care for our community.

Mission Statement

To provide improved patient care and physician satisfaction by supporting and enhancing the role of primary care physicians by having an organization that has meaningful communication and partnerships with Health Authorities, MOH, key stakeholders and the Community at large.



Mission Statement

The Seniors Network promotes and supports working in collaboration with community members in order to improve the health and well-being of seniors in Maple Ridge, Pitt Meadows and Katzie First Nation.

Purpose

The primary goal of the Seniors Network is to strengthen the availability and quality of services, programs and resources for seniors, and to develop a seamless approach to senior service delivery in a spirit of cooperation and understanding. This will be achieved through identifying gaps, avoiding service and program duplication and planning for the implementation of new services that will enhance the quality of life for seniors.

Get Involved

We are a senior-led group that welcomes seniors, service providers, non-profit organizations, businesses and community-minded individuals as members. Meetings are held once every two months, with project groups meeting as needed. There is no cost to join.

Over the years, the Seniors Network and its projects have received funding from various sources including: United Way of the Lower Mainland; New Horizons for Seniors; BC Healthy Living Alliance; Ministry of Community, Sport and Cultural Development; City of Maple Ridge, TD Friends of the Environment Fund, Vancity Community Grants and Whole Kids Foundation.

Join us to learn more about seniors' issues and plan for the future of our communities.

Seniors Network

604-786-7404

seniorsnetworkmpk@gmail.com

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REPORTING ABUSE, NEGLECT OR SELF-NEGLECT

If you have concerns that a vulnerable adult may be:

- abused or neglected
- living at risk due to neglect or self-neglect
- having trouble knowing if they can get support and assistance on their own, and how to go about it, there are several ways to help:

If you discover a crime or dangerous situation is occurring: call **9-1-1** to get help immediately.

If the situation is not an emergency:

Find out if there is anything you can do to help.

Call a family member, offer a ride to an appointment, or volunteer to run a few errands.

If the situation is not an emergency and you cannot talk directly to the person you are concerned about and you are concerned that they are unable to get help on their own due to physical restraint or some type of physical or mental disability, then contact Fraser Health for help by:

- calling toll free **1-877-REACT-08 (1-877-732-2808)**
- sending an email to react@fraserhealth.ca
- call Fraser Health Home Health: **604- 476-7100**
- Geriatric Mental Health Program: **604- 476-7165**

Fraser Health is responsible for responding to situations of abuse and neglect involving adults unable to seek support and assistance on their own due to restraint, physical handicap, illness, disease, injury or any other condition that affects their ability to make decisions.

EMERGENCY NUMBERS

Police: 9-1-1

Ambulance: 9-1-1

Fire Department 9-1-1

Crisis Line (24 Hours) 604-951-8855
.....or **1-877-820-7444**

BC Mental Health Crisis Line (24 Hours).....
..... **310-6789**

Poison Control (24 hours) 604-682-5050

Suicide Crisis Line 1-800-SUICIDE
..... **(1-800-784-2433)**

Emergency Electric Calls (BC Hydro).....
..... **1-888-769-3766**
..... **(1-888-POWERON)**

Natural Gas Leaks (Fortis BC). 1-800-663-9911

WATER/SEWER EMERGENCY

Maple Ridge 604-463-9581

Pitt Meadows (8:30 am – 4:30 pm).. 604-465-2434

Pitt Meadows (After Hours)..... 604-465-2465

Non-Emergency Phone Numbers

Police (Non-Emergency)

Maple Ridge & Pitt Meadows **604-463-6251**

Ambulance (Non-Emergency)

Maple Ridge & Pitt Meadows **604-872-5151**

Fire Department (Non Emergency)

Maple Ridge **604-463-5880**

Pitt Meadows **604-465-2401**

Hospital – Ridge Meadows **604-463-4111**

HealthLink BC (BC Nurseline) **8-1-1**

24 hour, confidential health information and advice.

Deaf & Hearing Impaired TTY **7-1-1**

Municipal/City Halls

Maple Ridge **604-463-5221**

Pitt Meadows **604-465 5454**

BC 211 www.redbookonline.bc211.ca **2-1-1**

A free, confidential, multilingual information and referral to a full range of community, social and government services.

24 hours a day, 7 days a week.

Civic Safety

23705 - 19th Ave., Maple Ridge, BC **604-785-7179**

An award winning group of professionals with education and experience that leads the efforts in emergency preparedness. Whether you need emergency supplies, advice on how to be prepared, emergency training or operational plans, Civic Safety provides it all.

Crisis Lines & Victim Services

BC Centre for Elder Advocacy & Support

Seniors Abuse & Info Line (SAIL) **604- 437-1940**

www.bcceas.ca

or **1-866-437-1940**

TTY **604- 428-3359** or **1-855-306-1443**

SAIL is a safe place for older adults, and those who care about them to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse prevention.

Crime Stoppers

1-800-222 TIPS (8477)

If you have information about a crime, you can leave an anonymous tip by calling or visit www.bccrimestoppers.com.

Crime Victim Assistance Program

604-660-3888

1-866-660-3888

This government program may provide benefits to certain crime victims, witnesses or immediate family members of crime victims. Assists with forms and reports.

Crisis Intervention and Suicide

Prevention Centre of BC

1-800-SUICIDE

www.crisiscentre.bc.ca

1-800-784-2433

A volunteer-based organization that helps people deal with crisis. Service available 24 hours a day.

Fraser Health React

1-877-REACT-08

react@fraserhealth.ca

1-877-732-2808

www.fraserhealth.ca/your_care/adult_abuse_and_neglect

Fraser Health has specially trained staff who respond to and investigate reports of possible abuse and neglect of adults. These responders are located in hospitals and community programs throughout Fraser Health.

Victim Link BC

1-800-563-0808

TTY **604-875-0885**

Text @ **604-836-6381**

VictimLinkBC@bc211.ca

www.pssg.gov.bc.ca/victimservices

A toll-free, confidential telephone service available across BC and Yukon 24 hours a day, 7 days a week provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence. Service available in over 110 languages, including 17 North American aboriginal languages.

Aboriginal Programs & Services

Anishnaabe Place

604-467-6911

MR/PM Community Services
(The First People)

www.comservice.bc.ca

Offers information, support, referral service, informal education in traditional teachings and a strong cultural environment that encourages a sense of belonging. The centre has coffee and welcomes community members and clients to come in and talk informally with one another.

BC Association of Aboriginal Friendship Centres

1-800-990-2432

Elders transportation to annual gathering.

Fraser River All Nations Society

604-467 6911

Maple Ridge Pitt Meadows Community Services

11907 228th Street, Maple Ridge

Providing a safe gathering place where all community members can join in and celebrate, and experience Aboriginal cultures.

Katzie First Nation

604-465-8961

Katzie Health Care Centre:

604-465-8921

Provides Foot Care Clinics and Wellness days as well as a meal program and Home Care/Home Making Services to Elders living on the reserve who require special care.

Maple Ridge Pitt Meadows

Katzie Community Network

604-476-2447

info@resourceyourcommunity.com

www.resourceyourcommunity.com

- Community members, service providers, not-for-profit agencies, government and business coming together to network, develop relationships, and build a stronger community.

- People participating on sector specific Committees and tackling the issues affecting our communities.

- People working together for change; supporting neighbourhood schools and revitalization; starting community traditions; promoting community-wide solutions; sharing skills, experiences, and resources.

Programs for all Aboriginal groups,

e.g. First Nation and Metis Urban:

Community Greeting Program, Aboriginal Parenting Program, Support Circles, Traditional Kitchen/Sizzling Chefs, Teaching to Youth—Tool Time, Family Strengthening.

Programs for Elders:

Bimonthly meetings, crafts and workshops. Elders enjoy going to pow wows and outings in other First Nations communities.



**Maple Ridge/Pitt Meadows
Community Services**

Better at Home Seniors Outreach

and Home Support Program 604-467-6911 Ext. 232

Supporting seniors to live independent, healthy lifestyles in their own home.

www.comservice.bc.ca

Maple Ridge/Pitt Meadows Community Services has been serving seniors in our communities since 1971. Our services are priced according to an individual's income level. Through our careful screening and selection process, we ensure the highest standards of care to our seniors.

- Transportation for medical appointments (local and long-distance)
- Transportation for grocery shopping
- Seniors Handyperson Service: home & yard maintenance
- Housekeeping
- Friendly Visits

Meals on Wheels**604-467-6911 Ext. 218**

Offers delivery of hot, nutritious meals Monday - Friday to residents of Maple Ridge and Pitt Meadows. Can be tailored to meet specific dietary needs. Seniors benefit from social contact and the security of knowing a volunteer will check on them on delivery days. Meals are prepared at Ridge Meadows Seniors Society.

COUNSELLING & SUPPORT SERVICES

Alcohol and Drug Information and Referral Service

For help with alcohol or drug use.

1-800-663-1441**Alouette Addiction Services***www.alouetteaddictions.org***604-467-5179**

201 - 22477 Lougheed Hwy., Maple Ridge

A non-profit organization funded mostly by Fraser Health and staffed by professionals from accredited universities that offers individual and group counselling for anyone with substance use issues, as well as those that care about them. Education, referrals and aftercare available. All services are free of charge. Daily drop-in Tuesdays – Fridays 8:30-11am, and Mondays 1-3pm ensures no waitlists.

Alzheimer Society of BC**Caregivers Support Groups****604-298-0780**

For family caregivers of someone with dementia, there are two groups which meet monthly in Maple Ridge - one the second Tuesday evening of each month and one the third Friday afternoon. No one understands the challenges of the dementia journey like others who are walking the same path. Please call for more information and locations.

Alzheimer Society of BC

Resource Centre

604-298-0780

www.alzheimer.ca/bc

Toll free: 1-800-667-3742

103 - 5623 Imperial St., Burnaby

Support services & education programs for people impacted by dementia in Ridge Meadows and throughout BC.

