

Maple Ridge - Pitt Meadows 2023-2024

# SENIORS 55+

## RESOURCE DIRECTORY

Programs | Services  
Organizations | Support  
Recreation | Leisure  
Housing | Transportation  
Volunteer Opportunities  
*and much more!*





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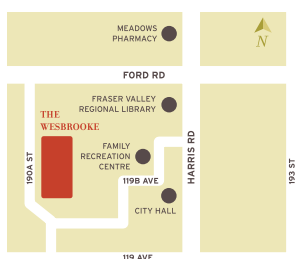
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[inquiries@downtownmapleridge.ca](mailto:inquiries@downtownmapleridge.ca)

34 - 22374 Lougheed Highway, Maple Ridge, BC V2X 2T5



# HELLO FROM THE MAPLE RIDGE, PITT MEADOWS, AND KATZIE, SENIORS NETWORK

## We hope you find the Seniors Resource Directory helpful!

In it there is information on local, regional, provincial, and federal programs and services for older adults. Sometimes it can be a bit overwhelming. If you would like assistance finding a program or service, contact:

### Community Services

Seniors Navigator at (604) 467-6911, extension 1232

or email: [sfordyce@comservice.bc.ca](mailto:sfordyce@comservice.bc.ca)



**Heather Treleaven**  
*Executive Director*

Maple Ridge, Pitt Meadows,  
Katzie, Seniors Network

Welcome to the 2023-2024 Seniors Resource Directory, your comprehensive guide to the wealth of services, programs, and resources available to seniors in our community. At the heart of this directory lies the invaluable work of the Seniors Network, an organization led by seniors for seniors, committed to enhancing the lives of local older adults.

The Seniors Network is a testament to the power

of collaboration and community engagement. Through its dedicated efforts, it brings together individuals who share a common goal: to identify gaps in programs and services for seniors and develop innovative solutions to address them. This dynamic network recognizes the unique needs and challenges faced by our seniors population and strives to make our community more inclusive and supportive for them.

As we delve into the pages of this directory, you will discover a multitude of resources, ranging from healthcare services and recreational activities to support groups and educational opportunities. The Seniors Network has been instrumental in curating this information, ensuring that it is not only up to date but also tailored to the specific needs and interests of our seniors community.

We invite you to explore the 2023-2024 Seniors Resource Directory with us, knowing that it is not merely a compilation of services, but a testament to the dedication and passion of the Seniors Network and the entire community. Together, we continue to build a more vibrant, caring, and inclusive environment for older adults, fostering a sense of belonging and well-being for all.

Thank you to the City of Pitt Meadows and City of Maple Ridge for their ongoing support of the Seniors Network and to the staff of the Maple Ridge Pitt Meadows News for their work to produce this publication.

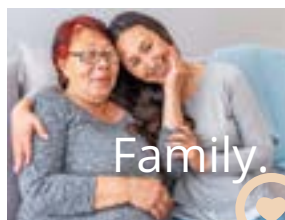
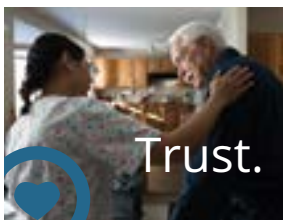
The Seniors Network meets once every two months on the last Wednesday of the month and everyone is welcome. For more information, call us at (604) 786-7404, email: [seniorsnetworkmpk@gmail.com](mailto:seniorsnetworkmpk@gmail.com) or visit [www.seniors-network.ca](http://www.seniors-network.ca)



For more information, call 604-786-7404, email [seniorsnetworkmpk@gmail.com](mailto:seniorsnetworkmpk@gmail.com) or visit [www.seniors-network.ca](http://www.seniors-network.ca)

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# HUMAN RIGHTS DON'T GET OLD

## Elder Abuse: Where to get help

### EMERGENCY

IF YOU OR SOMEONE YOU KNOW  
IS IN IMMEDIATE DANGER

**DIAL 9-1-1**

TO REPORT ABUSE, NEGLECT OR  
SELF-NEGLECT TO YOURSELF OR  
ANOTHER PERSON, CALL:

**Fraser Health REACT**

**1-877-732-2808**

A SAFE, CONFIDENTIAL PLACE FOR OLDER ADULTS TO TALK TO  
SOMEONE ABOUT SITUATIONS INVOLVING ABUSE

**SENIORS ABUSE & INFORMATION LINE:**

IN THE LOWER MAINLAND (604) 437-1940

TOLL-FREE: 1-866-437-1940

SENIORSFIRSTBC.CA



BC ASSOCIATION OF  
**Community Response Networks**

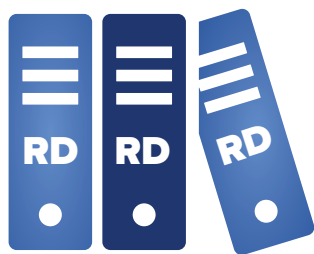
*Stopping Adult Abuse and Neglect ...Together.*

**Working together to improve the health and well-being of seniors**

Intergenerational Garden \* Age-friendly Communities  
Dementia Friendly Communities \* Emergency Preparedness  
Men's Shed \* Community Response Network \*

Call: (604) 786-7404, email: [seniorsnetworkmpk@gmail.com](mailto:seniorsnetworkmpk@gmail.com)  
[www.seniors-network.com](http://www.seniors-network.com)





# RESOURCE DIRECTORY

Maple Ridge, Pitt Meadows, Katzie, Seniors Network

(604) 786-7404 | [seniors-network.ca](http://seniors-network.ca)

Email: [seniorsnetworkmpk@gmail.com](mailto:seniorsnetworkmpk@gmail.com)

*Please contact us for support navigating the programs and services in this Directory.*

## EMERGENCY CONTACTS

POLICE    AMBULANCE    FIRE    **CALL 911**

For current information about COVID-19 visit:

[www.fraserhealth.ca](http://www.fraserhealth.ca) or call HealthLinkBC: 811

**Crisis Line (24/7)** ..... (604) 951-8855 or 1-877-820-7444

**BC Mental Health Crisis Line** ..... 310-6789

**Poison Control** ..... (604) 682-5050

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

**Emergency Electrical Calls**

**BC Hydro** ..... 1-888-769-3766

**Natural Gas Leaks**

**Fortis BC** ..... 1-800-663-9911

**Water/Sewer Emergency**

**Maple Ridge (24 hours)** ..... (604) 463-9581

**Pitt Meadows (8:30 a.m. – 4:30 p.m.)** ..... (604) 465-2434

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

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**RIDGE MEADOWS SENIORS SOCIETY**  
**Serving Maple Ridge & Pitt Meadows**  
***Drop in Activity Centre connecting adults***  
***55+ with a happy, healthy life.***

Ridge Meadows Seniors Society is a registered charity whose mission is to provide services, foster shared experiences and advance the well being of adults 55+ in Maple Ridge and Pitt Meadows.

Whether you are retired or still in the workforce, RMSS will keep your mind and body active and spirits high through friendships and activities. We have plenty to offer and it's easy to join. A membership is only \$35 per year and the drop-in fee is just \$1-\$2 per class depending on the program.

**Maple Ridge Seniors Activity Centre**  
12150 224th Street, Maple Ridge BC V2X 3N8  
Tel: 604-467-4993

**Pitt Meadows Seniors Activity Centre**  
19065 119B Avenue, Pitt Meadows BC V3Y 0E6  
Tel: 604-457-4771  
[www.rmssseniors.org](http://www.rmssseniors.org)



**RECREATIONAL ACTIVITIES**

***Keeping your mind and body active***

With over 100 activities and programs to choose from, take a fitness class, challenge yourself by learning a new game, make new friends or come for lunch.

**SENIORS OUTREACH SERVICES**

***Connecting you to your community***

Outreach Services provides support for seniors to maintain their independence, improve quality of life and learn about resources available.

**VOLUNTEER YOUR TIME**

***Give the gift of time***

Teach a class, organize a group, serve in our coffee shop, at the reception desk or work an event.

**WELLNESS CLINIC**

***To enhance a healthy lifestyle***

Seniors can drop in without an appointment to speak to a health care professional. The clinic is staffed by volunteers and retired registered nurses.

**DRIVING SERVICES**

***Seniors helping seniors driving service***

A safe drive where you need to go.

**CAREGIVER SUPPORT GROUP**

**MEAL PROGRAMS**

## ELDER ABUSE SUPPORT

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 911 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 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:

- *Call Toll Free 1-877-REACT-08 (1-877-732-2808)*
- *Send an email to [react@fraserhealth.ca](mailto:react@fraserhealth.ca)*
- *Call Fraser Health Home Health: (604) 476-7100*
- *Older Adult 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.

### Maple Ridge/Pitt Meadows/Katzie, Community Response Network (CRN)

..... (604) 786-7404  
[www.bccrns.ca](http://www.bccrns.ca)

A sub-committee of the Seniors Network, the CRN creates a coordinated response to the prevention of elder abuse by increasing awareness and providing education and supports for adults who may be experiencing abuse, neglect, or self-neglect. Contact us to book a presentation for your group or for connection to local resources.

### Seniors First BC

**Seniors Abuse & Info Line (SAIL)** ..... (604) 437-1940  
[www.seniorsfirstbc.ca](http://www.seniorsfirstbc.ca) ..... TTY (604) 428-3359

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. This is a free service.



## NON-EMERGENCY RESOURCES

### Ambulance (Non-Emergency)

Maple Ridge & Pitt Meadows..... (604) 872-5151

**BC 211** .....211  
[www.bc211.ca](http://www.bc211.ca)

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.

### City Hall

Maple Ridge.....(604) 463-5221  
Pitt Meadows .....(604) 465 5454

# Working For You!

- Veterans Affairs
- Commissioner of Oaths
- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Guaranteed Income

- Supplement (GIS)
- Federal Taxes (CRA)
- Congratulatory messages



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Member of Parliament  
for Pitt Meadows -  
Maple Ridge







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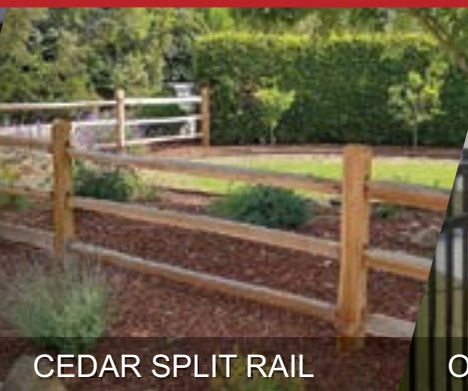
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Maple Ridge, BC, Canada



thefenceshop

EMAIL US: SALES@THEFENCESHOP.CA

**Civic Safety**.....(604) 785-7179

23705 – 106 Ave., Maple Ridge  
info@civicsafety.ca

An award-winning group of professionals leading efforts in emergency preparedness. Specializing in the needs of seniors. Emergency supplies, advice on how to be prepared, emergency training and operational plans.

**Fire Department (Non-Emergency)**

Maple Ridge .....(604) 463-5880  
Pitt Meadows .....(604) 465-2401

**Hospital – Ridge Meadows** .....(604) 463-4111

**HealthLink BC (BC Nurseline)** .....811  
Deaf & Hearing-Impaired TTY .....711

24-hour, confidential health information and advice.

**Police (Non-Emergency)**

Maple Ridge & Pitt Meadows.....(604) 463-6251

**CRISIS LINES  
& VICTIM SERVICES**

**BC Mental Health Support Line** ..... 310-6789  
heretohelp.bc.ca/get-help

Free and available 24 hours a day

**Community Based Victim Services**

Community Services .....(604) 467-6911, Ext. 1227  
www.comservice.bc.ca

Provides information, community referrals, emotional, practical and court support to victims, their families and witnesses.

**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](http://www.bccrimestoppers.com).

**Crime Victim Assistance Program**..... (604) 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.

**Fraser Health Crisis Line**.....(604) 951-8855

Toll Free .....1-877-820-7444

Immediate, free, and confidential emotional support, crisis intervention and community resource information for people of all ages, 24 hours a day, - everyday.

**Fraser Health React** .....1-877-REACT-08 (1-877-732-2808)  
react@fraserhealth.ca

[www.fraserhealth.ca/health-info/health-topics/adult-abuse-and-neglect](http://www.fraserhealth.ca/health-info/health-topics/adult-abuse-and-neglect)

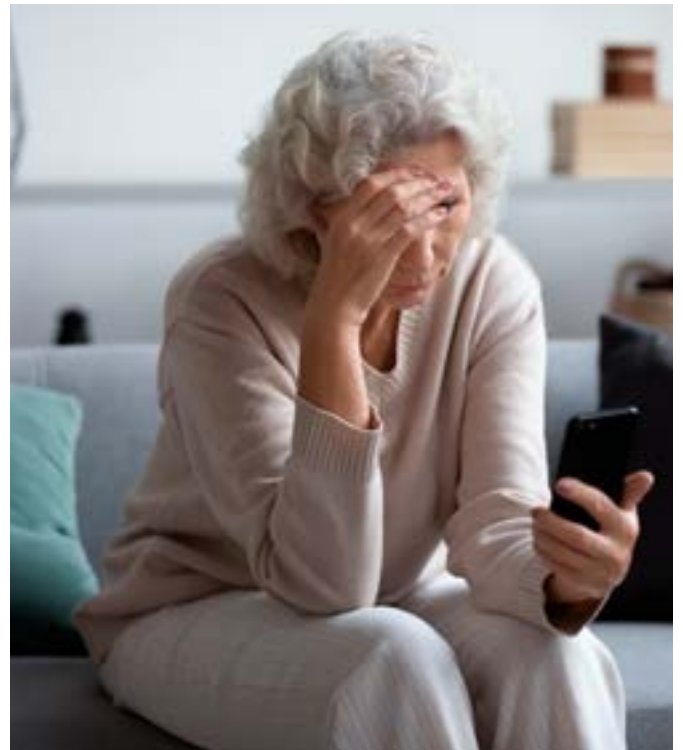
Fraser Health has specially trained staff who respond to and investigate reports of possible abuse and neglect of adults.

**HeretoHelp** ..... [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

A project of the BC Partners for Mental Health and Addictions Information that offers information on mental health and substance misuse.

**Seniors Distress Line** ..... (604) 872-1234

**Crisis Centre** .....[www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca)



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**Seniors Distress Line** .....(604) 872-1234

Seniors in B.C. can call for telephone support from a trained volunteer at the Crisis Centre on topics specific to older adults. 24 hours a day, 7 days a week and in up to 140 languages.

Confidential, non-judgmental, free emotional support, 24 hours a day, 7 days a week, for people experiencing feelings of distress or despair.

**Seniors First BC**

**Seniors Abuse & Info Line (SAIL)** ..... (604) 437-1940  
www.seniorsfirstbc.ca ..... TTY (604) 428-3359

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. Free service.

**Suicide Hotline** ..... 1-800-SUICIDE (1-800-784-2433)  
www.crisiscentre.bc.ca

If you are in distress or worried about someone else. It's free and available 24 hours a day. Operated by the Crisis Intervention and Suicide Prevention Centre of BC, a volunteer-based organization that helps people deal with a crisis.

**Victim Link BC** ..... 1-800-563-0808  
**VictimLinkBC@bc211.ca** ..... TTY (604) 875-0885  
**www.2gov.bc.ca** ..... Text @ (604) 836-6381

A toll-free, confidential telephone service providing information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence. Service available 24hrs a day in over 110 languages.