Arthritis Society of Canada

1-800-321-1433

Arthritis Answer Line

www.arthritis.ca/bc

BC Centre for Elder Advocacy and Support

(BCCEAS)

604-437-1940

#304 - 411 Dunsmuir St., Vancouver

www.bcceas.ca

A non-profit charitable organization located in BC committed to protecting the legal rights of older adults; increasing access to justice for older adults; informing the public about elder abuse; and providing supportive programs for older adults who have been abused. Services include: Victim Services Program, Legal Advocacy Program, Seniors Advocacy and Information Line (SAIL), and The Elder Law Clinic.

Begin Again Widows Support Group

Ridge Meadows Seniors Society

Contact Donna **604-466-1173**

or Sheila **604-467-7183**

12150 - 224th St. Maple Ridge

A support group to promote emotional, physical and social wellness for widows and divorced women over 60. Provides support and help widows resume social activities. Meetings held last Friday of the month.

Christmas Hamper Society

lorraine@mrpmchristmashamper.org

604-463-6922

www.mrpmchristmashamper.org

Maple Ridge Fair Grounds

Register for a Christmas Hamper individually and receive

a coupon for a frozen turkey dinner. If three or four seniors team up, you will also receive a coupon for the fixings of a turkey dinner.

Creekside Adult Day Program **604-463-1826**

11762 Laity Street, Maple Ridge

Seniors with disabilities are assessed for eligibility.

Provides health monitoring, physical, and recreational activities. A hot meal is served at noon. Monday - Friday, 8:30 am - 2:30 pm.

Grandparents Raising Grandchildren Support Line

GRGline@parentsupportbc.ca

604-558-4740

www.parentsupportbc.ca

1-855-474-9777

Toll-free line assists grandparents and other relatives raising a family member's child to navigate complex service systems such as MCFD; to find the answers, assistance & resources they need to prevent or solve problems; and to learn about benefits & services that support the whole family.

Lupus Support Group Diana **604-465-4466**

Parkinsons Support Group **604-465-3051**

Quit Now *www.quitnow.ca* **604-731-5864**

BC Lung Association **1-877-455-2233**

Support for those trying to quit smoking.

Ridge Meadows Hospice Society **604-463-7722**

info@ridgemeanowshospice.org

www.ridgemeanowshospicesociety.com

102 - 22320 119 Ave., Maple Ridge

Provides compassion, support and care to patients and loved ones in dealing with end of life experience, grief and mourning in Maple Ridge and Pitt Meadows communities.

Ridge Meadows Seniors Society **604-467-4993**

Caregivers Support Group

Compassionate caregivers, male or female, 55 or better, are prepared to allocate 2 - 3 hours per week to act as a temporary caregiver for infirm individual in the patient's own

home, providing a short break for the regular caregiver. Certain conditions apply. Meet together Mondays in the Library Room 1 - 3 pm.

Ridge Meadows Seniors Society

Seniors Helping Seniors

604-467-4993

Seniors Helping Seniors offers a friendly visiting program, telephone buddies and a driving program. A volunteer will visit a person in the hospital or their own home to provide a friendly visit and conversation. Volunteer drivers will provide rides within Pitt Meadows and Maple Ridge. A partial cost reimbursement to the driver is required. Please contact RMSS for more details.

Ridge Meadows Seniors Society

Senior Peer Counselling

604-467-4593

We believe that every senior has the right to live a full, independent, dignified life. Peer counsellors, being of similar age and experience, can help them regain or maintain their independence allowing them to live with dignity by helping them work through any barriers or personal issues they may have.

Optimize Counselling, Coaching and Training Ltd.

Nadine Jans **604-724-8962**

njans@optimizyourlife.com

www.optimizyourlife.com

Counselling services (limited sliding scale) for:

- Older Adults / Seniors / People with dementia
- Care companions / Caregiver
- Adults who want to maximize quality of life
- healthy eating/weight loss
- less stress / more joy and confidence

Training and Consulting:

- Complex/reactive/challenging behaviours dementia
- Maximizing quality of life of people with dementia.

Confidential / Non-judgmental / Transparent /
Compassionate

Home visits or in-office appointments available.

Self Management BC**604-940-1273***www.selfmanagementbc.ca*

Persons with chronic health conditions and family members can participate in self-management programs offered in communities throughout BC at no cost. These are evidence-based programs which provide information, teach practical skills and give people the confidence to manage their health conditions.

Stroke Recovery Association of BC**604-688-3603***www.strokerecoverybc.ca*

Maple Ridge Branch

DENTAL CLINICS - LOW COST

The following clinics provide dental treatment at reduced rates. Clients should call for specific information on fees and hours of service. Clients may also want to contact local dental hygiene, denturist and dental assisting teaching institutions for low-cost services.

More information available at: *www.bcdental.org**info@yourdentalhealth.ca***604-736-7202****East Side Dental Clinic****604-254-9900***www.vnhs.net*

455 East Hastings St., Vancouver

Lookout Dental Clinic**604-545-4012**

10697 - 135A St., Surrey

Mid Main Community Health Centre Dental Clinic*www.midmain.net***604-873-3602**

3998 Main St. & 24th, Vancouver

Basic and emergency dentistry, all ages.

Pacific Oral Health Centre **604-536-2700**
www.pohs.ca
300 - 15850 - 24th Ave., Surrey

REACH Dental Clinic **604-254-1331**
501 - 1750 E.10th Ave. Vancouver (temporary location)
1145 Commercial Drive, Vancouver, BC
Basic dentistry, all ages.

Nobel Biocare Oral Health Centre at UBC **604-822-2112**
UBC Dental Emergency Clinic **604-822-6917**
www.dentistry.ubc.ca/treatment/how-to-become-a-patient
2151 Wesbrook Mall, Vancouver
For general dentistry clinic, applicants go through a screening process to determine eligibility based on type of dental work needed. Age 5 and up.

DENTURISTS

Brite Smile Dentures Ltd. **604-724-0031**
info@britesmiledentures.com
www.britesmiledentures.com
Mobile denture service serving the Lower Mainland.
Complete / Partial dentures. Reline / Repair dentures.

Maple Ridge Denture Clinic **604-463-4566**
2 - 22214 Dewdney Trunk Rd., Maple Ridge

Precision Denture Clinic Ltd **604-467-5655**
www.precisiondenture.ca
101 - 22325 McIntosh Ave., Maple Ridge

FINANCIAL SERVICES

Pensions/Service Canada English **1-800-277-9914**
French **1-800-277-9915**

Canada Pension Plan (CPP) protects contributors and their families from loss of income due to retirement, disability or death. The retirement benefit can be received as early as age 60. Disability benefits are paid to contributors who are under 65 years of age, who have paid sufficient contributions to the CPP and who are disabled as defined under the CPP Act. If a contributor dies, a Lump Sum Death Benefit may be paid to the Estate or next of kin, as well as a monthly Survivor Benefit to the spouse or common-law partner of the deceased. Children of a deceased or disabled contributor are also eligible for benefits until they reach age 18, or between age 18 and 25 and in full-time attendance at a school or university. Applications are available at: www.servicecanada.gc.ca

Old Age Security (OAS) Pension English **1-800-277-9914**
French **1-800-277-9915**

Federally funded basic monthly pension paid to you when you reach the age of 65 if you are a Canadian Citizen or a legal resident of Canada and if you meet the resident requirements. You should apply at least six months before your 65th birthday or the date of your eligibility. Applications are available at: www.servicecanada.gc.ca

Veterans Affairs Canada **1-866-522-2122**
www.veterans.gc.ca

Service Canada Allowance

(GIS/OAS Allowances are one program)

www.servicecanada.gc.ca English **1-800-277-9914**
French **1-800-277-9915**

If you are a spouse or partner of someone receiving the Old Age Pension and the Guaranteed Income Supplement,

Ridge Meadows Service Canada**604-467-5515**

22325 Lougheed Hwy., Maple Ridge

A full customer service centre offering a mix of information and transactional support for government services.

FOOD SERVICES

CHRISTMAS HAMPER

Maple Ridge/Pitt Meadows**Christmas Hamper Society****604-463-6922***lorraine@mrpmchristmashamper.org*

Register for a Christmas Hamper individually and receive a coupon for a frozen turkey dinner. If three or four seniors team up, you will also receive a coupon for the fixings of a turkey dinner!

FOOD HAMPERS

Friends in Need Food Bank, Maple Ridge*www.friendsneedfood.com***604-466-3663**

#8 - 22726 Dewdney Trunk Rd., Maple Ridge

Hours of Operation: Tuesday - Friday 8:30 am - 12:15 pm

Each week our clients receive food of their choosing which includes bread, buns, produce and other items. Once a month on the week of the clients' choosing, they receive a hamper which includes three to four days of food. Clients must be registered with the Food Bank. Proof of residence, Care Card, photo ID and proof of income/benefits required.

Friends in Need Food Bank, Pitt Meadows

Grace Community Church,

12240 Harris Rd., Pitt Meadows

604-460-4619

Hours of Operation: Tues. & Wed. 8:30am - 12:30pm

Each week our clients receive food of their choosing which includes bread, buns, produce and other items. Once a month on the week of the clients' choosing, they receive a hamper which includes three to four days of food. Clients

must be registered with the Food Bank. Proof of residence, Care Card, photo ID and proof of income/benefits required.

The Salvation Army Caring Place **604-463-8296**

22188 Lougheed Hwy., Maple Ridge

Emergency hampers only. You must be registered with the Friends in Need Food Bank.

FOOD CUPBOARDS

Many churches have food cupboards that church members are welcome to use. If you are a member of a faith community, talk to them. They are often able to offer emergency support.

FREE MEALS

Anishnaabe Place **604-467-6911 Ext. 217**

Maple Ridge/Pitt Meadows Community Services

Contact: Amanda and Noreen

11907 - 228 St., Maple Ridge

Many Anishnaabe programs have meals. Open to all persons of native ancestry. Anishnaabe Community Kitchen & traditional nights, second Monday of the month.

The Salvation Army Ridge Meadows Ministries

22188 Lougheed Hwy., Maple Ridge **604-463-8296**

Lunch served 7 days a week 12 - 1 pm,

Supper served 7 nights a week 5 pm - 6 pm.