## **COUNSELLING & SUPPORT SERVICES**

### **AFFORDABLE FAMILY COUNSELLING & COMMUNITY COUNSELLING**

**Alcohol and Drug Information  
and Referral Service** ..... (604) 660-9382

Free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs). Funded by the Ministry of Health.

**Alouette Addiction Services** .....(604) 467-5179  
106 – 22838 Lougheed Hwy., Maple Ridge  
www.alouetteaddictions.org

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

**Alzheimer Society of B.C.** ..... 1-800-936-6033  
www.alzheimerbc.org  
info@alzheimerbc.org

Caregiver Support Groups for family caregivers of someone with dementia. No one understands the challenges of the dementia journey like others who are walking the same path.

**Arthritis Society of Canada** ..... 1-800-321-1433  
Arthritis Answer Line www.arthritis.ca/bc

**Begin Again Widows Support Group**  
Donna ..... (604) 466-1173  
Sheila ..... (604) 467-7183

A support group to promote emotional, physical and social wellness for widows and divorced women over 55. Provides support and helps widows resume social activities. Meetings held last Friday of the month.

**Caregivers Café at Golden Ears  
United Church** ..... (604) 463 9611, ext. 104  
caregivercafe@goldenearsunited.ca

Caregivers meet to relax, share, and receive support. Community resource information provided to assist the caregiver with navigating the challenges of their situation.

**Caregivers Connect  
Ridge Meadows Seniors Society** ..... (604) 380-0516  
12150 224 St., Maple Ridge



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**Maple Ridge/Pitt Meadows**  
**604 380 0820 or 1 888 787 7443**  
**mapleridge@expediacruz.com**  
**#110-22550 Dewdney Trunk Road**  
**Maple Ridge BC V2X 3J9**

\*One per stateroom. Some restrictions may apply. Ask for complete details.



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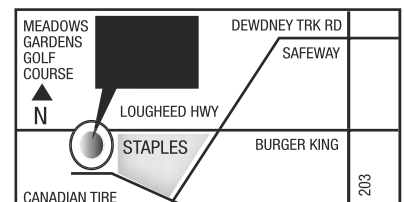


**WEST COAST**

DL 7662



**604-465-9146**  
19950 Lougheed Hwy.,  
Pitt Meadows



[www.westcoasttoyota.com](http://www.westcoasttoyota.com)



19065 119B Ave., Pitt Meadows  
rmssseniors.org/caregiver-support/  
A biweekly support group in Pitt Meadows and Maple Ridge. Caregivers come together to discuss common concerns, find balance, receive emotional support, and learn new skills to reduce caregiver stress.

**Cythera Counselling Centre** .....(604) 467-9939  
22768 119 Ave., Maple Ridge  
www.cythera.ca

Offers a wide range of services to women and children who have experienced domestic violence or abuse or who are the victims of other kinds of violence. Individual and group counselling for women and children. Abuse may be physical, sexual, psychological, emotional, financial or spiritual.

**Family Caregivers of British Columbia**  
www.familycaregiversbc.ca  
BC Caregiver Support Line ..... 1-877-520-3267

A provincial, not-for-profit organization that provides direct support to caregivers through one-on-one emotional support, caregiver support groups, health care system navigation, and free educational resources.

**Grandparents Raising Grandchildren Support Line** .....(604) 558-4740  
www.parentsupportbc.ca

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

**Parkinson's Support Group** .....(604) 463-6018  
Offers support and information to persons with Parkinson's Disease and their family members. Meets once a month. A Caregiver's Support Group is also provided. Please call for more information.

**Quit Now** .....1-877-455-2233  
www.quitnow.ca

A free quit smoking program of the Government of British Columbia delivered by the BC Lung Association.



**Ridge Meadows Hospice Society** .....(604) 463-7722  
102 – 22320 119 Ave., Maple Ridge  
www.ridgemedowshospicesociety.com

Provides free, accessible supports and programs for individuals and families facing life limiting illness, end of life, and grief and loss in Maple Ridge and Pitt Meadows.

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

Persons with chronic health conditions and family members can participate in self-management programs 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 condition(s).

**Seniors First BC** .....(604) 437-1940  
1281 West Georgia St., Suite 500, Vancouver  
www.seniorsfirstbc.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



Affiliate Members of Food Banks of BC and of Canada



**Maple Ridge & Pitt Meadows**  
**Ensuring That No One Goes Hungry In Our Community.**



Volunteering



Donate



Need Food

Serving Maple Ridge & Pitt Meadows for over 30 years





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.

#### **Ridge Meadows Seniors Society**

**Senior Peer Support**..... (604) 380-0516  
[www.rmssseniors.org](http://www.rmssseniors.org)

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.

#### **Salvation Army Ridge Meadows Ministries Community and Family Services/Administration Office**

.....(604) 463-8296  
23315 Dewdney Trunk Rd., Maple Ridge  
[www.ridgemeanowssa.ca](http://www.ridgemeanowssa.ca)

Advocacy; referral to services; assistance with pension and income assistance applications; emergency food hampers; vouchers to Salvation Army Thrift Store. Volunteer sign-up and donation drop-offs are also done at this office.

**Seniors Navigation and  
Peer Support Program** ..... (604) 467-6911 Ext. 1218  
Community Services  
22768 119 Ave., Maple Ridge  
[www.comservice.bc.ca](http://www.comservice.bc.ca)

Provides localized information & referral supports for higher needs, low-income older adults in Maple Ridge and Pitt Meadows who need one-to-one support to access much-needed services and government benefits.

**Seniors Social Prescribing  
Program** .....(604) 467-6911 Ext.1248

119th Avenue, Maple Ridge  
[www.comservice.bc.ca](http://www.comservice.bc.ca)

Connects seniors to community programming, services and resources that help them thrive and remain connected and independent for as long as possible. Social prescription can include physical activities, social activities,

nutrition/food security programs, caregiver programs, and opportunities to access services in the community such as banking help, transportation, paper work assistance, parking passes, legal advocacy and access to grants.

#### **Stroke Recovery Association of BC**

**Maple Ridge Branch** .....(604) 688-3603  
[www.strokerecoverybc.ca](http://www.strokerecoverybc.ca)

**Take The Journey Coaching for Success** ... (604) 614-6696  
<https://karenhendrickson.ca>

Coaching in life and death and all the messy in-between. As a Coach and End of Life Doula I provide support and education for meaningful end of life planning as well as holistic support for the end of life journey. Serving the Lower Mainland of BC.

#### **Optimize Counselling, Coaching and Training Ltd.**

Nadine Jans ..... (604) 724-8972  
[www.optimizeyourlife.com](http://www.optimizeyourlife.com)

Nadine Jans is a registered clinical counsellor who helps older adults who struggle with depression, guilt or anxiety. She helps them break free and finally find inner peace. Book a free discovery session today!

## **DEMENTIA SUPPORT**

**Adult Cognitive Wellness Program** .....(778) 549-6413  
RMSS Maple Ridge Seniors Activity Centre  
12150 224 St., Maple Ridge  
[www.adultcognitivewellnesscentre.ca](http://www.adultcognitivewellnesscentre.ca)

Group cognitive stimulation programs using evidence-based practices to help improve or maintain cognitive function and overall holistic wellness. Our vision is to make life better for people living with cognitive impairment and their caregivers.

**Alzheimer Society of BC** ..... (604) 298-0780  
201-15127 100th Ave., Surrey  
[www.alzheimerbc.org](http://www.alzheimerbc.org)

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

#### **First Link® Dementia Help Line**

If you have questions about Alzheimer's disease or other dementias, call for information and support (toll-free):

**Assisted living  
in your  
own home.**



Call today to book your  
**FREE** Caring Consult!™

**604-468-2273**

[www.nursenextdoor.com](http://www.nursenextdoor.com)

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**Showroom Hours** Monday–Friday 8:00–4:30



11868 216 Street, Maple Ridge **604-467-6474** [bigvalleyheating.ca](http://bigvalleyheating.ca)

**Ask about our seniors 65+ discount.**



**English** ..... 1-800-936-6033 (M-F, 9 a.m. – 8 p.m.)  
**Cantonese & Mandarin** 1-833-674-5007 (M-F, 9 a.m.- 4 p.m.)  
**Punjabi** ..... 1-833-674-5003 (M-F, 9 a.m. – 4 p.m.)

The First Link® Dementia Helpline is for anyone affected by dementia, whether professionally or personally. Helpline staff and volunteers give people the support they need, when they need it.

**Dementia Support Groups:** If you are affected by dementia, you are not alone. There are others to share the journey with you. The Alzheimer Society of B.C. offers support groups for care partners and for people living with early-stage dementia. Learn, laugh, and help others through mutual understanding. Connect with other caregivers by phone through our tele-support groups. If you are interested, in participating in a tele-support group, please call the First Link® Dementia Helpline at 1-800-936-6033.

**Dementia Webinars:** Have your dementia questions answered by participating in the Alzheimer Society of B.C.'s free weekly webinars. All you need is a computer, tablet, or phone! For more information, visit: [www.alzheimerbc.org/webinars](http://www.alzheimerbc.org/webinars) or contact the First Link® Dementia Helpline at 1-800-936-6033 (M-F, 9 a.m. – 8 p.m.)

**Creekside Adult Day Program** ..... (604) 463-1826  
 11762 Laity St., 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 a.m. - 2:30 p.m.

**MedicAlert Safely Home** ..... 1-855-581-3794  
[www.medicalert.ca/safely-home](http://www.medicalert.ca/safely-home)

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

**Personalized Dementia Solutions**  
 Karen Tyrell ..... 1-888-502-1321  
[Info@DementiaSolutions.ca](mailto:Info@DementiaSolutions.ca)

Works with families one-on-one to recommend personalized dementia solutions for your situation. Specialty is providing creative solutions to manage changed behaviours to help alleviate daily stressful situations. Free 20-minute initial phone consultation.

**Purple Angel Dementia Support** ..... (604) 477-9628  
 A community group that offers social connection and support to those with dementia and their caregivers. Call Myrna for more information.

**Seniors Activity Group (Eh)** ..... (604) 463-2229  
 CEED Centre  
 11739 223 St., Maple Ridge  
[community@ceedcentre.com](mailto:community@ceedcentre.com)

All seniors welcome, including those with dementia and their caregivers, to a fun, informal get-together each week. Tuesdays, 10 a.m.-12 Noon. No cost.

**Optimize Counselling, Coaching and Training Ltd.**  
 Nadine Jans ..... (604) 724-8972  
[www.uptimizeyourlife.com](http://www.uptimizeyourlife.com)

Nadine Jans is a registered clinical counsellor who helps family members and people with dementia create better relationships, calm behaviours and inner peace. She provides effective tools and strategies with her easy to follow step by step program based on best practices and latest neuroscience. Book a free discovery session today and receive her free e-book.



**community SERVICES**  
Changing lives together

We help seniors stay healthy, active, well-fed, independent & connected to the community.

Looking for support? We can help.

*"They helped me start living again."*  
- Senior Activity Participant

**We offer meal delivery, shopping assistance, social outings, housekeeping, small home repairs, paperwork & computer support, home visits, and transportation for medical appointments,**

- Senior Activity Program AKA Party Bus
- Senior Navigation and Peer Support
- Meals on Wheels
- Senior Social Prescribing Program
- Senior Digital Literacy Program
- Better at Home Program

Visit our website  
604-467-6911






## DENTAL SERVICES (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, dentist, and dental assisting teaching institutions for low-cost services.

**BC Dental Association** .....(604) 736-7202  
www.bcdental.org

**East Side Dental Clinic** .....(604) 254-9900  
455 East Hastings St., Vancouver  
www.vnhs.net

**Lookout Dental Clinic** .....(604) 545-4012  
10697 135A St., Surrey

**Mid Main Community Health Centre  
Dental Clinic** .....(604) 873-3602  
2265 Main Street, Vancouver  
midmain.net/dental

Basic and emergency dentistry, all ages.

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

**REACH Dental Clinic** .....(604) 254-1331  
1145 Commercial Dr., Vancouver  
www.reachcentre.bc.ca

Basic dentistry. All ages.

**Nobel BioCare Oral Health Centre  
at UBC** .....(604) 822-2112  
www.dentistry.ubc.ca

**Dental Emergency Clinic** .....(604) 822-6917  
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

**AllCare Denture Clinic** .....(604) 380-2558  
240 – 22529 Lougheed Hwy., Maple Ridge  
www.allcaredenturemapleridge.com

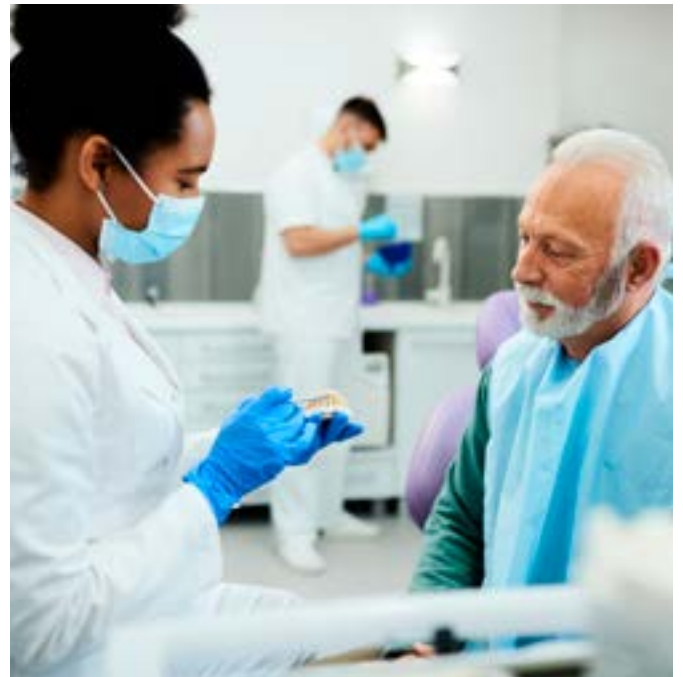
Providing high quality, comfortable and friendly denture services to patients for more than 14 years.

**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.

**Lower Mainland Denture Centre** .....(604) 457-3763  
C2 – 12460 191 St., Pitt Meadows  
Lowermainlanddenture.ca

Newly opened south of the Meadow Vale Shopping Centre. Serving Pitt Meadows, Maple Ridge, and surrounding areas. House calls/mobile services to patients unable to travel to the clinic.





**Adult Cognitive  
Wellness Centre**  
Recreation Rehab Respite

## ADULT COGNITIVE WELLNESS PROGRAM

**Dementia Friendly Day Program** option that focuses on organized cognitive stimulating activities in a group setting to reduce isolation for older adults with mild to moderate cognitive impairment.

**This program also assists caregivers with respite and offers caregiver support.**

To register or for more information,  
call **778-549-6413** or email us at  
**info@adultcognitivewellnesscentre.ca**

**Thursdays at the  
Maple Ridge  
Seniors Centre**  
Other locations available

Partners with 

www.AdultCognitiveWellnessCentre.Ca

**Mobile Denture Care**.....(778) 999-7929  
admin@mobiledenturecare.ca

In-home denture services for patients across the Lower Mainland with visits to retirement, nursing and private homes, hospitals and hospice. Fully licensed by the College of Denturists of B.C. A valued service for non-ambulatory patients.

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

A full-service clinic offering the latest in denture care and technology for over 27 years. Friendly, knowledgeable, personalized service creating natural and confident smiles.

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

Offering the latest advancements in oral solutions – relines, rebases, all repairs and all procedures.

## ELDER ABUSE PREVENTION

**Fraser Health React**..... 1-877-REACT-08 (1-877-732-2808)  
react@fraserhealth.ca

**Maple Ridge, Pitt Meadows, Katzie, Community Response Network (CRN)** .....(604) 786-7404  
seniorsnetworkmpk@gmail.com

The CRN is a sub-committee of the Seniors Network and works to provide a coordinated community response to adult abuse, neglect or self-neglect. Contact us for more information, or to book a presentation for your group.

**Seniors First BC Seniors Abuse and Information Line (SAIL)** .....(604) 437-1940  
Toll Free.....1-866-437-1940  
www.seniorsfirstbc.ca

Province-wide, confidential information and referral service. 7 days a week, 8am to 8pm.

Language interpretation is available Monday through Friday, 9am to 4pm.

TTY Teletype: (604) 428-3359 or toll free 1-855-306-1443.

## EMERGENCY PREPAREDNESS

**City of Pitt Meadows**.....(604) 460-6713  
12007 Harris Rd., Pitt Meadows  
www.pittmeadows.ca  
emo@pittmeadows.ca

Emergency Kits are available for sale at Pitt Meadows City Hall that contain deluxe supplies for one, two or four people. A series of free Neighbourhood Emergency Preparedness Program (NEPP) workshops are offered throughout the year. These workshops will equip citizens with the necessary information so that they can plan ahead and take care of themselves and their neighbours during a catastrophic event. Call or email for more information.

**City of Maple Ridge**.....(604) 463-5880  
22708 Brown Avenue  
Maple Ridge, BC V2X 9A2  
www.mapleridge.ca/459/Emergency-Preparedness  
emergencyprogram@mapleridge.ca

In British Columbia, local governments lead the initial response to emergencies and disasters in their communities. The City of Maple Ridge maintains an emergency management organization to ensure the safety of citizens when a situation escalates beyond the first responder level.



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We service all of the Fraser Valley Region.

The Emergency Program plans and prepares for emergencies, educates public about preparedness, ensures readiness of the Emergency Operations Centre and coordinates local volunteers engaged in Emergency Support Services.

### Emergency Preparedness:

**What Everyone Needs to Know** ..... (604) 786-7404  
Maple Ridge, Pitt Meadows, Katzie, Seniors Network  
seniorsnetworkmpk@gmail.com  
www.seniors-network.ca

Video and workbook produced by the City of Pitt Meadows and Maple Ridge, Pitt Meadows, Katzie, Seniors Network. The video is available online or can accompany in-person presentations to groups. <https://youtu.be/UgN72aQbx0M>

## EMPLOYMENT

**Douglas College – Encore Careers** ..... (604) 777-6147  
Satellite Location: 22470 Dewdney Trunk Rd., Maple Ridge  
www.douglascollege.ca

Job search program for individuals 55+ to assist with identifying skills, retirement planning and career bridging. In-class training and individual/custom support. No cost.



## FINANCIAL SERVICES

**SERVICE CANADA** ..... English 1-800-277-9914  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) ..... French 1-800-277-9915  
..... TTY 1-800-255-4786

### Ridge Meadows Service Canada Centre

22325 Lougheed Hwy., Maple Ridge

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

### Canada Pension Plan (CPP)

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](http://www.servicecanada.gc.ca)

### Old Age Security (OAS) Pension

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.

### Allowance

If you are a spouse or partner of someone receiving the Old Age Pension and the Guaranteed Income Supplement, you may qualify for an allowance. You must be between the ages of 60-64 and meet the legal status and residence requirements. Your benefit will be based on the combined incomes of you and your spouse/partner. The benefit must be renewed each year, however if seniors file their income tax return on time, renewal can happen automatically.



## LIFESTYLE BASES FOR A HEALTHIER SLEEP!

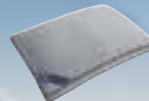
Experience the benefits of a deeper more restful sleep by adding an Adjustable Base to your sleep set. Elevation of the head and/or feet can improve blood circulation, reduce tossing and turning, and even prevent snoring!



The Motion Essentials IV adjustable base by Serta comes with one USB charging outlets on each side, a convenient flat button, adjustable legs and head massage option. This adjustable base will bring all the support and comfort you need to get a good night sleep.



The Motion Perfect IV adjustable base by Serta comes with one USB charging outlets on each side, with 2-preset memory positions, auto head tilt, adjustable legs, and massage option. This adjustable base will bring all the support and comfort you need to get a good night sleep.



Squeeze and squish this Serta iComfort Scrunch 4.0 pillow into the perfect spot to rest your head. Cooling gel beads support your neck to help prevent early morning aches in your upper body. Whether you're a side sleeper who needs a thick pillow or a stomach sleeper who wants very little head lift, this Scrunch pillow can suit your bedtime needs.

~~\$69~~ **SAVE \$30**

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**\$999!**

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closed Sunday & Monday  
[www.haneyapplianceandsound.ca](http://www.haneyapplianceandsound.ca)  
**604-467-3884**



### Allowance for the Survivor

If you are a survivor, between the ages of 60 and 64 with low income and you meet the legal status and residence requirements, you may qualify for the Allowance for the Survivor, provided that you have not remarried since the death of your spouse or are not presently living in a common-law relationship. Your benefit will be based on your yearly income. The benefit must be renewed each year, however if seniors file their income tax return on time, renewal can happen automatically.

### Guaranteed Income Supplement (GIS)

If you are receiving the Old Age Pension (OAS), you may be eligible to receive the GIS, depending on your income. The benefit must be renewed each year, however if seniors file their income tax return on time, renewal can happen automatically.

### BC Senior's Supplement

If you are a low-income senior and receive: Old Age Security (OAS) and Guaranteed Income Supplement (GIS) allowances you may be able to get a monthly payment



from the BC government to top up your federal income. You might also be eligible for this payment if you're 60 to 65 and receive the federal spouses allowance.

## PROVINCIAL

### Ministry of Social Development

**& Poverty Reduction** .....1-866-866-0800  
22522 Lougheed Hwy., Maple Ridge  
[myselfserve.gov.bc.ca](http://myselfserve.gov.bc.ca)

Provincial financial assistance.

Mon.-Fri., 8:30 a.m.- 4:30 p.m.

### PROPERTY TAX DEFERMENT

.....1-888-355-2700  
<https://www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax/defer-taxes>

A low-interest loan program that helps qualified BC homeowners pay their annual property taxes on their principal residence.

### City of Maple Ridge

.....(604) 467-7316  
11995 Haney Place, Maple Ridge  
[www.mapleridge.ca](http://www.mapleridge.ca)

Open Monday-Friday, 8 a.m. – 4 p.m.

### City of Pitt Meadows

.....(604) 465-2418  
12007 Harris Rd., Pitt Meadows  
[www.pittmeadows.ca](http://www.pittmeadows.ca)

Open Monday-Friday, 8:30 a.m.-4:30 p.m.

## FOOD SERVICES

### FOOD HAMPERS

#### Friends in Need Food Bank –

**Maple Ridge** ..... (604) 466-3663  
8 – 22726 Dewdney Trunk Rd., Maple Ridge  
[www.friendsneedfood.com](http://www.friendsneedfood.com)

Tuesday – Friday, 9 a.m. -12:15 p.m.

#### Friends in Need Food Bank –

**Pitt Meadows** ..... (604) 460-4619  
Grace Community Church  
12240 Harris Rd., Pitt Meadows

Tues., 9-12:30 p.m. and Wed., 9 a.m. – 12 noon

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DEDICATED TO PROVIDING YOU WITH THE FINEST  
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We carry a wide variety of wheat-free, gluten-free, dairy-free,  
vegan, raw food, low sodium and sugar-free products.

*Our well educated and knowledgeable staff look forward to serving you soon.*

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NATURAL HEALTH FOODS

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**604-467-1822** [rootsnatural.ca](http://rootsnatural.ca)  
Open 7 days a week

Follow us on social media  
[@rootsnaturalorganicfoods](https://www.instagram.com/rootsnaturalorganicfoods)



### Friends in Need – Seniors Friendly Food Bank

RMSS Maple Ridge Seniors Activity Centre.... (604) 467-4993  
12150 224 St., Maple Ridge

RMSS Pitt Meadows Seniors Activity Centre.... (604) 457-4771  
19065 119B Ave., Pitt Meadows

A great place to come and pick up the essentials.  
Each week community suppliers donate fresh fruit and vegetables, meat, eggs, dairy, dry goods, baked items and an assortment of deli products. Call ahead to register.

### Salvation Army Ridge Meadows Ministries

Administration & Community  
Services Offices..... (604) 463-8296, ext. 108  
23315 Dewdney Trunk Rd., Maple Ridge

### FOOD COUPONS

#### BC Farmers' Market Nutritional Coupon Program

..... (604) 467-6055  
Family Education and Support Centre  
admin@familyed.ca  
www.familyed.bc.ca

A healthy eating initiative that provides low-income seniors and families with weekly coupons throughout the summer months, to purchase vegetables, fruit, nuts, eggs, dairy, herbs, meat and fish from the local farmers market.

### 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

**Community Dinner Saturday** ..... (604) 463-9611  
Golden Ears United Church  
22165 Dewdney Trunk Rd., Maple Ridge  
www.goldenearsunited.ca

6:00 p.m. No cost. A wide variety of people from our community gather for this meal to catch up with friends and connect with services.

#### Salvation Army Ridge Meadows Ministries

..... (604) 463-8296

Housing Facility  
22188 Lougheed Hwy., Maple Ridge  
www.ridgemeanowssa.ca

Mon. - Fri. Lunch served 12 p.m., Sat. - Sun., 11 a.m.

### LOW COST MEALS

**Maple Ridge Secondary School** ..... (604) 463-4175  
21911 121 Ave., Maple Ridge  
secondary.sd42/mrss

Take-out dinners available on Thursdays from October to May. Pick-up between 5-6 p.m. at the school. Must pre-order by Noon on Wednesday.  
\$10 per meal. Visit website for menus.

#### RMSS Maple Ridge Seniors

**Activity Centre** ..... (604) 467-4993  
12150 – 224th St., Maple Ridge  
www.rmssseniors.org

Lunch served Monday to Friday, 11:30 a.m. - 1 p.m.  
Offering soup, sandwiches, entrees, dessert, beverages.  
Takeout and frozen soups/meals available.



**Westgate Flower Garden**  
Serving our Seniors  
in our community with flowers,  
is one of our greatest passions!

**Westgate  
Flower Garden**  
**604-460-7230**  
20398 Dewdney Tr Rd,  
Maple Ridge

Please follow



### RMSS Pitt Meadows Seniors

**Activity Centre** ..... (604) 457-4771  
19065 119B Ave., Pitt Meadows  
[www.rmssseniors.org](http://www.rmssseniors.org)

Lunch served Monday to Friday, 11:30 a.m. - 12:45 p.m.  
Offering soup, sandwiches, entrees, baked goods,  
beverages. Takeout and frozen soups/meals available.  
Open to all.

**Samuel's Bistro** ..... (604) 466-8409  
Samuel Robertson Technical Secondary School  
10445 245 St., Maple Ridge  
[srts.sd42.ca/srts](http://srts.sd42.ca/srts)

Wed. and Thurs., (Oct. - May) from 5 - 6 p.m.  
Entrée served with your choice of vegetables,  
one starch or small salad. Variety of desserts.  
Menu posted on website.  
Cash or debit.

### FROZEN MEALS

**Better Meals** ..... (604) 299-1877  
5742 Beresford St., Burnaby  
[www.bettermeals.ca](http://www.bettermeals.ca)

**RMSS Maple Ridge Seniors Centre** ..... (604) 467-4993  
12150 224th St., Maple Ridge  
[www.rmssseniors.org](http://www.rmssseniors.org)

**RMSS Pitt Meadows Seniors**  
**Activity Centre** ..... (604) 457-4771  
[www.rmssseniors.org](http://www.rmssseniors.org)

Frozen meals and soup available.

### MEAL DELIVERY

**Meals on Wheels**  
**Community Services** ..... (604) 467-6911 Ext. 1218  
22768 119 Ave., Maple Ridge  
[www.comservice.bc.ca](http://www.comservice.bc.ca)

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.



### MEAL PREPARATION

See the Home Support Section on page 31.

### SPECIAL EVENTS

#### Christmas Haven

The ACT Theatre  
11944 Haney Place, Maple Ridge  
[christmashaven@gmail.com](mailto:christmashaven@gmail.com)  
[www.christmashaven.ca](http://www.christmashaven.ca)

Christmas Eve: December 24, 6-9 p.m.  
A free, non-denominational, and wheelchair  
accessible Christmas dinner, promoting a sense of  
belonging and camaraderie. A wonderful festive  
atmosphere with a turkey dinner; local entertainment,  
and children's activities.  
No registration required.



**JUST LIKE FAMILY  
HOME CARE**

**Enriching the quality  
of life of Seniors**

**AFFORDABLE & FLEXIBLE  
PERSON-CENTRED HOME CARE SERVICES**

- Companionship & Personal Care
- Dementia & Alzheimer's Care
- Cancer & Disability Care
- Post-Hospital Care & Injury Care
- Cooking/Meal Preparation
- Light Housekeeping
- Overnight Care & 24 hours Care
- Respite Care and more....

**CALL FOR A FREE CONSULTATION!**

**778-244-7742 | [justlikefamily.ca](http://justlikefamily.ca)**





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Sherri Robinson  
[srobinson@centralawyers.ca](mailto:srobinson@centralawyers.ca)



**#102-20110 Lougheed Highway  
Maple Ridge  
V2X 2P7**

[www.centralawyers.ca](http://www.centralawyers.ca)  
Phone: 604-463-8890

## GROCERY SHOPPING & TRANSPORTATION

### Better at Home Seniors Outreach and Home Support Program

**Community Services** ..... (604) 467-6911 Ext. 1232  
22768 119 Ave., Maple Ridge  
www.comservice.bc.ca

Service provides grocery shopping for seniors and transportation for seniors to and from medical appointments and shopping Monday to Friday. Charged on sliding scale based on income.

### Ridge Meadows Seniors Society

**Driving Service** ..... (604) 467-4993  
www.rmssseniors.org

The volunteer driving program operates Monday to Friday and is available to members of RMSS. An annual membership fee gives access to programs and services at two seniors centres. The transportation service includes rides to appointments, activities and shopping as well as medical appointments from Delta to West Vancouver to Chilliwack for a nominal fee to cover volunteer fuel costs.

## GROCERY DELIVERY

**Bruce's Country Market** ..... (604) 463-9817  
23963 Lougheed Hwy., Maple Ridge  
bruces.ca/grocery-delivery

**Community Services** ..... (604) 467-6911, Ext. 1232  
22768 119 Ave., Maple Ridge  
www.comservice.bc.ca

**Dairyland Home Service** ..... 1-877-341-8700  
6800 Lougheed Hwy., Burnaby  
www.morethanmilk.ca

**Save-On-Foods** ..... 1-800-242-9229  
22703 Lougheed Hwy., Maple Ridge  
www.saveonfoods.com

## COMMUNITY GARDENING

**CEED Centre & Pioneer Park** ..... (604) 463-2229  
11739 223 St., Maple Ridge  
www.ceedcentre.com

Contact Christian Cowley at [community@ceedcentre.com](mailto:community@ceedcentre.com) to check for plot availability.

**Intergenerational Garden** ..... (604) 837-8915  
22527 121 Ave., Maple Ridge  
[gardencoord@gmail.com](mailto:gardencoord@gmail.com)

Garden plots for rent and volunteer opportunities.