The Katzie Elders **604-465-8921 Ext. 25**

19700 Salish Rd., Pitt Meadows,

Lunch program open to Katzie Elders.

FROZEN MEALS

Batch. Food. *www.batchfood.com* **778-882-7214**

#4 - 12851 Bathgate Way, Richmond, BC

Better Meals **604-299-1877**

www.bettermeals.ca

5742 Beresford Street., Burnaby, BC

Casalinga Food Services Inc. **604-435-1994**

www.casalingafoods.com

7624 Winston Street, Burnaby, BC

Real Meals **604-375-9990**
www.eatrealmeals.com
#203 - 14301 - 256th Street, Maple Ridge, BC

Ridge Meadows Seniors Society **604-467-4993**
12150 224th St. **Maple Ridge** *www.rmssseniors.org*
Frozen meals and soup are available for takeout in Maple Ridge. Place an order at reception.

Ridge Meadows Seniors Society **604-457-4771**
19065 119B Ave, **Pitt Meadows** *www.rmssseniors.org*
Frozen soups are available for takeout in Pitt Meadows. Place an order at reception.

GROCERY DELIVERY

Grocery Shopping and Delivery Service

Blue Moon Organics **604-462-8822**
www.bluemoonorganics.com
26061 – 112th Avenue, Maple Ridge, BC

Dairyland Home Service **604-421-4663**
www.morethanmilk.ca
6800 Lougheed Highway, Burnaby, BC

Green Earth Organics **604-708-2345**
www.greenearthorganics.com
fraservalley@greenearthorganics.com
#5 - 27250 - 58 Crescent, Langley, BC

**Maple Ridge/Pitt Meadows
Community Services** **604-882-7877**

In partnership with SaveOn Foods (East Maple Ridge).
A weekly grocery delivery service for seniors and others
unable to shop for themselves. May be used on a short
or long term basis. \$2 delivery fee. No minimum order.

To place an order, call 604-882-7877 and leave your
name and phone number on the answering machine.
Customers are called back on Tuesday morning to
take their grocery order. Groceries are shopped for on
Wednesday morning and delivered Wednesday afternoon.

Save-on Foods**1.800.242.9229***www.saveonfoods.com**shop@saveonfoods.com*

Delivery starts at \$4.95

Sustainable Produce Urban Deliver**604-215-7783***www.spud.ca**vancouver@spud.ca*

1660 East Hasting Street, Vancouver

Thrifty Foods**1-800-667-6280***www.thriftyfoods.com*

11895- 226 St., Haney Place Mall, Maple Ridge

Safeway**604-460-1553**

300 - 20201 Lougheed Hwy., Maple Ridge

Fee for service. Transit passes available for sale.

**GROCERY SHOPPING /
TRANSPORTATION****Better at Home Seniors Outreach and
Home Support Program****Maple Ridge/Pitt Meadows Community Services**

Services for seniors: transportation, visiting,

housekeeping, handyman

604-467-6911 Ext. 232**Caring Touch Health Care Services****604-477-7748**

Grocery Shopping/Transportation. Fee for service.

Comfort Keepers**604-530-9111**

Grocery shopping. Fee for service.

Helping Hands & Heart**604-785-5355**

Grocery shopping. Fee for service.

Home Instead Seniors Care**604-552-3324**

Grocery shopping. Fee for service.

Nurse Next Door Homecare Services**604-468-2273**

Grocery shopping. Fee for service.

Ridge Meadows Seniors Society**Seniors Helping Seniors***www.rmssseniors.org*

Call reception for details

604-467-4993

Volunteer drivers will provide rides within Pitt Meadows and Maple Ridge. A minimal fee applies.

GROW YOUR OWN VEGGIES: GARDENING OPPORTUNITIES

Intergenerational Garden **604-837-8915**
gardencoord@gmail.com
22527 121 Ave., Maple Ridge Contact coordinator
Garden plots for rent and volunteer opportunities.

Maple Ridge Fairgrounds Community Gardens
Contact Allison Maxwell **604-476-9643**
allison.maxwell@shawbiz.ca

Pitt Meadows Community Gardens
Contact Linda Musgrave **604-460-8804**
lmusgrave@telus.net

CEED Centre & Pioneer Park
Contact Christian Cowley *info@ceedcentre.org*
To register your garden or to find a garden to share, go to
www.ceedcentre.org

LOW COST MEALS

**Maple Ridge Secondary School
Culinary Arts Program** **604-463-4175**
21911 - 122 Ave., Maple Ridge
Buffet style dinner open to the community. Thurs. evenings.
Doors open at 4:30 pm, buffet open from 5-6 pm. Assistance
is available for people with mobility challenges. Call to
make a reservation. Take-out meals and gift certificates also
available. Dine in: \$10 adults & seniors, \$5 children under
10. Take-out: \$8 dinner only, \$9 dinner & dessert. Menu
posted weekly at: *www.mapleridgessecondary.ca*

Ridge Meadows Seniors Society
Maple Ridge Seniors Activity Centre **604-467-4993**
12150 - 224th St. Maple Ridge

www.rmssseniors.org

Lunch served Monday to Friday. Meals consist of soup and sandwich or entrée plus dessert, tea or coffee. Takeout is also available.

Ridge Meadows Seniors Society

Pitt Meadows Seniors Activity Centre **604-457-4771**

19065 119B Ave, Pitt Meadows

www.rmssseniors.org

Soup and a roll are available every Friday.

Takeout soup is also available.

Vancouver Community College Dinner Service

Samuel Robertson Technical Secondary School

10445 245 Street, Maple Ridge **604-466-4809**

Tuesday - Thursday from 5 - 6 pm.

Adults \$8, Children \$4, Desserts \$2. Cash or Debit.

Entrée served with your choice of vegetables, one starch or small salad. Variety of desserts. Menu posted weekly at:

www.srtss.ca

MEAL DELIVERY

Meals on Wheels

Maple Ridge/Pitt Meadows Community Services

Contact Joan **604-467-6911 Ext. 218**

11907 228 St., Maple Ridge

Hot nutritious meals delivered Monday through Friday. Can be tailored to meet specific dietary needs. Seniors benefit through social contact and the security of knowing that a volunteer will check on them on delivery days. Meals are prepared at Ridge Meadows Seniors Society and are available to Maple Ridge and Pitt Meadows residents.

MEAL PREPARATION

Access Health Services

604-467-1135

Meal preparation. Fee for service

Caring Touch Health Care Services **604-477-7748**

Meal Planning, Preparation and Clean up. Fee for service.

Comfort Keepers**604-530-9111**

Meal preparation. Fee for service.

Community Kitchens**Golden Ears FEAST/Family Education**

Contact Candace Gordon

604-283-9893

ciegordon@gmail.com

A variety of meal and food programs are offered. Please contact Candace for more information.

Helping Hands & Heart

Contact Karen Mann

604-785-5355

karen@handsandheart.ca

www.handsandheart.ca

Home support services to help with day to day activities such as cooking, cleaning, laundry, shopping, medication reminders, personal care, transportation to appointments, respite, Alzheimer's/dementia care. Fee for service.

Home Instead Seniors Care**604-552-3324**

Plan, prepare and clean up meals. Fee for service.

Nurse Next Door Homecare Services

Contact Carol Lange

604-468-2273

mapleridge@nursenextdoor.com

www.nursenextdoor.com

Grocery Shopping, accompaniment, accompanied transportation. Meal preparation, planning, preparation and cleanup for meal times. Fee for services.

We Care Home Health Services**604-552-4378**

Meal preparation. Fee for service.

ONE-OFF MEALS**Christmas Haven**

christmashaven@gmail.com

www.christmashaven.ca

A group of community minded volunteers organizes a free, non-denominational, and wheelchair accessible Christmas Dinner, promoting a sense of belonging and camaraderie on a night that often brings hardship to those with little or no support. We are pleased that our event continues to grow

and welcomes seniors, families or individuals who may not want to be alone at this time of year.

The Christmas Haven evening is held at The ACT in downtown Maple Ridge from 6 pm to 9 pm every Christmas Eve (December 24th). This venue provides a wonderful festive atmosphere for our guests and is the centrepiece for a turkey dinner with all the fixings; local entertainment, and children's activities. Santa is also in attendance and has a special gift for all who attend.

Real Estate Thanksgiving Dinner

See local papers for details.

Haney Farmers Market

www.haneyfarmersmarket.org

604-467-7433, ext 2

hfmfinfo@haneyfarmersmarket.org

A lively Saturday morning farmers' market held in Memorial Peace Park on 224th for 25 weeks beginning Mothers Day Saturday until Thanksgiving, then moving indoors for five weeks mid October to mid November at Grow & Gather, 24565 Dewdney Trunk Road.

Farmers, food producers, prepared foods and artisans who make, bake, grow, wild harvest and fish in British Columbia provide the backdrop for a community gathering place in the centre of town.

GOVERNMENT SERVICES

FEDERAL GOVERNMENT

Allowance/Survivor Allowance

1-800-277-9914

See listing on page 17.

Canada Benefits

1-800-0-CANADA

www.canadabenefits.gc.ca

1-800-622-6232

Ruimy, Dan, MP

www.parl.gc.ca/parliamentarians

Federal Liberal MP for Pitt Meadows-Maple Ridge

22369 Lougheed Hwy. Maple Ridge

Royal Canadian Legion #88**604-463-5101**

Offers assistance to veterans in our community regarding the services and programs offered by Veterans Affairs Canada through their Veterans Services Officer.

Service Canada**1-800-622-6232**

Information on any Government of Canada Program.

Service Canada**1-800-277-9914**

Canada Pension Plan (CPP)
Guaranteed Income Supplement
Old Age Security (OAS)

Veterans Affairs Canada*www.veterans.gc.ca***1-866-522-2122**

Offers a wide range of services and benefits to qualified, eligible veterans (and their dependants), members and ex-members of the Armed Forces and members and ex-members of the RCMP.