### Maple Ridge Community Garden

Albion Fairgrounds  
23448 Jim Robson Way, Maple Ridge

### Pitt Meadows Community Garden

11410 Bonson Rd., Pitt Meadows  
[www.pmcg.ca](http://www.pmcg.ca)



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**St. George Community Garden**.....(604) 463 9622  
23500 Dewdney Trunk Rd., Maple Ridge  
[www.stgeorgemr.org](http://www.stgeorgemr.org)

## FUNERAL SERVICES & BEREAVEMENT SUPPORT

**A Simple Cremation** .....(604) 809-2006  
37-22374 Lougheed Hwy., Maple Ridge  
[www.asimplecremation.ca](http://www.asimplecremation.ca)

By appointment only.

**Advisorly** .....(778) 773-8317  
20621 Logan Ave., Langley  
[www.advisorly.ca](http://www.advisorly.ca)

When a death occurs, most people don't know where to turn or how to proceed. Our Bridge insurance ensures your loved ones are not left with a financial burden at a time when they truly cannot afford it.

**BC Bereavement Helpline**.....(604) 738-9950  
[contact@bcbh.ca](mailto:contact@bcbh.ca)  
[www.bcbh.ca](http://www.bcbh.ca)

**British Columbia Funeral Association** ..... 1-800-665 3899  
[www.bcfunerals.com](http://www.bcfunerals.com)  
Offers advice on pre-planning funeral arrangements.

**Garden Hill Cremation & Funeral Services**.....(604) 463-8161  
11765 224 St., Maple Ridge  
[www.gardenhill.ca](http://www.gardenhill.ca)

**Maple Ridge Funeral Chapel & Crematorium** .....(604) 463-8121  
11969 216 St., Maple Ridge  
[www.mapleridgefuneral.ca](http://www.mapleridgefuneral.ca)

**Ridge Meadows Hospice Society** .....(604) 463-7722  
102-22320 119 Ave., Maple Ridge  
[www.ridgemedowshospicesociety.com](http://www.ridgemedowshospicesociety.com)

## GOVERNMENT SERVICES

### FEDERAL GOVERNMENT

**Canadian Anti-Fraud Centre** ..... 1-888-495-8501  
[www.antifraudcentre.ca](http://www.antifraudcentre.ca)

**Service Canada** ..... 1-800-277-9914  
Local Service Canada Centre  
22325 Lougheed Hwy., Maple Ridge

**Canada Benefits** ..... 1-800-0-CANADA / 1-800-622-6232

**Canada Revenue Agency** ..... 1-800-959-8281  
[www.cra.gc.ca](http://www.cra.gc.ca)

**Government of Canada** ..... 1-800-O-Canada (622-6232)  
[www.canada.ca](http://www.canada.ca)

Programs and services for seniors:  
<https://www.canada.ca/en/employment-social-development/campaigns/seniors.html>  
[www.canadabenefits.gc.ca](http://www.canadabenefits.gc.ca)

**Marc Dalton, Member of Parliament (MP)** .....(604) 466-2761  
Federal MP for Pitt Meadows-Maple Ridge  
22369 Lougheed Hwy., Maple Ridge  
[www.marcdaltonmp.com](http://www.marcdaltonmp.com)

**Veterans Affairs Canada** ..... 1-866-522-2122  
[www.veterans.gc.ca](http://www.veterans.gc.ca)

If you are a current or former member of the Canadian Armed Forces or RCMP, or a family member, Veterans Affairs Canada has targeted services and benefits to improve your well-being.

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[rebeccaawram@gmail.com](mailto:rebeccaawram@gmail.com)  
[www.communitylendingcentre.com](http://www.communitylendingcentre.com)  
[www.seniorslendingcentre.com](http://www.seniorslendingcentre.com)



## PROVINCIAL GOVERNMENT

Help with finding government resources and/or assistance 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.

### **Lisa Beare, MLA**

Maple Ridge-Pitt Meadows.....(604) 465-9299  
104-20130 Lougheed Hwy., Maple Ridge  
[www.lisabeare.ca](http://www.lisabeare.ca)

### **Bob D'Eith, MLA**

Maple Ridge-Mission .....(604) 476-4530  
102-23015 Dewdney Trunk Rd. Maple Ridge  
[www.bobdeith.ca](http://www.bobdeith.ca)

**BC Ministry of Social Development & Poverty Reduction  
Income Assistance, Senior's Supplement & Bus  
Pass Program** ..... 1-866-866-0800

**BC Palliative Care Benefits and support for  
at-home palliative care** .....(604) 683-7151  
[www2.gov.bc.ca/assets/gov/health/health-drug-coverage/  
pharmacare/ palliative-patientinfo.pdf](http://www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/palliative-patientinfo.pdf)  
[www.mhr.gov.bc.ca/PROGRAMS/other.htm#ss](http://www.mhr.gov.bc.ca/PROGRAMS/other.htm#ss)

**BC Seniors Advocate**..... 1-877-952-3181  
1405 Douglas St., 6th Flr., Victoria  
PO Box 9651, Stn. PROV GOVT, Victoria V8W 9P4  
[www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)

Need help finding seniors' programs and services?  
Speak with one of the Information and Referral Analysts,  
Monday - Friday 8:30 a.m. - 4:30 p.m.

**Defer Your Property Taxes Program**.....1-888-355-2700  
[www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-  
property-tax/defer-taxes](http://www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax/defer-taxes)

A low interest loan program that helps qualified BC  
homeowners pay their annual property taxes on  
their principal residences.

**Fair PharmaCare Plan** ..... (604) 683-7151  
[www.health.gov.bc.ca/pharmacare](http://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.

**Ombudsperson of BC**.....1-800-567-3247  
PO Box 9039, STN PROV GOVT, Victoria, BC V8W 9A5  
[www.bcombudsperson.ca](http://www.bcombudsperson.ca)

The Office of the Ombudsperson can help determine  
whether BC provincial and local public authorities have  
acted fairly and reasonably – and whether their actions and  
decisions were consistent with relevant legislation, policies  
and procedures. Services are provided free of charge.

### **Seniors BC**

[www.seniorsbc.ca](http://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** ..... (604) 466-7470  
Deaf & Hearing Impaired.....(604) 775-0303  
175 – 22470 Dewdney Trunk Rd., Maple Ridge  
[www.servicebc.gov.bc.ca](http://www.servicebc.gov.bc.ca)

Provides basic provincial government information on  
programs and services, assists in identifying the program  
or person that the caller needs to speak to.



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Maple Ridge



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Email: [cca@colchar.org](mailto:cca@colchar.org)

[www.colchar.org](http://www.colchar.org)

## MUNICIPAL GOVERNMENT

### Seniors Homeowner Grant

City of Maple Ridge .....(604) 463-5221  
City of Pitt Meadows .....(604) 465-5454

## OTHER

**Royal Canadian Legion Branch 88** .....(604) 463-5101  
12101 224 St., Maple Ridge

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

## GROOMING

**Lioness Mobile Hairstyling** .....(604) 910-9590

Mobile hairstylist providing cut and style services in-home, hospital or care home.  
Introductory price just \$20, plus travel fee for a limited time.

**Maple Ridge Community Bathing Program**  
**Fraser Health Home Health** .....(604) 476-7100

**Salon 42** .....(604) 466-8409, ext. 2  
Samuel Robertson Technical Secondary  
10445 245 St., Maple Ridge

Hair salon services at reduced cost provided by talented hair design students in partnership with Vancouver Community College and School District 42.  
Appointments available Tues. - Thurs.

## HEALTH & WELLNESS

### EXERCISE

#### Happy Wanderers Club

Nancy .....(604) 465-4798  
Diana .....(604) 463-2346

Social walking club for singles 55+.

**Ridge Meadows Hospice Society** .....(604) 463-7722  
[www.ridgemeadowshospicesociety.com](http://www.ridgemeadowshospicesociety.com)

Bereavement Support Services. An informal walking group for clients who have accessed their services.



### Ridge Meadows Seniors Society

**Pitt Meadows Seniors Activity Centre** .....(604) 457-4771  
19065 119B Ave., Pitt Meadows

**Maple Ridge Seniors Activity Centre** .....(604) 467-4993  
12150 224 St. Maple Ridge  
[www.rmssseniors.org](http://www.rmssseniors.org)

A variety of exercise programs are offered such as Yoga, Chair Fit, Stay Fit, Dance Fit, Line Dance, Tai Chi, and more. Check out our evening and weekend classes.

**Whonnock Walkers** .....(604) 462-9863  
Whonnock Lake Centre

Mon. / Wed. / Fri. at 9:15 a.m.

### WELLNESS

**Adult Cognitive Wellness Program** .....(604) 418-1476  
RMSS Maple Ridge Seniors Activity Centre on Thursdays  
RMSS Pitt Meadows Seniors Activity Centre on Mondays

A Day Program option that focuses on organized cognitive stimulating activities in a group setting to reduce isolation for older adults with mild to moderate cognitive impairment. At the same time, this program assists caregivers with respite and offers caregiver support. This is a partnership program between the Ridge Meadows Seniors Society and Safe Care Home Support Ltd.

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### BC Therapeutic Touch™ Network Society

[www.bctherapeutictouch.com](http://www.bctherapeutictouch.com)

[www.facebook.com/bcttns.ca](http://www.facebook.com/bcttns.ca)

Therapeutic Touch involves a gentle, light touch or no touch technique of energy balancing that is used for the purpose of pain management, stress reduction and relaxation. For more information, visit our website.

### Falls Prevention Mobile Clinic ..... (604) 587-7866

[www.fraserhealth.ca/Seniors/falls-and-injury-prevention](http://www.fraserhealth.ca/Seniors/falls-and-injury-prevention)

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.....(604) 467-4993

Ridge Meadows Seniors Society

RMSS Maple Ridge Seniors Activity Centre

12150 224 St., Maple Ridge

[www.rmssseniors.org](http://www.rmssseniors.org)

Health & Wellness Clinic for seniors every 2nd and 4th Thursday from 9 a.m. - noon. Retired RNs provide health and wellness info. Blood pressure and weight can be measured. Drop-in fee of \$1 (although no one is turned away). Nail cutting services available by appointment. Additional \$5 fee applies.

### Stroke Recovery Association of BC ..... (604) 688-3603

[www.strokerecoverybc.ca](http://www.strokerecoverybc.ca)

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

## HEARING SERVICES

### Absolute Hearing Services.....(604) 510-2299

12150 224 St., Maple Ridge

[www.absolutehearing.ca](http://www.absolutehearing.ca)

Absolute Hearing Services is a full-service hearing clinic with two locations, one in Langley and our newest in Maple Ridge inside the Maple Ridge Seniors Activity Centre. Much of our business is mobile and we service 21 senior's facilities in the Lower Mainland.



### Amplifon Hearing Clinic .....(604) 628-9089

320 – 20398 Dewdney Trunk Rd., Maple Ridge

[www.amplifon.com](http://www.amplifon.com)

Audiologists, hearing aids  
and assistive devices.

### Colonial Hearing Clinic Ltd. ....(604) 477-8879

11868 – 223 St., Maple Ridge

### Connect Hearing ..... (604) 466-8189

120-1-22470 Dewdney Trunk Rd., Maple Ridge

[www.connecthearing.ca](http://www.connecthearing.ca)

### Crystal Vision & Better Hearing Centre .....(604) 466-3937

22540 Dewdney Trunk Rd., Maple Ridge

[cvoh.ca/maple-ridge-office/](http://cvoh.ca/maple-ridge-office/)

### HearCANADA .....(604) 466-3277

101 22561 Dewdney Trunk Rd., Maple Ridge

[www.hearcanada.com](http://www.hearcanada.com)

### Wavefront Centre for

### Communication Accessibility .....(604) 942-7397

..... TTY: (604) 942-7380

210 – 2755 Lougheed Hwy., Port Coquitlam

[wavefrontcentre.ca](http://wavefrontcentre.ca)



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**604 380 0820 or 1 888 787 7443**  
**[mapleridge@expediacruzies.com](mailto:mapleridge@expediacruzies.com)**  
**#110-22550 Dewdney Trunk Road**  
**Maple Ridge BC V2X 3J9**

\*One per stateroom. Some restrictions may apply. Ask for complete details.

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.

## HOME SUPPORT SERVICES

**Aging My Way Home Care** .....(604) 290-8331  
www.agingmywayhomecare.ca

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  
1 – 22337 Dewdney Trunk Rd., Maple Ridge  
www.accesshealthservices.ca

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 Community Services** ..... (604) 467-6911 Ext. 1232  
22768 119 Ave., Maple Ridge  
www.comservice.bc.ca

Non-medical home support services primarily for seniors 63 years and older, including transportation to medical appointments (local and long-distance) and shopping, handyperson service, home and yard maintenance, housekeeping and friendly visits priced according to an individual's income.

**Big Hearts Homecare** .....(604) 493-2045  
2982 Cliffrose Cres., Coquitlam  
www.bigheartshomecare.ca

Offers companionship, Alzheimer's and dementia support, personal care, errands and transportation, housekeeping, sleep-over services and caregiver relief. Same-day and short-notice services. No minimum hours of service. First hour free. BBB certified.

**Caring Touch Health Care Services** ..... (604) 477-7748  
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.

**Chelsea McFarlane** ..... 778-554-8161

Certified support worker with 10+ years experience looking for seniors in Maple Ridge who need a caregiver/ companion. Hours are Mon. - Fri., 9 a.m. - 2 p.m. \$25 per hour. Contact me to learn about how I can assist you or a loved one.

**Comfort Keepers** ..... (604) 541-8653  
www.comfortkeepers.ca/vancouver

Personal care; 24-hour live-in care; Companion Care; Nursing; Skin Management and assessment; Coordination with Fraser Health Home Health; Palliative Care; End of Life Care; Transportation; Foot Care; Respite Care; Palliative and End of Life Care. Emergency Response



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## Maple Ridge Seniors Centre Food Bank

On Mondays from 9:30 am to 12:30 in the  
Seniors Centre at 12150 224th St., Maple Ridge  
For more info, call Bev Schmahmann **604.380.0516**



Systems; Medication Management; Fall Monitors; GPS monitoring systems for active seniors; Grocery Shopping; Meal preparation. Fee for Service.

**Fraser Health Lifeline** .....(604) 953-4960  
www.fraserhealth.ca  
lifeline@fraserhealth.ca

A personal emergency response system with 24 hours a day, seven days a week assistance for anyone living at risk. An individual can wear a neck pendant or wrist style button and push it for immediate help.

**Fraser Health Home Health Care** .....(604) 476-7100 or 1-855-412-2121

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.

**Fraser Health Book a Break** ..... 1-833-337-2737  
bookabreak.fraserhealth.ca



Online booking for overnight respite care in Fraser Health. New Home Health Clients: Please call Home Health Service Line at 1-855-412-2121.

**Fraser Health Patient Care Quality Office**..1-877-880-8823  
www.fraserhealth.ca/about-us/contact-us/complaints-about-patient-care-quality

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.

**Helping Hands & Heart**.....(604) 785-5355  
www.handsandheart.ca

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. Fee for service.

**Home Instead Senior Care**.....(604) 552-3324  
www.homeinstead.com

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

**Independence Matters**.....(604) 339-6134  
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. Fee for service.

**Just Like Family Home Care**.....(604) 314-3717  
www.justlikefamily.ca

Companionship, personal care, home support, overnight care or 24-hour live-in care, with flexible options to make it possible for seniors to continue to live in the comforts of their own home. Free home assessment. Fee for service.

**Lean on Me Senior Homecare Inc.** .....778-998-8040  
www.leanonmeseniorhomecare.ca

# Meals on Wheels

...more than a meal

We deliver hot meals, the comfort of a friendly visit and the reassurance of an informal check on the safety and well-being our meal recipients.



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604-467-6911  
comservice.bc.ca



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[www.qualicare.com](http://www.qualicare.com)

Quality and affordable support for the seniors in Maple Ridge and surrounding area. A wide range of services including meal preparation, laundry service, and transportation to doctor's appointments and outings, but most importantly, companionship.

**Nurse Next Door Homecare Services** .....(604) 468-2273  
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.

**Qualicare Home Care** .....(778) 730-0225  
www.qualicare.com

Caregivers, homemakers, companions, nurses, errands and appointments. All services are provided with oversight from a nurse manager and unique 360 Approach. Flexible care options for AM/PM care, short or long term, 24/7 care, dementia, ALS, Parkinson's, MS, palliative care, and more.

**Safe Care Home Support** .....(604) 945-5005  
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 foot care provided by licensed foot care nurses. Fee for service.

**Safe & Sound Senior Services** .....(604) 785-8108

**Seniors Choice For Care**  
**Diane Miller, RN, MA** .....(604) 551-8867  
info@seniorschoiceforcare.ca  
www.seniorschoiceforcare.ca

A privately nurse-owned and locally operated home health company, dedicated to helping seniors age in place with person-centered services at affordable rates. Our holistic approach considers the whole person to restore the senior's overall well-being. Clients quality of life is enriched

by improved independence, physical & mental health, refined cognitive skills and reduced health risks. A flexible care plan includes personal wishes and cultural values. Our care staff is registered, qualified, compassionate and culturally sensitive. Call for a free home consultation!

## HOUSING PROGRAMS

### Assisted Living Registry

www2.gov.bc.ca/gov/content/health/assisted-living-in-bc/assisted-living-registry ..... 1-866-714-3378

The Assisted Living Registry issues registrations to residences and regulates operators who provide hospitality services and assisted living services to more than two people.

### BC Housing

**Applicant Services** .....(604) 433-2218  
101-4555 Kingsway, Burnaby  
www.bchousing.org



# Working For You!

- Veterans Affairs
- Commissioner of Oaths
- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Guaranteed Income

- Supplement (GIS)
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- Congratulatory messages



## MARCDALTON<sup>MP</sup>

604.466.2761 | marc.dalton@parl.gc.ca | marcdaltonmp.com

Member of Parliament  
for Pitt Meadows -  
Maple Ridge



**Subsidized Housing** .....(604) 433-2218

The Housing Registry, BC Housing  
[bchousing.org/housing-assistance/rental-housing/subsidized-housing](http://bchousing.org/housing-assistance/rental-housing/subsidized-housing)

Long-term housing for people who permanently reside in BC. Rents are calculated on a rent geared to income basis. If you live independently and meet household, residency, income and assets criteria, you may be eligible.

**Homeless Prevention Program**

[bchousing.org/housing-assistance/homelessness-services](http://bchousing.org/housing-assistance/homelessness-services)

Provides portable rent supplements and support services to individuals in identified at-risk groups facing homelessness. For Maple Ridge or Pitt Meadows contact Alouette Addictions Society at (604) 467-5179, ext. 101.

**Homeless Outreach Program**

[bchousing.org/housing-assistance/homelessness-services](http://bchousing.org/housing-assistance/homelessness-services)

Help for people who are experiencing homelessness or at risk of homelessness. Outreach workers meet their clients where they are – on the street, or in a temporary place. There is no cost for this service. For Maple Ridge contact Coast Mental Health (Alouette Heights Outreach) at (604) 466-3031, ext. 2.

**BC Rebate for Accessible**

**Home Adaptations (BC RAHA)**.....(604) 433-2218

101-4555 Kingsway, Burnaby  
[www.bchousing.org/housing-assistance/BC-RAHA](http://www.bchousing.org/housing-assistance/BC-RAHA)

Provides financial help in the form of rebates to eligible low-income households to complete home adaptations for independent living. The program will close on March 31, 2023 or sooner if the funds have been exhausted. Formerly called Home Adaptations for Independence (HAFI).

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

101 – 4555 Kingsway, Burnaby  
[www.bchousing.org](http://www.bchousing.org)

SAFER is a rental subsidy program offered through BC Housing for individuals 60 years and older with low to moderate incomes. Download the application form or call to request a copy be mailed to you.

**Fraser Health Patient Care Quality Office** 1-877-880-8823

[www.fraserhealth.ca/about-us/contact-us/complaints-about-patient-care-quality](http://www.fraserhealth.ca/about-us/contact-us/complaints-about-patient-care-quality)

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.

**Long Term Care Assessment Fraser Health**..1-855-412-2121

Fraser Health Home Health provides home support services for adults who can no longer live safely or independently at home because of their complex health care needs. A Long-Term Care Assessment is required before services can be provided. An assessment is also required for placement in publicly funded assisted living.

**Maple Ridge/Pitt Meadows Rent Bank** ....(604) 368-4585

300 – 22420 Dewdney Trunk Rd., Maple Ridge  
[mapleridgerentbank@purposesociety.org](mailto:mapleridgerentbank@purposesociety.org)

Providing community members with zero interest loans to help stabilize their housing.

**Métis Seniors Housing**

**Renovation Program**.....(604) 557-5851, ext. 8216

[www.mnbc.ca/services-programs](http://www.mnbc.ca/services-programs)

Assists Métis Nation BC citizens who are seniors (age 65 and older) to improve the condition of their owned home.



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doctors requisition.**

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appointment**



## Seniors Services Society of BC

### Housing Counselling ..... (604) 520-6621

750 Carnarvon St., New Westminster  
www.seniorsservicesociety.ca

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

### AFFORDABLE RENTAL HOUSING

Affordable rental housing is for people who have a low-to-moderate income but may not be eligible for subsidized housing. Rents are equal to, or lower than, average rates in the private-market. Units must be rented to households with income below an established limit. Applicants must also demonstrate an ability to pay established market rents. There are no subsidies available, however some households may be eligible for assistance with their rent through other BC Housing programs such as the Shelter Aid for Elderly Renters (SAFER) or Rental Assistance Program.

### Cornerstone Landing ..... (604) 262-0016

22772 119 Ave., Maple Ridge  
cornerstonerentals.ca

Cost: Affordable

Owned and operated by Community Services.

### Turnock Manor ..... (604) 433-2218

22325 St. Anne Ave., Maple Ridge  
bchousing.org/turnock-manor

Cost: Affordable

Owned and operated by BC Housing.

### SUBSIDIZED RENTAL HOUSING

Seniors non-profit or subsidized housing is affordable rental housing for individuals over 55 years of age with low incomes. Rent is subsidized by the government or another source and is normally set at 30% of income. Generally (though not always) there are no services provided and the apartment units are small bachelor suites. There are often long waitlists for subsidized housing, so it is important to apply early.

### BC Housing ..... (604) 433-2218

101 – 4555 Kingsway, Burnaby  
www.bchousing.org

BC Housing is a crown corporation of the province that owns and operates many 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. For more information contact BC Housing by phone or visit [www.bchousing.org](http://www.bchousing.org).

### Fraserwood ..... (604) 451-6075

22450 121 Ave., Maple Ridge  
www.metrovancouver.org

Cost: Income based.

Managed by Metro Vancouver Housing Corporation.

### 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.

### Kilmartin Gardens ..... (604) 250-6444

11821 Burnett St., Maple Ridge  
colchar.org

Owned and operated by Columbus Charities Association.



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**#110-22550 Dewdney Trunk Road**  
**Maple Ridge BC V2X 3J9**

\*One per stateroom. Some restrictions may apply. Ask for complete details.

**Maple Towers** .....(604) 467-4013

11841 - 222 St., Maple Ridge

[www.baptisthousing.org](http://www.baptisthousing.org)

Cost: Income-based.

Owned and operated by the Baptist Housing Society.

**Maple Ridge Towers** .....(604) 467-1366

11929 - 222 St., Maple Ridge

[www.affordablehsg.com](http://www.affordablehsg.com)

Cost: Income-based.

Owned and operated by Affordable Housing Societies.

**Cottonwood Park** .....(604) 431-9225

11600 Cottonwood Dr., Maple Ridge

[www.reddoorhousing.ca](http://www.reddoorhousing.ca)

Cost: Income-based.

Owned and operated by Red Door Housing Society.

**Fenstaton Place** .....(604) 431-9225

11741 207 St., Maple Ridge

[www.reddoorhousing.ca](http://www.reddoorhousing.ca)

Cost: Income-based.

Owned and operated by Red Door Housing Society.

## CO-OPERATIVE HOUSING (CO-OP)

This type of housing is not just for older adults 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.

**Co-op Housing Federation of BC** .....(604) 879-5111

220 - 1651 Commercial Dr., Vancouver

[www.chf.bc.ca](http://www.chf.bc.ca)

For more information on Co-ops and listings of Co-ops currently taking applications contact Co-op Housing Federation of BC.

**Disability Assistance & Trust** .....(604) 879-5111 ext. 140

The Community Housing Land Trust Foundation

As part of joining a housing co-op, a prospective member must buy a share in the Co-op. The 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, the Disability Trust helps by providing a loan with no fee or interest.

## Domestic Violence

**Relief Fund** .....(604) 879-5111 ext. 103

The Community Housing Land Trust Foundation

The Domestic Violence Relief Fund (DVRF) assists women who have experienced or are at risk of abuse, threats, or violence, who cannot afford to pay for their shares when they move into a housing co-op. The DVRF helps by proving loans with no fee or interest to qualified beneficiaries.

**Devonshire Court Co-op** .....(604) 463-4568

22170 Dewdney Trunk Rd., Maple Ridge

[www.chf.bc.ca](http://www.chf.bc.ca)

**Haney Pioneer Village Co-op** .....(604) 463-2289

11830 230 St., Maple Ridge

[www.haneypioneervillage.ca](http://www.haneypioneervillage.ca)

Co-op for independent seniors age 60+.

**St. George's Seniors Housing Co-op** .....(604) 463-2334

52 - 23580 Dewdney Trunk Rd., Maple Ridge

[www.stgeorgesvillage.ca](http://www.stgeorgesvillage.ca)

**The Maples Housing Co-op** .....(604) 434-9185

21570 Cherrington Ave., Maple Ridge

email: [applications@spicemanagementgroup.com](mailto:applications@spicemanagementgroup.com)

**Ford Road Housing Co-op** .....(604) 465-6611

19041 Ford Rd., Pitt Meadows

[www.fordroadcoop.ca](http://www.fordroadcoop.ca)

**Harris Road Housing Co-op** .....(604) 465-1938

19225 119 Ave., Pitt Meadows

[harrisroadco-op.ca](http://harrisroadco-op.ca)

## Meadow Highlands

**Mobile Home Co-op** .....(604) 465-8244


11892 Ponderosa Blvd., Pitt Meadows

[www.meadowhighlands.ca](http://www.meadowhighlands.ca)

**Meadowlands Housing Co-op** .....(604) 465-1613

19032 Advent Rd., Pitt Meadows

Co-op for adults age 55+.

 <p><b>Adult Cognitive Wellness Centre</b> Recreation Rehab Respite</p>	<h2>ADULT COGNITIVE WELLNESS PROGRAM</h2> <p><b>Dementia Friendly Day Program</b> option that focuses on organized cognitive stimulating activities in a group setting to reduce isolation for older adults with mild to moderate cognitive impairment.</p> <p><b>This program also assists caregivers with respite and offers caregiver support.</b></p> <p>To register or for more information, call <b>778-549-6413</b> or email us at <a href="mailto:info@adulthoodcognitivewellnesscentre.ca">info@adulthoodcognitivewellnesscentre.ca</a></p> <p><b>Monday at the Pitt Meadows Senior Centre</b> Other Locations Available</p> <p>Partners with </p> <p><a href="http://www.AdultCognitiveWellnessCentre.Ca">www.AdultCognitiveWellnessCentre.Ca</a></p>
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## PRIVATELY OWNED SENIORS' HOUSING FOR OLDER ADULTS ONLY

**Legion Gardens** ..... (604) 463-5101  
12127 - 224th St., Maple Ridge  
[www.legion88.com](http://www.legion88.com)

Cost: Life Lease.

Owned and operated by Royal Canadian Legion,  
Branch 88.

**Legion Manor** ..... (604) 463-5101  
22408 -121 Ave., Maple Ridge  
[www.legion88.com](http://www.legion88.com)

Cost: Life Lease.

Owned and operated by Royal Canadian Legion,  
Branch 88.

**Fraserview Village** ..... (604) 463-2902  
22610 116 Ave., Maple Ridge  
[www.fraserviewvillage.com](http://www.fraserviewvillage.com)

Cost: Market Value.

**Panorama Residence**  
12148 224 St., Maple Ridge

Cost: Market Value.

Contact your local realtor for information.

Note: this is not an assisted living facility.

## RETIREMENT COMMUNITIES (PRIVATE)

Retirement communities for older adults include some or all:  
meal services, emergency response system, housekeeping,  
social and recreational opportunities with additional assistance  
with personal activities such as bathing or taking medications.  
Assisted Living is available with or without subsidies.

Public assisted living facilities are operated by the local health  
authority. Fraser Health requires a health assessment for  
admittance and cost 70% of an individual's income. There are  
generally waitlists for public assisted living facilities.

**Chartwell Willow Retirement Community** (604) 676-3817  
12275 - 224 St., Maple Ridge  
[www.chartwell.com](http://www.chartwell.com)

Cost: Private.

Age in place with a full continuum of care. Independent  
Living includes meals and housekeeping. Scheduled  
Assisted Living supports are available. Long Term Care is  
offered in a separate area.

**Greystone Manor** ..... (604) 467-2808  
11657 Ritchie Ave., Maple Ridge  
[www.greystonerresidence.ca](http://www.greystonerresidence.ca)

Cost: Private.

Residence offering premier suites, services, and amenities  
for an active living lifestyle. One or two bdrm. suites feature  
kitchens with full-size fridges, stove tops, in-suite washers/  
dryers. Convenient all-inclusive monthly fee. Owned and  
operated by Park Place Seniors Living.

**Maple Ridge Seniors Village** ..... (604) 466-3053  
22141 119 Avenue, Maple Ridge  
[www.retirementconcepts.com/locations/maple-ridge-seniors-village](http://www.retirementconcepts.com/locations/maple-ridge-seniors-village)

Cost: Private.

Maple Ridge Seniors Village offers living accommodations  
for every level of care: Independent Living, Assisted Living  
and Complex Care. These levels of care provide options for  
residents to receive the needed support required to live, as



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well as the level of independence they desire. Studio, One Bedroom, One Bedroom Plus Den and Two Bedroom Suites available. Owned by Retirement Concepts. Managed by West Coast Seniors Housing Management.

**Revera Sunwood Senior Living Community** (604) 463-5527  
12241 224 St., Maple Ridge  
[www.reveraliving.com](http://www.reveraliving.com)

Cost: Private.

Modern Studio, 1-bedroom or 2-bedroom suites located in the heart of downtown Maple Ridge, shopping, library and Seniors Activity Center all within walking distance. Owned and operated by Revera Retirement Living.

**Royal Crescent Gardens** .....(604) 463-6077  
11698 226 St., Maple Ridge  
[www.royalcrescentgardens.ca](http://www.royalcrescentgardens.ca)

Cost: Income-based.