PROVINCIAL GOVERNMENT**Bing, Doug, MLA****604-465-9299**

Maple Ridge - Pitt Meadows

*www.dougbingmla.ca**Doug.Bing.MLA@leg.bc.ca*

#104 - 20130 Lougheed Hwy., Maple Ridge V2X 2P7

Help with finding government resources and/or assisting citizens with issues or information related to BC govt. services. Also able to assist with local knowledge & service information. Your MLA can also provide commemorative certificates from the BC govt. for special occasions.

Dalton, Marc, MLA**604--476-4530**

Maple Ridge - Mission

marc.dalton.mla@leg.bc.ca

#102 - 23015 Dewdney Trunk Rd., Maple Ridge

Fair PharmaCare Plan**604-683-7151***www.health.gov.bc.ca/pharmacare/*

Fair Pharmacare assists British Columbians with the cost of eligible prescription drugs and certain other medical supplies ordered by your doctor, dentist or podiatrist.

Ministry of Social Development **1-800-866-0800**
22522 Lougheed Hwy, Maple Ridge
Provincial financial assistance. Mon/Fri 8:30 am - 4:30 pm

Ombudsperson of BC **1-800-567-3247**
www.bcombudsperson.ca

Seniors Advocate, BC **1-877-952-3181**
515 Blanshard Street *info@seniorsadvocatebc.ca*
PO Box 9651, STN PROV GOVT, Victoria. BC
Need help with seniors' programs and services?
Speak with one of our Information & Referral analysts,
Monday - Friday 8:30 am - 4:30 pm (except stat. holidays).

Seniors BC *www.SeniorsBC.ca*
Provides information about government programs and
services for older adults so they can live a healthy active
lifestyle. Includes sections on health care, finances,
benefits, housing, transportation and more.

Service BC **1-800-663-7867**
www.servicebc.gov.bc.ca or **604-466-7470**
Deaf & Hearing Impaired **604-775-0303**
www.gov.bc.ca/mcf **1-800-661-8773**
Provides basic provincial government information on
programs and services, assists in identifying the program
or person that the caller needs to speak to.

MUNICIPAL GOVERNMENT

Seniors Homeowner Grant
Maple Ridge **604-463-5221**
Pitt Meadows **604-465-5454**

OTHER

Royal Canadian Legion #88 **604-463-5101**
Offers assistance to veterans in our community regarding
the services and programs offered by Veterans Affairs
Canada through their Veterans Services Officer.

HEALTH & WELLNESS

EXERCISE

Happy Walkers Club **604-463-8874**
From Pitt Meadows Heritage Hall on Saturdays at 9:15 am.

Indoor Walking Club **604-466-4920**
Valley Fair Mall. Tue/Thurs/Sat at 8:30 am.

Pitt Meadows Women's Walking Club
Contact Bev **604-465-7425**
Pitt Meadows Family Rec Centre. Tue/Thur at 8:45 am.

**Ridge Meadows Hospice Society
Bereavement Support Services** **604-463-7722**
An informal walking group for clients who
have accessed their services.

Stride to Thrive Walking Club
Contact Anne **604-466-4920**
For women whose lives have been touched by cancer
including family members & friends. Jerry Sulina Park,
meet at large signboard - 1 hr walk, Saturday at 10 am.

Try Hard Walkers
Contact Anne **604-466-4920**
Meet in front of the Lottery Booth at the Haney Place Mall.
Mon/Wed/Fri. 8:30 am.

Whonnock Walkers **604-462-9863**
Whonnock Lake Centre, Mon/Wed/Fri. at 9:15 am.

WELLNESS

Cameo Group - Ridge Meadows Seniors Society
12150 224th St. Maple Ridge
Contact Gail **604-463-0539**
Cameo Group is for seniors who are isolated and looking
to socialize with other seniors. Every Thursday 1-3 pm.

Fraser Health Falls Prevention Mobile Clinic

www.fraserhealth.ca/your-health/seniors/falls-and-injury-prevention

604-587-7866

The Fall Prevention Society partners with Fraser Health, the Fire Dept., BC Ambulance and Fraser North Lifeline to increase awareness of the risks and prevention of falls.

Golden Seniors Wellness Clinic

Ridge Meadows Seniors Society

604-467-4593

Contact Karen or Peggy

kewsumi@yahoo.ca

Health & Wellness Clinic for seniors every Tuesday at RMSS in the social activity room, 9 am to noon. Retired RNs provide health and wellness info. Blood pressure and weight can be measured. Drop-in fee of \$1 (although no one will be turned away). Nail cutting services available by appointment. Additional \$2 fee applies.

Stroke Recovery Association of BC

604-688-3603

www.strokerecoverybc.ca

1-888-313-3377

A therapeutic program for people of any age who have had a stroke. Family/caregiver support is also available.

HOME SUPPORT

Aging My Way Home Care

Contact Rebecca Leslie

604-290-8331

www.agingmywayhomecare.ca

info@agingmyway.ca

Services include companionship, meal planning and preparation, incidental transportation, running errands, light housekeeping, personal care and medication reminders. Our personalized services are available seven days a week and can range from a few hours daily to 24 hour care.

Access Health Services

604-467-1135

gailh@accesshealthservices.ca

www.accesshealthservices.ca

#1 - 22337 Dewdney Trunk Rd., Maple Ridge

Will help with any services required to help you stay at home as long as possible. Same day service if needed. Fee for service.

Better at Home Seniors Outreach and Home Support Program **604-467-6911 Ext. 232**
Maple Ridge/Pitt Meadows Community Services

www.comservice.bc.ca

Non-profit services priced according to an individual's income. (See listing on page 8.)

Services include transportation for medical appointments & shopping - local & long-distance transportation, seniors' handyperson service, home & yard maintenance, housekeeping, friendly visits.

Caring Touch Health Care Services

Contact Joy or Simmi

604-477-7748

info@caringtouchhomehealth.ca

www.caringtouchhomehealth.ca

Nursing care and home support for the elderly or disabled in their own home. Services include foot care, wound care, hospital discharge preparation, companionship, personal care, respite, live-in care, errand services, medication reminders, physio/rehab assistance, mobile hair care, housekeeping, palliative care and more. Free assessment.

Comfort Keepers

www.comfortkeepers.ca

604-530-9111

Personal Care - Bathing, grooming, mobility assistance, positioning, toileting & incontinence, 24 hour live-in care

Companion Care - Meal prep, groceries, light housekeeping, laundry

Nursing - Medication administration, Wound Care, Ongoing Skin management and assessment, Coordination with Fraser Health Home Health Palliative Care

Transportation - Incidental transportation, Doctors and Specialist appointments, Hospital Visits

Respite Care - Hourly basis, weekends, nights, 24 hour live-in care. In home Monitoring Support – Personal

Emergency Response systems. Medication Management Systems. In-home foot care.

Fraser Health Home Health Care **604-476-7100**

Home and community health care and support services for eligible residents who have acute, chronic, palliative or rehabilitative health care needs. Designed to complement and supplement, but not replace the efforts of individuals to care for themselves with the assistance of family, friends and community.

New clients: for questions or to access this service, contact our central Service Line. **1-855-412-2121**

Helping Hands & Heart

www.handsandheart.ca

604-785-5355

Home support services to help with day to day activities such as cooking, cleaning, laundry, shopping, medication reminders, bathing, transportation and Alzheimer's and dementia care. Service is available for 2 hours up to 24 hours whenever you need us. Competitive rates.

Free consultation visit.

Home Instead Senior Care

www.homeinstead.com

604-552-3324

Non-medical provider of companion-ship and homecare for the elderly. Fee for service.

Independence Matters

604-339-6134

heather@independencematters.ca

www.independencematters.ca

Non-medical services from accompaniment, medical appointments, special events, companionship, shopping and escorts to outings and events. Medication reminders and personal grooming and bathing support. Veterans Independence Programs VAC Health Care Cards Accepted.

Maid to Care

Susan Mahaffey

604-671-7607

info@maidtocare.ca

www.maidtocare.ca

Housekeeping and non-medical home support services to our Maple Ridge seniors at competitive pricing.

Nurse Next Door Homecare Services 604-468-2273

mapleridge@nursenextdoor.com

www.nursenextdoor.com

Caring companionship, meal preparation, errands, outings, light housekeeping, medication management, personal care, and Alzheimer's and dementia support. Hourly or Daily live-in. Registered nursing available for wound care, complex care or end-of-life care. Free caring consult. Fee for service.

PJ Styling Mobile Hair Care Service 604-466-5879

Contact: Patty Joy

12050 221 St., Maple Ridge

Full range of professional hair care services in home.

Route Directions Home Health Care Inc.

www.routedirections.ca

Jan 604-259-1233

care@routedirections.ca

Home support for elderly and special needs ensuring consistency in care and caregivers. Companionship, personal care, medication reminders, meal preparation, transportation (wheelchair accessible vehicle). Pre and post-operative care, live-in and overnight care, complex, palliative and respite care, wound care, certified foot care, Alzheimer's and dementia care and more.

Free consultation.

Safe Care Home Support

Massi Bakhshian

604-945-5005

info@safecarehomesupport.ca

www.safecarehomesupport.ca

- Homemaking services, including but not limited to light housekeeping, meal preparation, companionship, and escorting to and from appointments.
- Personal care, including but not limited to: bathing, grooming, etc
- Nursing services, including but not limited to wound care, catheter care, medication administration, etc.
- Mobile footcare provided by licensed footcare nurses.

Silver Valley Transitions Inc.

Kim Farquhar

1-877-792-5076

www.silvervalleytransitions.com info@svtransitions.com

• Assistance to seniors looking to downsize and move. Help with downsizing (rightsizing) possessions; dispersal of unwanted items; professional packing and unpacking; and home setup. We assist with all aspects of the moving process including hiring of various services and will be onsite throughout the move. If a move is not necessary we provide assistance with organizing and sorting possessions (decluttering) and any age-in-place requirements. We assess needs/restrictions in the home and create a plan.

We Care Home Health Services

604-552-4378

wecaretricity@telus.net

www.cbi.ca/web/homehealth-wecare-pittmeadows

Tricity/Pitt Meadows/Maple Ridge

Unit 209, 1923 - 122A Ave, Pitt Meadows

Homecare, nursing and companionship on outings, shopping & appointments. Fee for service.

HOUSING FOR SENIORS

INDEPENDENT HOUSING

BC Housing Buildings

www.bchousing.org

BC Housing is a crown corporation of BC, and it owns & operates many of the subsidized buildings in BC. To apply for a BC Housing building you must get on their centralized applicant database (the "Housing Registry") by filling out a BC Housing Application. Contact for more info.

Co-op Housing

www.chf.bc.ca

This type of housing is not older adults only and varies in cost. There may be some subsidies available in co-ops, however they are jointly owned and thus you must pay a refundable share purchase when entering co-op housing. You must also contribute a certain amount of time to the running of the co-op.

Disability Trust

www2.gov.bc.ca

604-879-5111

As part of joining a housing co-op, a prospective member must buy a share in the co-op. Disability Trust helps people with disabilities who are unable to pay for their shares. Recognizing that even a small extra monthly cost can be a hardship for those on a fixed income, Disability Trust helps by providing a loan with no fee or interest.

Non-profit/Subsidized Rental Housing

www.bchousing.org

Affordable rental housing for individuals over 55 with low incomes. Rent is subsidized by the gov't. or another source, and is normally set at 30% of income. Generally (although not always) there are no services provided and the apartment units are small bachelor suites. There are long wait lists for subsidized housing so apply early.

Other Non-profit Buildings

In addition to BC Housing, there are many non-profit societies offering subsidized housing to seniors. Even though many of the buildings receive subsidies from BC Housing, they are operated by the individual societies, so you must apply to these buildings directly. Call or visit these buildings to obtain application forms.

Purchased Housing

This is housing for older adults only with various tenure options. Strata titled, life lease, equity co-op and co-housing options can be found here.

HOUSING WITH SUPPORTS

Assisted Living

Housing for older adults; includes at least one meal per day, emergency response system, housekeeping and social or recreational opportunities with additional assistance with personal activities such as bathing or taking medications. Available with or without subsidies. Public assisted living facilities are operated by the local health authority (Fraser Health), require a health assessment for admittance, and usually cost 70% of income. There are generally wait lists so apply early.

Residential Care

Provides care and supervision for individuals who can no longer manage in their own homes. Available with or without subsidies.

Supportive Housing

Housing for older adults only. Generally includes services listed above for Assisted Living. This housing option is usually private (not subsidized), though there are a very few subsidized supportive housing units available through BC Housing's Seniors Supported Housing (SSH) program. For more information, contact BC Housing.

Alouette Heights Supportive Housing

22207 Brown Ave., Maple Ridge **604-466-3031**

Provides 46 apartments of supportive housing for low-income singles who are homeless or at risk of homelessness. Priority given to those living in Maple Ridge. Intended for clients who have already achieved some level of stability through treatment.

BC Housing

www.bchousing.org **604-433-2218**

Seniors with low incomes who are able to live without any support services or who can continue to live independently with assistance of home care can apply.

Fraser Health Patient Care

Quality Office **1-877-880-8823**

Provides a process for patients to register complaints about care received from the Fraser Health integrated health system including hospitals, clinics, community health care centres, residential care & assisted living homes.

FRASER HEALTH

Residential Care in Fraser Health **604-476-7100**

Services for adults who can no longer live safely or independently at home because of their complex health care needs. Call for a long term care assessment.

Home Adaptation For Independence **604-433-2218**

www.bchousing.org/HAFI

Helps low income seniors who have difficulties with daily living activities in the home by providing financial assistance to homeowners and landlords to carry out minor adaptations.

Residential Rehabilitation Assistance 1-800-639-3938

SAFER (Shelter Aid for Elderly Renters) **604-433-2218**
www.bchousing.org

Rental subsidy program for 60 years and older with low to moderate incomes offered through BC Housing.

Seniors Services Society **604-520-6621**
seniorsservicessociety.ca

750 Carnation St., New Westminster

Non-profit organization which provides information on housing and support services for seniors to be able to live as independently as possible. A temporary housing program and a seniors housing directory are available.

INDEPENDENT LIVING

BC HOUSING

Cottonwood Park **604-433-2218**
11600 Cottonwood Drive, Maple Ridge Cost: Income based

Fraserwood **604-451-6075**
22450 121 Ave, Maple Ridge Cost: Income based

Rosewood Cottage **604-463-1078**
11742 225 St., Maple Ridge . Cost: Income based

CO-OP HOUSING

Maple Ridge Co-operative Housing

Please contact Co-op for pricing.

Devonshire Court Co-op **604-463-4568**
22170 Dewdney Trunk Rd., Maple Ridge

Haney Pioneer Village Co-op **604-463-2289**
11830 230 St., Maple Ridge

St. George`s Seniors Housing Co-op **604-463-2334**
Suite 52-23580 Dewdney Trunk Rd., Maple Ridge

The Maples Housing Co-op **604-524-8524**
21570 Cherrington Ave., Maple Ridge

Pitt Meadows Co-operative Housing *Contact for pricing*

Ford Road Housing Co-op **604-465-6611**
19041 Ford Rd., Pitt Meadows

Harris Road Housing Co-op **604-465-1938**
19225 119 Ave., Pitt Meadows

Meadow Highlands **604-465-8244**
Mobile Home Co-op
11892 Ponderosa Blvd., Pitt Meadows

Meadowlands Housing Co-op **604-465-1613**
19032 Advent Rd., Pitt Meadows

LEGION HOUSING **604-463-5101**

Earl Haig Society
11821 Burnett St., Maple Ridge *Cost: SAFER eligible.*

Legion Gardens
12127 - 224th St., Maple Ridge *Cost: Life lease*

Legion Manor
22408 - 121 Ave., Maple Ridge *Cost: Life lease*

NON-PROFIT

Maple Towers **604-467-4013**
11841 - 222 St., Maple Ridge *Cost: Income-based*

www.baptisthousing.org
Managed by the Baptist Housing Society

Maple Ridge Towers **604-467-1366**
11929 - 222 St., Maple Ridge *Cost: Income-based*

www.affordablehsg.com
Managed by the Affordable Housing Societies

PRIVATE

Chartwell Willow Retirement Community **604-466-8602**
chartwell.com

12275 - 224 St., Maple Ridge *Cost: Private*
A full continuum of care, independent living with meals
and housekeeping. Memory Care and Extended Care in
a separate area. Some assisted living services provided.

Fraserview Village **604-463-2902**
22610 116 Ave., Maple Ridge Cost: Market Value

Greystone Manor **604-467-2808**
greystonerresidence.ca Cost: Private
11657 Ritchie Ave., Maple Ridge
Independent seniors residence offering premier suites,
services and amenities for an active living lifestyle.
1 or 2 bdrm suites feature kitchens with full-size fridges,
stove tops, in-suite washers/dryers. Convenient all-
inclusive monthly fee.

Maple Ridge Seniors Village **604-764-8877**
mapleridgeseniorsvillage.com **1-800-603-4663**
22141 119 Avenue, Maple Ridge Cost: Private

Panorama by ECRA **604-591-6060**
12148 224 St., Maple Ridge Cost: Market Value

Sunwood Senior Living Community **604-463-5527**
12241 224 St., Maple Ridge Cost: Private

The Wesbrooke Seniors Living Community
www.thewesbroke.com **604-460-7006**
12000 - 190A St., Pitt Meadows Cost: Private
Independent & Assisted Living. Respite beds also avail.

ASSISTED LIVING

FRASER HEALTH

Royal Crescent Gardens **604-463-6077**
11698 226 Ave., Maple Ridge Cost: Income based

LEGION HOUSING

Legion House **604-463-5101**
11797 Burnett St., Maple Ridge Cost: SAFER eligible

PRIVATE

Chartwell Willow Retirement Community **604-466-8602**
chartwell.com
12275 - 224 St., Maple Ridge Cost: Private

Maple Ridge Seniors Village **604-764-8877**
mapleridgeseniorsvillage.com **1-800-603-4663**
22141 - 119th Avenue, Maple Ridge Cost: Private

The Wesbrooke Seniors Living Community
www.thewesbroke.com **604-460-7006**
12000 - 190A St., Pitt Meadows Cost: Private

EXTENDED CARE

Baillie House **604-476-7888**
11762 Laity St., Maple Ridge Cost: Income based

Chartwell Willow Retirement Community **604-466-8602**
12275 224 St., Maple Ridge Cost: Private

Holyrood Manor **604-467-8831**
22710 Holyrood Ave., Maple Ridge Cost: Income based

Maple Ridge Seniors Village **604-764-8877**
22141 119 Ave., Maple Ridge Cost: Income Based / Private

LEGAL SERVICES

Access Justice Pro Bono Legal Clinic 1-877-762-6664
Ridge Meadows Association for Community Living
11641 224 St., Maple Ridge, BC. Family and Civil.

BC Old Age Pensioners Organization

www.bcoapo.ca

Aims to promote the best interests of elder citizens of BC in all matters of their welfare.

The BC Centre for Elder Advocacy and Support (BCCEAS)

www.bcceas.ca

604-437-1940

1-866-437-1940

Information and public education on issues related to the abuse and neglect of seniors. Information and referral line offers legal information, referral and legal advocacy to seniors. 7 days a week, 8 am - 8 pm excluding holidays.

Canadian Bar Association

Dial-A-Law Program

604-687-4680

Canadian Grandparents Rights Association

1-8755-474-9777

www.canadiangrandparentsrightsassociation.com
Peer counseling, legal and general information services aimed at reuniting grandparents with grandchildren.

**Community Law Advocacy Services
at Maple Ridge Community Services**

11907 - 228 St., Maple Ridge **604-467-6911 Ext. 210**
Assists seniors on a number of issues, eg; filling in paperwork, applying for pensions, Veterans fuel tax receipts, Residential Tenancy Issues.
Hours: Mon - Fri. 8:30- 4:30 except Wed: 8:30 – 12:30.