Publicly subsidized residences are accessed through a case manager. Owned and operated by RCG Management Ltd.

**The Wesbrooke Seniors Living Community** .....(604) 460-7006  
12000 - 190A St., Pitt Meadows  
[www.thewesbrooke.com](http://www.thewesbrooke.com)

Cost: Private.

Independent & Assisted Living. Respite beds also avail. Owned and operated by Allegro Properties.

## RETIREMENT COMMUNITIES (NON-PROFIT)

**Christopherson House** .....(604) 250-6444  
11797 Burnett St., Maple Ridge  
[www.colchar.org](http://www.colchar.org)

Cost: Affordable.

Owned and operated by the Columbus Charities Association.

Christopherson House offers seniors secure, independent living options as well as a variety of amenities and services. Dietician designed meals included. 19 - one-bedroom suites (with private patio). Amenity room for activities and a bus for regular outings. Inside scooter parking with recharging station with housekeeping and linen service available at a fee.

## RESIDENTIAL CARE (PUBLIC AND PRIVATE)

Residential Care provides care and supervision for individuals who can no longer manage in their own homes. Residential Care is available with or without subsidies.

**Baillie House** .....(604) 476-7888  
11762 Laity St., Maple Ridge

Cost: Income based. Operated by Fraser Health.

**Chartwell Willow Retirement Community** (604) 676-3817  
12275 224 St., Maple Ridge [www.chartwell.com](http://www.chartwell.com)

Cost: Private. Owned and operated by Chartwell Retirement Residences.

**Holyrood Manor** .....(604) 467-8831  
22710 Holyrood Ave., Maple Ridge  
[www.reveraliving.com/long-term-care/locations/holyrood-manor](http://www.reveraliving.com/long-term-care/locations/holyrood-manor)

Cost: Income based. Owned and operated by Revera Long Term Care.

**Maple Ridge Seniors Village** .....(604) 466-3053  
22141 119 Ave., Maple Ridge  
[retirementconcepts.com/locations/maple-ridge-seniors-village](http://retirementconcepts.com/locations/maple-ridge-seniors-village)

Cost: Income Based / Private. Owned by Retirement Concepts. Managed by West Coast Seniors Housing Management.



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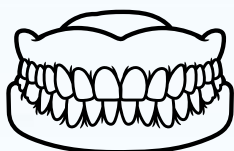
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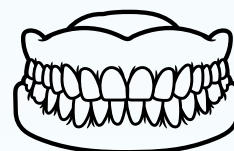


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Pitt Meadows, BC V3Y 2J2

## INDIGENOUS PROGRAMS & SERVICES

### BC Association of Aboriginal

**Friendship Centres** .....1-250-388-5502

[www.bcaafc.com](http://www.bcaafc.com)

Elders transportation to annual gathering.

**Fraser River Indigenous Society** ..... (604) 458-0151

11830 223 St., Maple Ridge

[www.frissociety.ca](http://www.frissociety.ca)

An Indigenous organization providing services and programs for our community to acknowledge our past, present and future generations.

**Katzie First Nation**..... (604) 465-8961

19700 Salish Rd., Pitt Meadows

The Katzie First Nation is the band government of the Katzie people of the Fraser Valley region of BC. Contact for Katzie Health Centre, lunch program, transportation, and Katzie Elders information.

### Out of Care Options (Indigenous) Program

**Community Services** ..... (604) 467-6911, ext. 1241

22768 119 Ave., Maple Ridge, BC

Supports designated Ministry of Children and Family Development (MCFD) caregivers who provide daily care for the children of extended family or friends. The program provides caregivers with emotional support, legal system guidance and access to resources to help nurture healthy relationships within the family.

## LEGAL & ADVOCACY SERVICES

**Access Justice Pro Bono Legal Clinic** .....1-877-762-6664

Ridge Meadows Association for Community Living

11641 224 St., Maple Ridge

Family and Civil.

### Accessible Law Education

**& Information** ..... (604) 331-5400

People's Law School

1130 W. Pender St., Suite 1433, Vancouver

[www.peopleslawschool.ca](http://www.peopleslawschool.ca)

Free education and information to help people effectively deal with the legal problems of daily life.



### BC Old Age Pensioners Organization

[www.bcoapo.ca](http://www.bcoapo.ca)

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

### CARP (Canadian Association for Retired Persons)

..... 1-833-211-2277

[www.carp.ca](http://www.carp.ca)

Canada's largest advocacy association for older Canadians committed to advocating for better healthcare, financial security, and freedom from ageism. The group does not provide personal assistance or support for individuals. Memberships available.

**Canadian Bar Association** ..... (604) 687-3404

### Canadian Grandparents Rights Association

[www.canadiangrandparentsrightsassociation.com](http://www.canadiangrandparentsrightsassociation.com)

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

### Community Services

**Community Law Advocacy Services** (604) 467-6911 Ext. 1210

22768 119 Ave., Maple Ridge

[www.comservice.bc.ca](http://www.comservice.bc.ca)



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An aerial photograph showing a two-lane asphalt road that curves through a dense green forest. To the left of the road is a large body of water with a deep blue-green hue. The sky is visible in the upper left corner, showing soft white clouds. The overall scene is peaceful and scenic, suggesting a travel destination.

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**WEST COAST  
TRAVELLER**

Assists seniors with a number of issues; for example: filling in paperwork, applying for pensions, Veterans fuel tax receipts, Residential Tenancy Issues.

**Council of Senior Citizens' Organizations of BC**  
www.cosco.bc.org

COSCO is an umbrella organization made up of seniors' organizations and individual associate members representing approximately 80,000 seniors in BC. The mandate is to promote the well-being of seniors and their families, advocating for policies that allow seniors to remain active, independent, and fully engaged in the life of the province.

The organization is non-partisan, but politically active, advocating for seniors' needs.

**Family Law Advocacy  
Community Services** ..... (604) 467-6911, Ext. 1249  
22768 119 Ave., Maple Ridge  
www.comservice.bc.ca

Provides legal information, support and referral and legal resources relevant to family law matters including assisting with court forms, legal aid applications, and separation agreements.



**Legal Aid BC** ..... (604) 408-2172  
legalaid.bc.ca

Low income individuals from across the province can call to apply for free legal aid over the phone. Interpretation services available.

**Legal Aid BC Local Service Location** ..... (604) 408-2171  
Port Coquitlam Courthouse  
Room 321, 2620 Mary Hill Rd., Port Coquitlam

**Nidus Personal Planning** ..... (604) 408-7414  
Resource Centre and Registry  
1440 West 12th Ave., 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  
700 - 808 W. Hastings St., Vancouver  
www.trustee.bc.ca

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.

**Seniors First BC** ..... (604) 437-1940 or 1-866-437-1940  
150 - 900 Howe St., Vancouver  
www.seniorsfirst.ca

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



## Westgate Flower Garden

**Serving our Seniors**

in our community with **flowers,**  
is one of our **greatest passions!**



## Westgate Flower Garden

**604-460-7230**  
20398 Dewdney Tr Rd,  
Maple Ridge

Please follow







**Royal Canadian Legion Branch 88** ..... (604) 463-5101  
12101 - 224 St., Maple Ridge  
[www.legion88.com](http://www.legion88.com)

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

**Salvation Army  
Ridge Meadows Ministries** ..... (604) 463-8296  
Community and Family Services/Administration Office  
23315 Dewdney Trunk Rd., Maple Ridge  
[www.ridgemeanowssa.ca](http://www.ridgemeanowssa.ca)

Advocacy; referral to services; assistance with pension and income assistance applications; emergency food hampers; vouchers to Salvation Army Thrift Store. Volunteer sign-up and donation drop-offs are also done at this office.

## LITERACY PROGRAMS

**Fraser Valley Regional Library** ..... 1-888-668-4141, ext. 7076  
Library for You  
[libraryforyou@fvrl.bc.ca](mailto:libraryforyou@fvrl.bc.ca)  
[www.fvrl.ca](http://www.fvrl.ca)

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  
CEED Centre - 11739 223 St., Maple Ridge  
[www.ceedcentre.com/community-literacy.html](http://www.ceedcentre.com/community-literacy.html)

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

## MEDICAL CLINICS (WALK-IN)

**Medimap** ..... [www.medimap.ca/Walk-In-Clinics](http://www.medimap.ca/Walk-In-Clinics)

Medimap is a medical clinic directory that helps Canadians find local healthcare providers. Compare walk-in clinic wait times and book virtual care.

### PITT MEADOWS

**Ford Road Walk In Clinic** ..... (604) 459-9995  
19126 Ford Rd., Pitt Meadows  
[www.fordroadwalkinclinic.ca/](http://www.fordroadwalkinclinic.ca/)

**New Pitt Meadows Medical Clinic** ..... (604) 465-4911  
12181 Harris Rd., Pitt Meadows  
[www.newpittmeadowsmedicalclinic.ca/](http://www.newpittmeadowsmedicalclinic.ca/)

**Pitt Meadows Medical Clinic** ..... (604) 459-9454  
105-19070 Lougheed Hwy., Pitt Meadows

**Ursus Care Clinic** ..... (604) 465-9188  
203-19800 Lougheed Hwy., Pitt Meadows (Inside Superstore)

### MAPLE RIDGE

**Cottonwood Medical** ..... (604) 476-9705  
102 - 12005 - 238B St., Maple Ridge

**Mageta Medical Clinic** ..... (604) 465-1100  
110 - 20528 Lougheed Hwy., Maple Ridge  
[www.magetahealth.ca](http://www.magetahealth.ca)

**Pure Care Walk In Clinic** ..... (604) 477-8800  
105 - 22470 Dewdney Trunk Rd., Maple Ridge  
[www.purecareclinic.ca](http://www.purecareclinic.ca)

**Ridge Meadows Urgent & Primary  
Care Centre** ..... (604) 476-7890  
7/8 - 11900 Haney Place Mall, Maple Ridge  
[www.fraserhealth.ca](http://www.fraserhealth.ca)

9 a.m. - 8 p.m., Seven days a week. Providing care for people with non-life-threatening concerns who need to see a health-care-provider within 12 to 24 hours, but do not require an emergency department.

## MEDICAL SERVICES

**Advanced Care  
Planning Team - Fraser Health** ..... 1-877-825-5034  
[www.fraserhealth.ca/acp](http://www.fraserhealth.ca/acp)

A planning process for adults at any age or stage - healthy adults, those who have a new diagnosis, or chronic illness, as well as those who are facing serious or life limiting illness. The



Fraser Health team can answer questions about documents/ legalities, how to start/continue advanced care planning conversations, how to appoint a substitute decision maker.

#### TELUS Health MyCare

[www.telus.com/en/personal-health/my-care](http://www.telus.com/en/personal-health/my-care)

Free app that allows you to receive virtual healthcare from your phone, without leaving the house. Doctor consultations for BC residents are covered under the Medical Services Plan (MSP).

**Creekside Day Program** .....(604) 463-4111  
Ridge Meadows Hospital  
11666 Laity St., Maple Ridge

Supportive community group program for older adults and adults with disabilities operated by Fraser Health. Also offers the therapeutic bathing program. Participant eligibility to the program is determined through the local home health office. Call (604) 476-7100.

**Diabetes Health Centre** .....(604) 476-7056  
400-22470 Dewdney Trunk Rd., Maple Ridge

Support and education for individuals living with diabetes and their families. Ask your health care provider to refer you.

**Dietitian Services at HealthLink BC** .....8-1-1 TTY 7-1-1  
[www.healthlinkbc.ca/healthyeating](http://www.healthlinkbc.ca/healthyeating)  
Registered dietitian on duty Mon/Fri 9 a.m. – 5 p.m.



#### Find a Doctor

**in Maple Ridge or Pitt Meadows** ..... (604) 457-1385  
[www.divisionsbc.ca/ridge-meadows/find-a-doctor](http://www.divisionsbc.ca/ridge-meadows/find-a-doctor)

The Ridge Meadows Division of Family Practice has partnered with local physicians to create an online directory of doctors and nurse practitioners in Maple Ridge and Pitt Meadows who are accepting new patients.

#### Fraser Health Falls Prevention Mobile Clinic

400 - 22470 Dewdney Trunk Rd., Maple Ridge  
[fallsprevention@fraserhealth.ca](mailto:fallsprevention@fraserhealth.ca) ..... (604) 587-7866  
Fraser Health Unit .....(604) 476-7000

Government agency providing health services such as the Diabetes Clinic, flu shots, immunizations, and TB testing.

**Fraser Health Home Health Intake** ..... 1-855-412-2121  
11762 Laity St., Maple Ridge  
[feedback@fraserhealth.ca](mailto:feedback@fraserhealth.ca)

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.

**Fraser Health Lifeline** ..... (604) 953-4960  
[www.fraserhealth.ca](http://www.fraserhealth.ca)  
[lifeline@fraserhealth.ca](mailto:lifeline@fraserhealth.ca)

Lifeline is a Personal Emergency Response Service that ensures assistance to you 24 hours a day, 7 days a week.

#### 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.

**HealthLink BC** .....811  
[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

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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  
11762 Laity St., Maple Ridge  
[www.fraserhealth.ca/homehealth](http://www.fraserhealth.ca/homehealth)

For health care and support at home.

**In Balance Physiotherapy & Rehabilitation** ..... (604) 746-5633  
3 – 1707 Salton Rd., Abbotsford  
[www.inbalancerehab.ca](http://www.inbalancerehab.ca)

Providing physiotherapy home visits in Maple Ridge and Pitt Meadows.

Post-surgery, poor mobility, stroke, neurological conditions.

**LifeLabs**  
01 – 11743 224th St., Maple Ridge ..... (604) 431-7206  
102 – 12195 Harris Rd., Pitt Meadows ..... (604) 431-7206  
[www.lifelabs.com](http://www.lifelabs.com)

**MedicAlert Safe & Found Program** ..... 1-877-217-7449  
[www.medicalert.ca/safe-and-found](http://www.medicalert.ca/safe-and-found)

Provides a blue MedicAlert ID bracelet for people living with memory loss that stores condition-specific health



information. This information can help reunite loved ones with their families and care partners if they go missing.

**MedRay Imaging Clinic** ..... (604) 941-7611  
100 – 3001 Gordon Ave., Coquitlam  
[www.medrayimaging.com](http://www.medrayimaging.com)

Medical diagnostic imaging centre.

**Ridge Meadows Hospital** ..... (604) 463-4111  
EMERGENCY ..... 911  
11666 Laity St., Maple Ridge

**Telus Living Well Companion** ..... 1-888-505-8008  
[www.telus.com/en/bc/health/personal/livingwell-companion](http://www.telus.com/en/bc/health/personal/livingwell-companion)

A personal emergency response service.

Also see the Home Support Services Section on page 31.

## MEDICAL EQUIPMENT & SUPPLIES

**Ability411**  
[www.ability411.ca](http://www.ability411.ca)

A web-based service that provides practical information about assistive technologies and equipment to BC seniors, their family members and their health providers.

**Independent Lifestyle Store**  
**Medical Home Healthcare Supply** ..... (604) 477-1212  
2 – 22337 Dewdney Trunk Rd., Maple Ridge  
[www.independentlifestylestore.com](http://www.independentlifestylestore.com)

**Independent Respiratory Services** ..... (604) 466-0900  
101 - 22351 St. Anne Ave., Maple Ridge  
[www.irscanada.ca](http://www.irscanada.ca)

**Kintec Footlabs Inc.** ..... (604) 463-3338  
22336 Selkirk Ave., Maple Ridge  
[www.kintec.net/maple-ridge](http://www.kintec.net/maple-ridge)

Orthopedic & prosthetic appliances & shoes.