Legal Aid Office

Port Coquitlam Courthouse **604-472-0634**
Room 323, 2620 Mary Hill Rd., Port Coquitlam

Legal Services Society of BC Provincial Call Centre

www.lss.bc.ca **1-866-577-2525**
Low income individuals from across the province can call to apply for free legal aid over the phone.

Nidus Personal Planning

Resource Centre and Registry **604-408-7414**
411 Dunsmuir St., Vancouver *www.nidus.ca*

A non-profit, charitable organization that provides information about personal planning. They also operate a centralized registry for personal planning documents. Personal planning is the act of making one or more legal documents that authorize your personal supporters to help you manage your affairs or make decisions on your behalf if you need assistance due to illness, injury or disability.

Public Guardian & Trustee of BC **604-660-4444**

www.trustee.bc.ca
700 - 808 W. Hastings St., Vancouver
Provides information and protection relating to financial and legal rights of individuals incapable of managing their financial or legal affairs. When you are concerned an adult is no longer able to manage their financial, legal and/or health care matters on their own you can contact the Public Guardian and Trustee to get help. They will

also receive reports and allegations of financial abuse by a third party. They gather information, take steps to protect assets and determine if formal arrangements are required for ongoing financial management.

LEISURE ACTIVITIES

The ACT Arts Centre

Karen Pighin

604-476-2781

karenp@mract.org

- Arts experiences for all. For those who cannot afford to access Live Performances or Arts Programs, contact Lori Ceaser at *loric@mract.org* about how to receive tickets or arts program registration through the Arts Angels program supported by individual donors and Westminster Savings.

- Over 100 volunteers. If interested register at: *www.theactmapleridge.org/volunteer/*

- Arts experiences have been shown to decrease stress and feeling of alienation, build skills, confidence, connectivity to community and friendship. Involvement in the arts can be beneficial to your health and wellbeing.

Fraser Valley Regional Library

www.fvrl.ca

Maple Ridge Public Library

604-467-7417

130 - 22470 Dewdney Trunk Rd., Maple Ridge

Pitt Meadows Public Library

604-465-4113

200 - 12099 Harris Rd., Pitt Meadows

Golden Ears Winter Club (Curling)

604-463-4813

23580 - 105 Ave., Maple Ridge

www.gewc.ca

Various levels of curling for all ages.

Lawn Bowling Club

604-467-0755

11445 232 St., Maple Ridge

New members welcome! Will teach and lend equipment to participants. Come out and learn about the club and various activities.

RIDGE MEADOWS SENIORS SOCIETY

Maple Ridge Seniors Activity Centre

12150 - 224th St. Maple Ridge **604-467-4993**

Monday to Friday 8am to 11pm

Saturday 9am to 4 pm • Sunday 9 am to 1pm

Pitt Meadows Seniors Activity Centre

19065 - 119B Ave., Pitt Meadows **604-457-4771**

Monday to Friday 9am to 4pm

Recreational and social programs for seniors in Maple Ridge and Pitt Meadows. Activities and services ranging from fitness, cards, creative arts, health and wellness, special events and bus trips. Volunteer opportunities also available.

Call each location for details or pick up a copy of the Grapevine newsletter or go online to www.rmssseniors.org

All seniors 55+ welcome to join.

Maple Ridge Leisure Centre

604-467-7322

www.mapleridge.ca

11925 Haney Place, Maple Ridge

Weight training room, racquetball & squash courts, full size gymnasium, a variety of pools, wet & dry saunas and a large swirl pool. Wheelchair lifts are available for all pools and rehabilitation & physiotherapy services are available within the facility. Seniors discount.

Pitt Meadows Family Recreation Centre

www.pittmeadows.bc.ca

604-465-2452

12027 Harris Rd., Pitt Meadows

Facility includes a youth centre, preschool and daycare, sports hall, multi-purpose room, craft studio and a fitness/weight training room, and a Community Policing Office.

Royal Canadian Legion Branch #88

12101 - 224 Street, Maple Ridge **604-463-5101**

Veterans' community based organization which any Canadian citizen, commonwealth subject or citizen of an allied country can join.

LITERACY PROGRAMS

Fraser Valley Regional Library Outreach Services

www.fvrl.ca

604-859-7141

libraryforyou@fvrl.bc.ca

1-888-668-4141

Fraser Valley Regional Library's Library for You provides materials to people who are unable to visit the library due to illness, age, or disability.

Maple Ridge Pitt Meadows Katzie Community

Literacy Committee

604-721-3738

coordinator@communityliteracy.ca

www.communityliteracy.ca

CEED Centre, 11739 223 St., Maple Ridge

Promoting and supporting adult, community and family literacy initiatives in the community.

MEDICAL CLINICS (WALK-IN)

PITT MEADOWS

Marigold Dental Clinic

604-465-4800

#8 - 12155 - 191B St., Pitt Meadows

Pitt Meadows Medical Clinic

604-465-4911

#105 - 19170 Lougheed Hwy. Pitt Meadows (by SaveOn)

Ridge Meadows Care Clinic (West)

604-465-9188

#203 - 19800 Lougheed Hwy., Pitt Meadows
(inside Superstore)

MAPLE RIDGE

Cottonwood Medical **604-476-9705**
#102 -12005 - 238B St., Maple Ridge
(Dewdney Trunk Road & 238B St.)

Mageta Medical Clinic **604-465-1100**
#110 - 20528 Lougheed Hwy., Maple Ridge

Ridge Meadows Care Clinic (East) **604-466-5767**
#4 - 22932 Lougheed Hwy., Maple Ridge

MEDICAL SERVICES

BC Biomedical Lab
#101 -11743 - 224th St., Maple Ridge **604-467-5141**
(*Mobile lab services available*)

BC Biomedical Lab
#102 -12195 Harris Rd., Pitt Meadows **604-465-7873**
(*Mobile lab services available*)

Dietitian Services at HealthLink BC **8-1-1**
www.healthlinkbc.ca/healthyeating **TTY 7-1-1**
Registered dietitian on duty Mon/Fri 9 am - 5 pm.

Fraser Health Falls Prevention Mobile Clinic
fallsprevention@fraserhealth.ca **604-587-7866**

Fraser Health Unit **604-476-7000**
#400 - 22470 Dewdney Trunk Rd., Maple Ridge
Government agency providing health services such as the
Diabetes Clinic, flu shots, immunizations and TB testing.

Fraser Health Home Health Intake
feedback@fraserhealth.ca **604-476-7100**
11762 Laity Street, Maple Ridge
Home and community care services provide a range of
health care and support services for eligible residents
who have acute, chronic, palliative or rehabilitative health
care needs including assessment and case management,

nursing, rehabilitation, home support and palliative care, and community based services such as adult day programs, residential care services, hospice and short stay treatment and assessment centres.

HealthLink BC

www.healthlinkbc.ca

8-1-1

24 hour, 7 day toll-free access to registered nurses specially trained to provide confidential help on the phone.

Home Health & Palliative

Support Services

1-855-412-2121

www.fraserhealth.ca/homehealth

11762 Laity St., Maple Ridge

For health care and support at home.

MedicAlert Safely Home

1-855-581-3794

www.medicalert.ca/safely-home

safelyhome@medicalert.ca

A partnership between the Alzheimer Society of Canada and Canadian Medic Alert Foundation to help people living with Dementia when they go missing.

Natur-Elle Mastectomy Fittings

604-626-3354

Contact Nicole Eccles

naturelle4u@gmail.com

Fittings for breast prosthesis, partial/symmetry shapers, bras, swimwear & other accessories for women who have had mastectomy, lumpectomy, or reconstruction surgery. Mobile service.

Nurse Next Door Homecare Services **604-468-2273**

Registered and Licensed nurses available for foot care, wound care, complex care, or end-of-life care at home. Fee for service.

Ridge Meadows Hospital

604-463-4111

11666 Laity St., Maple Ridge

EMERGENCY 9-1-1

Office of the Seniors Advocate

1-877-952-3181

Seniors who have issues accessing health care services or with the health care they received can call to receive timely resolution of problems.

Western Institute for the Deaf and Hard of Hearing
www.widhh.com **604-942-7397**
tricitieinfo@widhh.com

260 - 2755 Lougheed Hwy., Port Coquitlam
Programs and services in audiology, employment
counselling, sign language, interpreting, and
communication devices for the deaf and hard of hearing.
Operates a hearing aid loan program called "Lend an
Ear" to assist those unable to afford a new hearing aid.

MEDICAL SUPPLIES

Colonial Hearing and Optical **604-477-8879**
11868 - 223 St., Maple Ridge

Connect Hearing **604-466-8189**
120-1-22470 Dewdney Trunk Rd., Maple Ridge

Crystal Hearing Centre **604-466-3277**
22540 Dewdney Trunk Rd., Maple Ridge

Fraser Health Lifeline Programs **604-517-8617**
Central Office *www.fraserhealth.ca*
lifeline@fraserhealth.ca

Lifeline is a Personal Emergency Response Service that
ensures assistance to you 24 hours a day, 7 days a week.
This is often suggested by RMH staff to older adults.

Independent Lifestyle Store
Medical Home Healthcare Supply **604-477-1212**
2 - 22337 Dewdney Trunk Rd., Maple Ridge
www.independentlifestylestore.com

Independent Respiratory Services **604-466-0900**
#101 - 22351 St. Anne Ave., Maple Ridge
www.irscanada.ca

Kintec Footlabs Inc **604-463-3338**
22336 Selkirk Avenue
Orthopedic & prosthetic appliances & shoes.

Maple Ridge Healthcare Products 604-466-3276
#109 - 22550 Dewdney Trunk Rd., Maple Ridge

Medic Alert (Bracelets) 1-800-668-1507

Red Cross Medical Equipment 604-465-5050
#5 - 11435 - 201A St., Maple Ridge

Loans wheel chairs, walkers, bedpans, canes, beds and other non-electrical equipment. Client must be referred.

Sonus Hearing Care Centers 604-467-4327
320 - 20398 Dewdney Trunk Rd., Maple Ridge

Audiologists, hearing aids and assistive devices.