**Medic Alert (Bracelets)** ..... 1-800-668-1507  
[www.medicalert.ca](http://www.medicalert.ca)

**Ministry of Social Development & Poverty Reduction** ..... 1-866-866-0800  
22522 Lougheed Hwy., Maple Ridge

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- ✓ Home Care
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## Life Threatening Needs

The ministry may provide access to medical equipment, medical supplies, or medical transportation to persons who are not otherwise eligible but who face a direct and imminent life-threatening health need and have no other resources to meet that need. Health supplements for persons who face a direct and imminent life-threatening health need may be provided to:

- *BC Employment and Assistance recipients who are not otherwise eligible to access medical equipment, medical supplies, or medical transportation*
- *individuals not eligible for income assistance, disability assistance, or hardship assistance*
- <https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/life-threatening-health-needs-new>

**Propel Mobility Equipment** .....(778) 836-1951  
propelmobility.ca

Offering affordable secondhand and brand-new mobility equipment at a fraction of the cost. If you cannot make it to us, we will bring our quality products to your home to try and determine if it's the right fit. Call for a current inventory list.

**Red Cross Medical Equipment Loan Program** (604) 465-5050  
5 – 11435 - 201A St., Maple Ridge  
Fax: (604) 465-5054 [www.redcross.ca](http://www.redcross.ca)

Mon., Wed., Fri., 12:30 p.m. – 4 p.m. Loans wheelchairs, walkers, bedpans, canes, beds and other non-electrical equipment. Client must be referred by a doctor.

**Respiratory Homecare Solutions** .....(604) 630-1212  
100 – 11915 224 St., Maple Ridge  
[www.rhscanada.com](http://www.rhscanada.com)

**Snore MD Sleep Apnea Clinic** .....(778) 619-2002  
620 – 20395 Lougheed Hwy., Maple Ridge  
[www.snoremcdcanada.ca](http://www.snoremcdcanada.ca)

**Sommi Medical Equipment**.....(604) 477-3210  
1-22899 Dewdney Trunk Rd.  
[sommimedical.com](http://sommimedical.com)



**Sunrise Medical**.....(604) 460-1569  
20180 115A Ave., Maple Ridge  
[sunrisemedical.ca](http://sunrisemedical.ca)

**Tetra Society of North America**.....(604) 688-6464  
[tetrasociety.org](http://tetrasociety.org)

Volunteer engineers and craftspeople design and construct customized assistive devices for people with disabilities and specific needs that cannot be met by commercial items. By donation.

**TrueStim BC** .....(778) 952-7997  
11768 236 St., Maple Ridge  
[www.painreliefdevices.ca](http://www.painreliefdevices.ca)

Pain relief devices.

**VitalAire Healthcare** ..... 1-833-904-2473  
203-12181 Harris Rd., Pitt Meadows  
[www.vitalaire.ca](http://www.vitalaire.ca)

## MENTAL HEALTH & ADDICTIONS

**Adult Mental Health Program**  
**Family Education & Support Centre** .....(604) 467-6055  
22558 Lougheed Hwy., Maple Ridge  
[www.familyed.bc.ca](http://www.familyed.bc.ca)  
[amh@familyed.bc.ca](mailto:amh@familyed.bc.ca)

A resource and information centre to help community members become aware of and better understand mental health issues. Provides psychoeducational groups for

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[@rootsnaturalorganicfoods](https://www.instagram.com/rootsnaturalorganicfoods)



depression, anxiety and assertiveness and public forums and workshops on mental health issues.

**Alouette Addiction Services** ..... (604) 467-5179  
106 – 22838 Lougheed Hwy., Maple Ridge  
[www.alouetteaddictions.org](http://www.alouetteaddictions.org)

A non-profit organization funded primarily 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 who care about them. Education, referrals, and aftercare available.

**BC Schizophrenia Society** ..... (604) 270-7841  
[www.bcscs.org](http://www.bcscs.org)

**Canadian Mental Health Association** ..... (604) 688-3234  
[www.cmha.bc.org](http://www.cmha.bc.org)

**The Club Community Services** ..... (604) 467-0544  
22768 119 Ave., Maple Ridge  
[www.comservice.bc.ca](http://www.comservice.bc.ca)

Provides a supportive psychosocial rehabilitation environment designed to assist persons who are living with mental health challenges to realize their potential as individuals.

**Deaf, Hard of Hearing & Deaf-Blind Well-Being Program** ..... (778) 987-4174  
Vancouver Coastal Health  
TTY: (604) 456-0901  
[deafwellbeing.vch.ca/services](http://deafwellbeing.vch.ca/services)

Provides mental health and wellness services for deaf, hard of hearing and deaf-blind people of all ages and their families across BC.

**Dementia Helpline Alzheimer Society of BC** 1-800-936-6033  
[www.alzheimer.ca/en/bc/We-can-help](http://www.alzheimer.ca/en/bc/We-can-help)

**Here To Help BC**  
[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

A project of the BC Partners for Mental Health and Addictions Information, a group of seven leading mental health and addictions non-profit agencies. They help people better prevent and manage mental health and substance use problems.

**Mood Disorders Association of BC** ..... (604) 873-0103  
[www.mdabc.net](http://www.mdabc.net)

**Older Adult Community Mental Health Services** ..... (604) 476-7165  
Maple Ridge Mental Health Office  
500 – 22470 Dewdney Trunk Rd., Maple Ridge

Services for adults who have acute and/or persistent mental illnesses including 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.

**Older Adult Substance Use Services** ..... (604) 467-5179  
Counselling and support for adults who are 65 and older and their loved ones who are concerned about substance use. Offered through Alouette Addictions.

## MULTICULTURAL SERVICES

**Immigrant Services Society of BC (ISS of BC)** ..... (778) 372-6567  
110 - 22638 119 Ave., Maple Ridge  
[www.issbc.org](http://www.issbc.org)

Assesses settlement and integration needs of newcomer clients and identifies an appropriate course of action to assist with settlement, employment, volunteering and community connections.

**Language Instruction for Newcomers to Canada (LINC)** ..... 778-372-6567  
[www.issbc.org](http://www.issbc.org)  
[linc.mr@issbc.org](mailto:linc.mr@issbc.org)

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

**Family Education & Support Centre** ..... (604) 467-6055  
2554 Lougheed Hwy., Maple Ridge  
[www.familyed.ca](http://www.familyed.ca)  
[diversity@familyed.ca](mailto:diversity@familyed.ca)

Providing multicultural awareness and education programs to community to help strengthen participation and increase understanding of cultural diversity.



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# Home Care For Seniors

Everything we do is driven by our mission and values: to enhance the lives of aging adults and to treat everybody like a member of our own family.



**778-244-7742 | [justlikefamily.ca](http://justlikefamily.ca)**

The Multicultural Women's Group offers a safe space for women to connect, share, care and learn together. A great opportunity to practice your English and to find information about community services, programs and support.

Meets every other Wednesday at 10 a.m.

## OPTOMETRISTS

**At Home Optometry** .....(778) 655-6980  
athomeoptometry.ca

Mobile optometry clinic providing comprehensive eye exams and dispensing of glasses to patients in the comfort of their home.

**BC Eye Care** ..... (604) 466-3003  
3 - 22337 Dewdney Trunk Rd., Maple Ridge  
www.bceyecare.com

**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  
mapleridgeeyecare.ca

**Pacific Eye Doctors** .....(604) 463-7127  
22320 Brown Ave., Maple Ridge  
eyedoctorsmapleridge.ca

**Vision West Doctor of Optometry** .....778-819-1843  
Real Canadian Superstore  
19800 Lougheed Hwy., Pitt Meadows  
visionwesteyecare.ca

## PETS

**BCSPCA (Maple Ridge Branch)** ..... (604) 463-9511  
10235 Jackson Rd., Maple Ridge  
spca.bc.ca

EMERGENCY: Day: (604) 841-2642; Night (5 p.m. to 12 a.m.):  
(604) 879-7343. After hours: call your local police or RCMP;  
Cruelty and Wildlife Hotline (Toll free): 1-855-622-7722



**ElderDog Vancouver**  
**(Maple Ridge/Pitt Meadows)** .....1-855-336-4226  
elderdog.ca

Volunteers support seniors who need assistance caring for their dog by helping with daily care such as dog walking, light grooming and hygiene, trips for dog food, the vet or groomer, and temporary care during hospitalization or other emergencies. Free service. Volunteers of all ages are welcome!

## PHARMACIES

**Alouette Pharmacy** .....(604) 467-3784  
8 - 11937 227 St., Maple Ridge  
alouette-pharmacy.business.site

**Belvie Pharmacy** ..... (604) 380-0050  
22446 Lougheed Hwy., Maple Ridge

**Best Care Pharmacy** .....(604) 262-4949  
101 - 12181 Harris Rd., Pitt Meadows  
bestcarepharmacy.ca

**Golden Ears Pharmacy** ..... (604) 477-3222  
100-22722 Lougheed Hwy., Maple Ridge  
goldenearspharmacy.com

**Haney Pharmacy** .....(604) 467-9100  
D - 22195 Dewdney Trunk Rd., Maple Ridge



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www.haneyapplianceandsound.ca  
**604-467-3884**

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**Katzie Pharmacy** .....(604) 457-1030  
19700 Salish Rd., Pitt Meadows

**Loblaw's (No Frills) Pharmacy** .....(604) 467-0753  
22427 Dewdney Trunk Rd., Maple Ridge  
nofrills.ca/pharmacy

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

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

**Maple Meadows Pharmacy**  
102-11893 227 St., Maple Ridge..... (604) 380-4345  
maplemeadowshealth.ca

**Meadows Pharmacy** .....(604) 460-0541  
12161 Harris Rd., Pitt Meadows  
meadowsparmacy.com

**Medicine Shoppe Pharmacy** .....(604) 380-1500  
11919 224 St., Maple Ridge  
medicineshoppe.ca

**Medlandia Pharmacy** .....(604) 465-3375  
20528 Lougheed Hwy., Maple Ridge  
medlandia.com

**PharmaChoice** .....(604) 380-2551  
100-22470 Dewdney Trunk Rd., Maple Ridge  
pharmachoice.com

**Pharmasave**  
22338 Selkirk Ave., Maple Ridge..... (604) 477-1666  
12005 - 238B St., Maple Ridge..... (604) 476-1420  
19070 Lougheed Hwy., Pitt Meadows .....(604) 465-8807  
2-19126 Ford Rd., Pitt Meadows..... (604) 460-4808  
pharmasave.com

**Real Canadian Superstore** .....(604) 460-4335  
201 - 19800 Lougheed Hwy., Maple Ridge  
realcanadiansuperstore.ca

**Ridge Meadows Pharmacy** .....(604) 463-4771  
106-1743 224 St., Maple Ridge

**Rx People's Pharmacy** .....(604) 479-1661  
22214 Dewdney Trunk Rd., Maple Ridge

**Save-On-Foods Pharmacies**  
22703 Lougheed Hwy., Maple Ridge .....(604) 463-3329

20395 Lougheed Hwy., Maple Ridge .....(604) 465-8606  
19150 Lougheed Hwy., Pitt Meadows ..... (604) 465-0426  
saveonfoods.com

#### **Shoppers Drug Mart**

130 - 20395 Lougheed Hwy., Maple Ridge... (604) 465-8123  
102 - 22441 Dewdney Trunk Rd., Maple Ridge... (604) 467-5218  
250 - 11939 240 St., Maple Ridge ..... (604) 466-3225  
19150 Lougheed Hwy., Pitt Meadows ..... (604) 465-8122  
shoppersdrugmart.ca

**Walmart Pharmacy** .....(778) 306-9936  
11850 - 224th St., Maple Ridge  
walmart.ca

## **PODIATRISTS & FOOT CARE**

### **PODIATRISTS**

**Dr. David Dixon** .....(604) 477-0999  
105 - 22561 Dewdney Trunk Rd., Maple Ridge

**Dr. Peter Fera** .....(604) 466-1801  
2B - 22722 Lougheed Hwy., Maple Ridge

### **FOOT CARE**

**Access Health Services** .....(604) 467-1135  
Staff available for all your foot care needs.

**Ann's Foot Care Services**.....(604) 375-0619  
Toenail trimming. Treatment of calluses, corns, hammer  
toes, bunions, diabetic feet.

**A Step Above Footcare**..... 778-989-STEP  
www.astepabovefootcare.ca

Advanced foot care nursing services. Mobile service  
available. Direct billing for veterans. Serving Mission,  
Abbotsford, Pitt Meadows, Maple Ridge.

**Bonnie's Foot Care Services** .....(604) 789-5094  
Mobile service.

#### **Cameo Spa & Laser Clinic**

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Maple Ridge.....(604) 466-0078  
cameospa@telus.net  
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**Caring Touch Health Care Services** .....(604) 477-7748

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**Charlotte Tshibangu**.....(604) 375-3613

Charlotte\_nsonga@hotmail.com

Mobile service in Pitt Meadows and Maple Ridge.

**Feet for Life Foot Care** .....(604) 354-7771

Niki Paxton: niki@feetforlife.ca

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traceylenn42@hotmail.com

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**Yodit Meheretab**.....778-869-5344

gmfootcarenurse@gmail.com

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**Gentle Sole Mobile Foot Care** .....(778) 574-0600

gentlesole@shaw.ca

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**Kat's Foot Care Inc.** .....(604) 816-5288

www.katsfootcare.com

Mobile nursing foot care services by a foot care nurse, in the comfort of your home, residence, complex care facility or hospital.

**Mi Casa Foot Care**.....(604) 330-5784

www.micasafootcare.com

Mobile foot care for Pitt Meadows and Maple Ridge.

**Maple Ridge Physiotherapy Foot Care** .....(604) 467-8775

mapleridgephysio.com

**Nurse Next Door**

**Home Care Services** .....(604) 468-2273

nursenextdoor.com

Mobile, licensed nurses provide certified foot care services at home hospital or facility.

**On the Move Foot Care** .....(604) 614-0505

Mobile Service. Nursing foot care that comes to you where you are and meets you where you're at.

**Pitt Meadows Wellness Centre** .....(604) 465-1624

pittmeadowswellness.com

Custom orthotic assessment and devices.

**RMSS - Maple Ridge Seniors Activity Centre**

**Foot Care Services** .....(604) 467-4993

12150 – 224 St., Maple Ridge

rmssseniors.org

Call reception for details. Appointments necessary.

**RMSS - Pitt Meadows Seniors Activity Centre**

**Foot Care Services**.....(604) 457-4771

19065 119B Ave., Pitt Meadows

rmssseniors.org

Call reception for details. Appointments necessary.

**Shirley's Massage & Reflexology**.....(604) 996-1123

shirleysspa.com



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Massage, reflexology and other spa services.  
Mobile service available. Specializing in seniors.

**Twinkle Toes Foot Care** .....(778) 883-7221  
twinkletoesfootcare.com

Mobile nursing foot care by a certified foot care nurse.  
Services include: nail cleaning, trimming and filing; treatment of corns and calluses; in-grown and thickened/fungus nail care; diabetic foot care.