Sun Valley Medical Supply 604-477-1786
100 - 11862 - 226th St., Maple Ridge
www.sunvalleymedicalsupply.com

MENTAL HEALTH & ADDICTIONS

Adult Mental Health Program

Family Education & Support Centre 604-467-6055
www.familyed.bc.ca amh@familyed.bc.ca

22558 Lougheed Hwy., Maple Ridge
A resource and information centre to help community members become aware of and better understand mental health issues. Provides psycho educational groups for depression, anxiety and assertiveness and public forums and workshops on mental health issues.

Alouette Addiction Services

www.alouetteaddictions.org 604-467-5179

201-22477 Lougheed Hwy., Maple Ridge
A non-profit organization funded mostly by Fraser Health and staffed by professionals from accredited universities that offers individual and group counseling for anyone with substance use issues, as well as those that care about them. Education, referrals and aftercare available. Outreach to Ridge Meadows Senior Society Mondays 10am - 12 noon. Services free of charge. Daily drop-in Mon. - Fri. 8:30 - 11:00 am.

Alzheimer Society of BC **604-298-0780**
North Fraser Resource Centre www.alzheimerbc.org
103 - 5623 Imperial St., Burnaby
Support services and education programs for people
impacted by dementia throughout BC.

Anxiety BC
www.anxietybc.com
#311 - 409 Granville Street, Vancouver **604-525-7566**
Information and resources for dealing with anxiety.

BC Schizophrenia Society **604-270-7841**
www.bcass.org

Canadian Mental Health Association (BC)
www.cmha.bc.org **604-688-3234**

Dementia Helpline **1-800-936-6033**
Alzheimer Society of BC

Geriatric Psychiatry Services **604-476-7165**
Maple Ridge Mental Health Office
Suite 500, 22470 Dewdney Trunk Rd., Maple Ridge
Provides services for adults who have acute and/or
persistent mental illnesses. Programs and services
include assessment, individual or group treatment, case
management, community living support, residential care,
consultation, and referral/bridging to other community
services. Referrals can come from family members,
physicians and other community agencies.

Happy Gang **604-476-7165, ext. 557163**
Contact Jennifer jennifer.burke@fraserhealth.ca
Maple Ridge Mental Health socialization group for seniors
with mental health issues. Meets first Tuesday of the
month at 1 pm at Ridge Meadows Seniors Activity Centre.

Mood Disorders Association of BC **604-873-0103**
www.mdabc.net

Rainbow Club **604-467-0544**
Provides a supportive psychosocial rehabilitation
environment designed to assist persons who are living with
mental health issues to realize their potential as individuals.

MULTICULTURAL SERVICES

ISSofBC (Immigrant Services Society of BC) Settlement Program

#320 - 22470 Dewdney Trunk Rd., Maple Ridge

www.issbc.org Firouzeh Payvandi **778-284-7026**

settlement@issbc.org

Assesses settlement and integration needs of newcomer clients and identifies an appropriate course of action.

Settlement:

- Information and Referral
- Orientation
- Assistance with applications / forms
- Workshops, Life Skills and Education

Employment:

- Initial Assessment and Action Planning
- Resume, Cover Letter, and Interviewing Skills
- Referrals and Service Linking
- Job Market Knowledge and Skills, Job Retention

Community Connections:

- Assists newcomer clients to connect with longer-term BC residents through settlement mentoring, community events, field trips, workshops, networking events.

LINC (Language Instruction for Newcomers to Canada)

(This is a program of ISS of BC)

604-942-1277

linc.mr@issbc.org

www.issbc.org

Free English Language Program for newcomers to Canada, 17 years old or older, and approved for permanent residence.

- Students will learn speaking, listening, reading and writing skills.
- Students will learn settlement topics such as Canadian laws, health care, society, job market and many things that are important for life in Canada.

- Seniors with Permanent Resident or Refugee status are welcomed!

Multicultural Women's Group **604-467-6055**

Family Education and Support Centre

Meet women from around the world and learn about different community services, programs, and issues. A great place to practice your English in a relaxed atmosphere. Meets every two weeks on Wednesdays for two hours. Registration is required to attend. Transportation and child minding provided.

MUNICIPAL SERVICES

City of Maple Ridge **604-463-5221**

11995 Haney Place, Maple Ridge

City of Pitt Meadows **604-465-5454**

12007 Harris Rd., Pitt Meadows

Public Works **604--463-9581**

RCMP General Inquiries **604-463-6251**

Revenue and Collections **604-463-5221 Ext. 5205**

City of Maple Ridge

Provides information and consultation on the Property Tax Deferment Program for individuals 55+.

OPTOMETRISTS

BC Eye Care **604-466-3003**

22337 Dewdney Trunk Rd., Maple Ridge

Dr. R. A. Strath **604-460-0361**

4 - 19126 Ford Rd., Pitt Meadows

Maple Ridge Eye Care **604-463-4469**

101 - 23015 Dewdney Trunk Rd., Maple Ridge

Pacific Eye Doctors 604-463-7127
22320 Brown Ave., Maple Ridge

Vision West Doctors of Optometry 604-460-4347
Real Canadian Superstore
19800 Lougheed Hwy, Pitt Meadows

PHARMACIES

Alouette Pharmacy 604-467-3784
8 - 11937 227 St., Maple Ridge. Delivery available.

Drugstore Pharmacy
Extra Foods 604-467-0753
22427 Dewdney Trunk Rd., Maple Ridge
Delivery available Thursday am.

Real Canadian Superstore
201 - 19800 Lougheed Hwy, Maple Ridge 604-460-4335

Golden Ears Pharmacy
#107-22838 Lougheed Highway 604-477-3222

Haney Pharmacy 604-467-9100
D - 22195 Dewdney Trunk Rd., Maple Ridge
Delivery available.

London Drugs 604-463-0991
www.londondrugs.com
101 - 22709 Lougheed Hwy., Maple Ridge

Maple Pharmacy 604-467-1116
106 - 11743 224 St., Maple Ridge
Delivery on an emergency basis to seniors and veterans.

Meadows Pharmacy 604-460-0541
12161 Harris Rd., Pitt Meadows. Delivery available.

Medlandia Pharmacy
20528 Lougheed Hwy., Maple Ridge 604-465-3375

Pharmasave
12005 - 238B St., Maple Ridge 604-476-1420

19070 Lougheed Hwy, Pitt Meadows **604-465-8807**
Delivery available. A small fee may be charged.

Rexall Drugs **604-476-6623**
11900 Haney Place, Unit 69, Maple Ridge

Safeway Pharmacy **604-460-7200, Ext 4**
300 - 20201 Lougheed Hwy., Maple Ridge
Prescription delivery available for shut-ins.

Save On Foods (Pharmacies)
22703 Lougheed Hwy., Maple Ridge **604-463-3329**
20395 Lougheed Hwy., Maple Ridge **604-465-8606**
Prescription delivery available for shut-ins.

Shoppers Drug Mart
102-22441 Dewdney Trunk Rd., **604-467-5218**
Maple Ridge. Bubble pack delivery only.

130 - 20395 Lougheed Hwy., **604-465-8123**
Maple Ridge. Delivery available.

19150 Lougheed Hwy., Pitt Meadows **604-465-8122**
Delivery available.

Walmart Pharmacy **604-467-0916**
11850 - 224th St, Maple Ridge

Wellness Pharmacy **604-463-4207**
6 - 22932 Lougheed Hwy., Maple Ridge

PHYSIOTHERAPISTS

Golden Ears Physiotherapy **604-463-9968**
Bill MacDonald *info@goldenearsphysio.com*
www.goldenearsphysio.com

Innovative and quality rehabilitation/fitness programming for residents of Maple Ridge and Pitt Meadows. An industry leader in rehabilitation, we can help you retain and maintain an active lifestyle. Rehabilitation teams include physiotherapists, occupational therapists, kinesiologists, personal trainers, psychologist, doctor and counsellors. Therapists have experience & training to provide you with

an innovative solution for your health & fitness needs, with careful attention to needs of the active aging population. We also provide pool therapy.

Convenient services in the clinic, in the home or in the Maple Ridge/Pitt Meadows leisure centres.

PODIATRISTS & FOOT CARE

PODIATRISTS

Dr. David Dixon

105 - 22561 Dewdney Trk Rd., Maple Ridge **604-477-0999**

Dr. Peter Fera

2B - 22722 Lougheed Hwy., Maple Ridge **604-466-1801**

FOOTCARE

Absolute Tenderfeet Footcare

604-812-3625

or **(778) 237-3077**

Providing local seniors, diabetics, and veterans with mobile nursing foot care services in home, residential care facilities, and assisted living facilities.

Access Health Services

604-467-1135

Staff available for all your foot care needs.

Caring Touch Health Care Services

604-477-7748

In home foot care by appointment, Fee for service

Feet For Life Footcare

604-354-7771

Niki Paxton

niki@feetforlife.ca

www.feetforlife.ca

In-home professional foot care, invested in keeping you mobile and independent.

Ridge Meadows Seniors Society

Foot Care Services

www.rmssseniors.org

Call reception for details. Appointments necessary.

- Maple Ridge Seniors Activity Centre

12150 - 224th St. Maple Ridge

604-467-4993

- Pitt Meadows Seniors Activity Centre

19065 119B Ave, Pitt Meadows

604-457-4771

Gentle Sole Mobile Foot Care (778) 574-0600
gentlesole@shaw.ca Contact Karen
Caring, friendly and professional nursing foot care in your home or facility. Corns, calluses, thick fungal nails, diabetic feet. Services in Surrey, Langley, White Rock, Abbotsford. All equipment professionally sterilized to hospital standards.

Kat's Footcare 604-816-5288
kat@katsfootcare.com *www.katsfootcare.com*

Maple Ridge Physiotherapy Footcare 604-462-8360
Contact Betsy

Nurse Next Door Homecare Services 604-468-2273
Mobile, licensed nurses provide certified foot care services at home hospital or facility.

Shirley's Massage & Reflexology 604-996-1123
Massage, reflexology and other spa services. Mobile service available. Specializing in seniors.

Footcare Nurse 604-725-4416
traceylynn42@hotmail.com

Mobile footcare nurse servicing the Maple Ridge, Plitt Meadows and Port Coquitlam areas. Footcare needs including fungal nails, thickened nails, calluses, corns, cracked heels, bunions and more. Footcare for people with diabetes. Registered Health Service Provider with Veteran's Affairs Canada and Greenshield Insurance.

Route Directions
Home Health Care Inc. 604-259-1233
Certified foot care services.

SHELTERS

The Salvation Army Day: 604-463-8296 Ext. 102
Ridge Meadows Ministries Night: 604--807-8290
22188 Lougheed Hwy, Maple Ridge
Registration at 7:30 pm. Wheelchair accessible. Laundry. No alcohol/drug use on site. Free clothing vouchers for the Thrift Store available.

Shelter Information

211

A region-wide referral line for shelter and other essential services for all ages and genders.

SHOPPING

Downtown Maple Ridge Business Improvement Association

604-467-2420

inquiries@downtownmapleridge.ca
www.downtownmapleridge.ca

With more than 700 businesses, Downtown Maple Ridge offers a unique shopping experience, close to home. Through a wide variety of events, promotions, safety initiatives, beautification projects, and clean-up programs, DMRBIA aims to make Downtown Maple Ridge a pleasant destination for residents and tourists.

A large business directory, events calendar, photo gallery and more are available on our website.

If there's a store or service you're looking for, we'd be happy to help you find it here at home.

Additionally, DMRBIA hosts many community events. During Senior's Week, look for a special free event, like the Heritage Walking Tour, to get to know your Downtown better. DMRBIA also hosts four outdoor markets every summer, a community garage sale, vintage market, Spring Treasure Hunt, and the popular Win Your Wish contest.

Be The 1 Now

604-475-0799 or 604-788-2231

info@bethe1now.com
www.bethe1now.com

Contact: Julianne Koenig

Shopping for personal and special occasions for you or with you. Accompaniment to and from appointments. Offering select services as the need arises. Everything is done to help you keep your independence & privacy intact. Fee for Service.

TRANSPORTATION

Access Transit

604-452-2860

acesstransit.ca

General Information accessible public transit, HandyDART, HandyCARD. The Access Transit Secretariat helps TransLink offer a greater level of service to people with disabilities, seniors, new Canadians and youth.

Better at Home Seniors Outreach and Home Support Program

604-467- 6911

Maple Ridge/Pitt Meadows Community Services

www.comservice.bc.ca

Volunteer driver service provided Monday through Friday. Current charges are based on a sliding scale. There is a neighborhood bus, day trips only.

BC Bus Program

1 800-866-0800

sd.gov.bc.ca

Annual transit pass for people receiving Federal OAS and either the Guaranteed Income Supplement or Spouses Allowance; or age 60-64 and receiving Income Assistance or receiving Income Assistance for Persons with Disability; over 65 years of age and would qualify for GIS but does not meet the Canadian 10 year residency requirement; 18-64 years of age, living on a First Nations reserve and receiving disability assistance from the band office, or 60 – 64 years of age, living on a First Nations reserve and receiving assistance from the band office.

BC Ferries

1 877-222-1949

www.bcferrries.com

BC seniors travel at 50% off regular adult fare Monday – Thursday (except specified holidays) on presentation of a BC Services Card, BC Gold Care Card, BC Driver's License, BC Identification Card or Birth Certificate. If presenting a Birth Certificate, proof of BC residency is required. The BC Seniors discount applies only to the passenger fare. Please note: discount is not applicable on

the Inside Passage, Haida Gwaii and Discovery Coast Connector routes. However, a special discount on BC Senior passenger fares on these routes is available.

BC Licence Plates for Veterans **604-876-2838**

www.bcveterans.org

Applications can be obtained from the website or any ICBC office.

Coast Mountain Bus Company

Information and Route Advice **604-953-3333**

Lost and Found **604-682-7887**

Customer Relations **604-953-3040**

Training for Users with Mobility Aids **604-264-5520**

www.translink.ca

Elder Transportation Program

BC Aboriginal Friendship Centre **1-800-990-2432**

www.bcaafc.ca

Supports Aboriginal Elders with transportation costs who wish to attend the Annual Elders' Gathering.

Greyhound Bus **604-460-0151**

www.greyhound.ca **1-800-661-8747**

11900 Haney Place Mall, M.R. (inside Blueline Sports)

Parcel express and ticketing agent. Bus stop located on 226th Street behind Thrifty Foods.

Greyhound passengers age 62 or over may request a 20% discount on unrestricted passenger fares.

Wheelchair accessible bus will be assigned to a route upon request with a minimum 48 hours notice.

HandyDART **604-575-6600**

www.translink.ca

HandyDART is a public transit service that uses specially equipped vehicles designed to carry passengers with physical or cognitive disabilities who are unable to use public transit without assistance. It is a shared ride door-to-door service. Passengers are picked up at the outside accessible door where the trip originates and dropped off at the outside accessible door at the destination. To use the service, individuals must be registered and reserve the trip in advance of the required date. To request an

application call access transit : **604--452-2860**
Consumer Advocate Linda McGowan **(778) 772-4431**

Ridge Meadows Seniors Society **604-467-4993**

Seniors Helping Seniors www.rmssseniors.org

Volunteer drivers will provide rides within Pitt Meadows and Maple Ridge. A minimal fee applies. Call for details.

SPARC BC Parking Permit **604-718-7744**

www.sparcbc.ca

Taxi (Alouette Taxi) **604-463-8888**

www.alouettetaxi.ca **604-466-1313**

10% discount given to seniors. **604-460-7575**

Accepts Taxi Savers; Three wheelchair taxis.

Translink

Service Information **604-953-3333 (Push 0)**

www.translink.ca

Provides bus service to, from, and within Maple Ridge, connecting various parts of Maple Ridge with Haney Place Mall and linking the community to the rest of the Lower Mainland.

Translink Customer Relations **604-953-3040**

West Coast Express

www.westcoastexpress.com **604-488-8906**

Operates Monday to Friday during peak commuter periods from Mission City to Waterfront station. The train cars are wheelchair accessible and have washrooms.

See also Home Support Services on pages 28 - 33.

VOLUNTEER OPPORTUNITIES

Festival and Volunteer Office, Parks & Leisure

festival@mapleridge.ca

604-467-7325

www.mrpmparksandleisure.ca

For a healthy life and a vibrant community, consider sharing your talents with a worthwhile cause of your

choice. Parks and Leisure Services has a variety of volunteer programs to match your interests and our staff would be pleased to meet with you to discuss options.

Grand Buddies Program **604-463-3810**

Contact Jeannie Harnett, Child Care Worker
Eric Langton Elementary School
12138 Edge St., Maple Ridge

An in-school program that matches a caring and reliable older adult with an elementary school student. Volunteers are men & women 55+ who like to work with children. The volunteer visits the child for one hour, once a week during school hours to play games, do crafts, talk, read, bake or whatever they would like at the school. Grand Buddies with a particular interest in literacy or academics are also needed to support students with learning needs. Screening and a criminal record check is administered.

Intergenerational Garden **604-837-8915**

gardencoord@gmail.com
22527 121 Ave., Maple Ridge

Are you a senior (55+) who would like to spend time in the garden? Many opportunities to volunteer including helping show students how things grow, small construction projects, cooking, etc.

ISSofBC (Immigrant Services Society of BC)

Volunteer Connections

Program **778-284-7026 Ext. 1582**

#320 – 22470 Dewdney Trunk Rd., Maple Ridge V2X 5Z6

Long term residents of Canada needed to become settlement mentors. Volunteers are trained and then matched with a compatible newcomer based on interests, family size, age, occupation and other needs. Commitment is two to four hours per week for a period of three months.

Ridge Meadows Hospice Society **604-463-7722**

info@ridgemeanowshospice.org
www.ridgemeanowshospicesociety.com
22320 119th Avenue, Maple Ridge

Run fundraising events and draws, manage community events at malls and other locations. Volunteers also needed with special talents such as graphic design, musicians, dancers and entertainers, sound or lighting skills.

Ridge Meadows Seniors Society

www.rmssseniors.org

Maple Ridge Seniors Activity Centre
12150 - 224th St. Maple Ridge **604-477-0425**

Pitt Meadows Seniors Activity Centre
19065 - 119B Ave, Pitt Meadows **604-477-0425**

A wide variety of volunteer opportunities exist within both Senior Activity Centres from program leaders, volunteer drivers, reception and lounge helpers, special event assistants and committee members. Call for more details.

Seniors Network - Maple Ridge, Pitt Meadows, Katzie

seniorsnetworkmpk@gmail.com **604-786-7404**

If you are a community-minded person 55+, interested in strengthening the availability and quality of services and resources for seniors in our communities, volunteer with the Seniors Network. This seniors-led organization brings together individuals representing charitable organizations, service providers (both non-profit and businesses) and the community at large.

Volunteer Maple Ridge- Pitt Meadows

604-467-6911 Ext. 230

Maple Ridge/Pitt Meadows Community Services
11907 – 228th St., Maple Ridge

www.comservice.bc.ca/jobs/volunteering

Many volunteers are needed. In particular, we need volunteers to make friendly visits to lonely seniors.

Drivers are needed for shopping trips, medical appointments and for the Meals on Wheels program.

Drivers will be reimbursed for mileage or they can donate it in exchange for a tax deductible receipt.

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The Seniors Network is led by a group of individuals representing charitable organizations, service providers (both non-profit and private businesses) and the community at large. It is also supported by municipal council members and a number of individuals with a shared interest and common goal of providing support and services to seniors.

For more information and a list of our members, visit www.seniorsnetworkmpk.com or call 604- 786-7404 or email: seniorsnetworkmpk@gmail.com

The Seniors Network gratefully acknowledges the continued support of our members, the Ridge Meadows Seniors Society and the United Way of the Lower Mainland.



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The resources listed are for information purposes only and do not constitute an endorsement of services by the Maple Ridge, Pitt Meadows, Katzie, Seniors Network. This information is current as of Spring 2016.

To submit or edit your Seniors Service Resource information, or to obtain more copies or an electronic version of the guide please contact:

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