## RECREATION & SOCIAL ACTIVITIES

**The ACT Arts Centre & Theatre** .....(604) 476-2787  
11944 Haney Place, Maple Ridge  
theactmapleridge.org

Arts experiences for all. For those who cannot afford to access Live Performances or Arts Programs, contact Lori Ceaser at [loric@mract.org](mailto: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](http://www.theactmapleridge.org/volunteer)

**Alouette Men's Shed** .....(604) 786-7404  
In Ridge Church - 22155 Lougheed Hwy., Maple Ridge  
AlouetteMensShed@outlook.com  
bcmensshed.ca

A community-based, non-profit organization that provides a safe and friendly environment where men are able to work on meaningful projects in the company of other men. A major objective is to advance the well-being and health of its male members.

**Albion Community Centre** .....(604) 467-7332  
24165 104 Avenue, Maple Ridge  
mapleridge.ca/2536/Albion-Community-Centre

The Albion Community Centre is a multi-use community centre co-located with Caspenele Elementary and offers a variety of drop in and seasonal registered programs for all community members.

### Begin Again Widows Support Group

Donna.....(604) 466-1173  
Sheila.....(604) 467-7183

A support group to promote emotional, physical and social wellness for widows and divorced women over 55. Provides support and helps widows resume social activities. Meetings held last Friday of the month.

### Burnett Street Men's Shed

At Christopherson House  
11797 Burnett St., Maple Ridge  
bcmenssheds.ca  
medhurststrick@gmail.com

**Creekside Day Program** .....(604) 463-4111  
Ridge Meadows Hospital  
11666 Laity St., Maple Ridge

Supportive community group program for older adults and adults with disabilities. Also known as the Creekside Day Program, it offers the therapeutic bathing program. Participant eligibility to the program is determined through the local home health office. Call for more information (604) 476-7100.

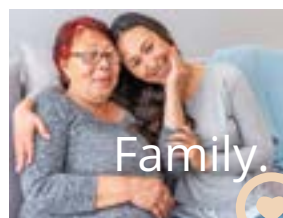
### Fraser Valley Regional Library

**Maple Ridge Public Library** .....(604) 467-7417  
130 - 22470 Dewdney Trunk Rd., Maple Ridge  
www.fvrl.ca



## Quality care at home.

Home Care Experts to help you navigate everything from everyday tasks to complex care.



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**Pitt Meadows Public Library**..... (604) 465-4113  
200 - 12099 Harris Rd., Pitt Meadows  
[www.fvrl.ca](http://www.fvrl.ca)

**Golden Ears Winter Club (Curling)** ..... (604) 463-4813  
23580 - 105 Ave., Maple Ridge  
[www.gewc.ca](http://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.

**Maple Ridge Leisure Centre** ..... (604) 467-7322  
11925 Haney Place, Maple Ridge  
[www.mapleridge.ca](http://www.mapleridge.ca)

The Leisure Centre includes a weight training room, racquetball and squash courts, full size gymnasium, accessible and inclusive pools, wet and dry saunas and a large swirl pool, youth centre, drop-in childcare (available during select times), and two multipurpose rooms. For more info, visit the website or drop by the centre for a seasonal program guide. A variety of admission passes are available to meet all individuals' needs and senior discounts do apply.

**Pitt Meadows Family Recreation Centre** ..... (604) 465-2452  
12027 Harris Rd., Pitt Meadows  
[www.pittmeadows.bc.ca](http://www.pittmeadows.bc.ca)

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

**Probus Club of Maple Ridge**  
[probusmapleridge@gmail.com](mailto:probusmapleridge@gmail.com)  
[www.probusclubofmapleridge.org](http://www.probusclubofmapleridge.org)

A local, national, and international association of retired and semi-retired professionals and business people who come together to make new friends and expand their interests. In Maple Ridge the group



meets on the third Thursday of the month, except for August and December.

#### **RMSS - Seniors Activity Centres**

**Pitt Meadows**..... (604) 457-4771  
19065 119B Ave., Pitt Meadows  
Mon., Wed. - Fri. 9 a.m. - 3:30 p.m., Tues. 9 a.m. - 9 p.m.,  
Sat. 9:15 a.m. - 1:30 p.m.

**Maple Ridge** ..... (604) 467-4993  
12150 - 224 St., Maple Ridge  
Mon. - Thurs. 9 a.m. - 7:30 p.m., Fri. 9 a.m. - 3:30 p.m.,  
Sat. 10 a.m. - 3:30 p.m.

[www.rmssseniors.org](http://www.rmssseniors.org)

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, bus trips and outreach. Volunteer opportunities also available. All adults 55+ welcome to join. Call each location for details, or pick up a copy of the GrapeVine newsletter, or visit the website.

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**604-468-2273**

[www.nursenextdoor.com](http://www.nursenextdoor.com)

**Seniors Activity Group (Eh) SAGE**.....(604) 463-2229  
CEED Centre Society  
11739 223 St., Maple Ridge  
www.ceedcentre.com

A small group get-together once a week for older adults looking to make new connections in the community. All seniors welcome including those with dementia and their caregivers. Emphasis on humour and sharing stories. Some field trips start from the Centre. Coffee (bring your own mug) and treats.

**Seniors Activity Program (Party Bus)** .....(604) 467-6911 ext. 1405  
Community Services in Maple Ridge/Pitt Meadows  
22768 119 Ave., Maple Ridge  
www.comservice.bc.ca

Join a group of seniors to socialize, attend educational workshops, share a meal, have a laugh. Service is provided twice a month on average, free of cost. Free transportation door to door is available. A great way to make friends, be physically active and connect to your community. Waitlist may be in place depending on availability.



## SHELTERS

**Cythera Transition House**.....(604) 467-9939  
Shelter & 24-Hour Support Line (undisclosed location)

A safe refuge and basic necessities for up to 30 days to women and their children fleeing abuse. Staffed 24 hours a day, residents receive emotional support in a secure, nonjudgmental, confidential environment.

**Shelter & 24-Hour Support Line** .....(604) 467-9966  
(undisclosed location)

**The Salvation Army Ridge Meadows Ministries** .....(604) 463-8296 Ext. 102  
22188 Lougheed Hwy., Maple Ridge

Registration at 7 p.m. Wheelchair accessible. Laundry. No alcohol/drug use on site. Free clothing vouchers for the Thrift Store available.

## SHELTER INFORMATION

**www.bc211.ca** ..... 2-1-1  
A region-wide referral line for shelter and other essential services for all ages and genders.

## SHOPPING

**Better at Home - Community Services** (604) 467-6911 ext. 1232  
Seniors Outreach and Home Support Program  
22768 119 Ave., Maple Ridge  
www.comservice.bc.ca

Volunteer driver service primarily for seniors 63 years and older, provided Monday through Friday. Current charges are based on a sliding scale.

**Downtown Maple Ridge Business Improvement Association** .....(604) 467-2420  
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.



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TECHNICAL SUPPORT

Book a Librarian

Maple Ridge Public Library .....(604) 467-7417  
Pitt Meadows Public Library .....(604) 465-4113  
fvrl.bc.ca

Fraser Valley Public Libraries offer 30-minute, one-on-one appointments with a staff member to help with technology or get you started on a research topic. Includes: basic computer help, downloading ebooks and/or audiobooks, other FVRL digital content, using the internet or email, using a specific app. Call the library to book an appointment.

Drop-in Tech Help.....(604) 467-7417  
Maple Ridge Public Library  
22470 Dewdney Trunk Rd.  
fvrl.bc.ca

Mondays, 2-3 p.m. in the Fraser Room. These practical, hands-on sessions with library staff are designed to help customers solve problems or learn new programs and techniques on their own devices or on library computers. Bring your tablet, laptops, eReaders and your questions.

Gluu Technology Society  
gluusociety.org

Free digital skills training for all Canadian seniors. Online training for Apple iPad, Apple iPhone, Android Smartphone and Android Tablets. Gluu Essentials for Mobile Devices includes forever access to walk-through videos and step-by-step instructions.

Help-My-Tech.....(604) 588-4335  
help-my-tech.ca

In-home and remote service, set-up and training for PCs, Macs, smart-phones, tablets and everything that connects them and connects to them. Free concierge shopping with any service, finding you the best deals in Canada on what is right for your needs. First 20 min. phone consultation is free.

Senior Digital Literacy  
Program .....(604) 467-6911, ext. 1236



Community Services  
22768 119 Ave., Maple Ridge  
www.comservice.bc.ca

Strives to help seniors learn basic computer skills to aid in everyday life. Seniors receive free instruction from volunteers in the community.

Tech Help RMSS Maple Ridge Seniors Activity Centre  
12150 224 St.....(604) 467-4993  
RMSS Pitt Meadows Seniors Activity Centre  
19065 119B Ave. ....(604) 457-4771  
rmssseniors.org

Need help understanding your smart phone, tablet or laptop? Book a one-on-one apointment for help with setting up an email account, loading and using apps, creating a Facebook account, setting up a video call or troubleshooting your specific tech issue.

TRANSPORTATION

Access Transit .....(778) 452-2860  
www.translink.ca

General Information on 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.



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**Better at Home Seniors Outreach and Home Support Program Community Services** ....(604) 467- 6911 ext. 1232  
22768 119 Ave., Maple Ridge  
[www.comservice.bc.ca](http://www.comservice.bc.ca)

Volunteer driver service primarily for seniors 63 years and older, provided Monday through Friday. Current charges are based on a sliding scale.

**BC211 Seniors Provincial Phone Line** .....211  
[www.bc211.ca](http://www.bc211.ca)

BC 211 provides information on transportation available for seniors in communities across the province. Multi-lingual services available. Seven days a week, 24 hours a day.

**BC Bus Pass for Seniors and Others** .....1-866-866-0800  
[www2.gov.bc.ca](http://www2.gov.bc.ca)

Low-income seniors and Persons with Disabilities can access the BC Bus Program. To receive a reduced-cost pass, you must be living in an area served by BC Transit or Translink. To apply, call the number above or visit: <https://myselfserve.gov.bc.ca/BusPass>

**BC Ferries** .....1-888-223-3779  
[www.bcferries.com](http://www.bcferries.com)

BC Seniors travel is free Monday through Thursday except holidays on presentation of a BC Services Card, a BC Driver's License, a BC Identification Card, or a Birth Certificate. If you are presenting a Birth Certificate, proof of residency in BC is required. The BC Seniors discount applies only to the passenger fare. Contact BC Ferries for more information.

**BC License Plates for Veterans** .....(604) 770-3498  
[www.bcveterans.org](http://www.bcveterans.org)

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

**Elder Transportation Program** .....1-250-388-5502  
BC Aboriginal Friendship Centre  
[www.bcaafc.ca](http://www.bcaafc.ca)

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



**HandyDART** .....(604) 575-6600  
[www.translink.ca](http://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 book or confirm a trip .....(604) 575-6000

To request an application call  
Access Transit.....(604) 452-2860

**Hospital Transfers - Lower Mainland**.....1-800-768-0044  
[www.sntransport.ca/our-services](http://www.sntransport.ca/our-services)

Safe, reliable, non-emergency transportation for medically stable patients. Mon. - Sun., 6 a.m. - 12 p.m. Advance notice is needed for services outside of these hours. Private pay.

**Ridge Meadows Seniors Society Driving Service** .....(604) 467-4993  
12150 224 St., Maple Ridge  
[www.rmssseniors.org](http://www.rmssseniors.org)

The volunteer driving program operates Monday to



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✓ Rollators/Walkers	✓ Stairlifts	✓ Equipment Rentals
✓ Long Term Care Equipment		✓ Overhead Lifts

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Friday and is available to members of RMSS. An annual membership fee gives access to programs and services at two seniors centres. The transportation service includes rides to appointments, activities and shopping as well as medical appointments from Abbotsford to Vancouver for a nominal fee to cover volunteer fuel costs.

**SPARC BC Parking Permit** ..... (604) 718-7744  
4445 Norfolk St., Burnaby  
[www.sparcbc.ca](http://www.sparcbc.ca)

SPARC BC issues parking permits for persons with disabilities. To apply for a permit, visit the website or call to request an application form be mailed to you.

**Taxi (Alouette Taxi)** ..... (604) 465-5555  
22606 Dewdney Trunk Rd., Maple Ridge  
[www.alouettetaxi.ca](http://www.alouettetaxi.ca)

10% discount given to seniors. Please inquire. Accepts Taxi Savers. Three wheelchair accessible taxis.

**TransLink Service Information** ..... (604) 953-3333 (Push 0)  
TransLink Customer Relations ..... (604) 953-3333  
[www.translink.ca](http://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.

**West Coast Express** ..... (604) 953-3333  
[www.westcoastexpress.com](http://www.westcoastexpress.com)

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

For more information on transportation services also see Home Support Services on page 31.

## VOLUNTEER OPPORTUNITIES

**The ACT Arts Centre & Theatre** ..... (604) 476-2786  
11944 Haney Place, Maple Ridge  
[volunteer@mract.org](mailto:volunteer@mract.org)  
[www.theactmapleridge.org](http://www.theactmapleridge.org)

Opportunities to meet new people and gain experience in a variety of volunteer roles from Theatre Usher to Event Host, Board Member and much more.

**City of Maple Ridge Parks, Recreation & Culture** ..... (604) 467-7325  
11995 Haney Place, Maple Ridge  
[volunteer@mapleridge.ca](mailto:volunteer@mapleridge.ca)  
[www.mapleridge.ca/1554/Volunteer](http://www.mapleridge.ca/1554/Volunteer)

Do you want to give back to your community, learn new things, share your expertise, connect with others and have fun? There are many volunteer opportunities that fit with your passions and unique talents in youth services, aquatics, festivals, emergency support services, committees and more.

**City of Pitt Meadows** ..... (604) 465-5285  
12007 Harris Rd., Pitt Meadows  
[www.pittmeadows.bc.ca](http://www.pittmeadows.bc.ca)

Volunteering with the City of Pitt Meadows is a great opportunity to meet new people, build new skills, and get involved in your community. There are many exciting volunteer opportunities to consider with the City of Pitt Meadows. Please see the website for volunteer opportunities!

**Community Services** ..... (604) 467-6911 Ext. 1218, 1232  
22768 119 Ave., Maple Ridge  
[www.comservice.bc.ca](http://www.comservice.bc.ca)



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**604-468-2273**

[www.nursenextdoor.com](http://www.nursenextdoor.com)



Volunteers are needed to make friendly visits to lonely seniors. Drivers are needed for grocery shopping trips for seniors, taking seniors to medical appointments and delivering for the Meals on Wheels program. Drivers will be reimbursed for mileage or they can donate it in exchange for a tax-deductible receipt.

**Friends of the Library**  
www.fvrl.ca

**Golden Ears Gogos**  
Linda King..... (604)467 2688  
Heather Crum..... (604) 463 4408

Part of the Stephen Lewis Foundation, the Golden Ears Gogos raise money to assist African grandmothers in their courageous efforts to raise their grandchildren who have been orphaned by the HIV/AIDS epidemic. The group hosts local fundraisers and donates the money to the Foundation to be distributed to various grass roots organizations in Africa, often run by the grandmothers themselves.

**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

Friends of the Library help with library programming and initiatives and raise funds to purchase books and items of furniture and equipment. Monthly meetings from Sept. to June.

**Friends in Need Food Bank** .....(604) 466-3663, ext. 203  
8-22726 Dewdney Trunk Rd., Maple Ridge  
12240 Harris Rd., Pitt Meadows (604) 460-4619.  
www.friendsneedfood.com

A variety of volunteer roles available at the Maple Ridge and Pitt Meadows locations including warehouse assistants, van drivers, hamper assembly, client registration, office assistance, and event volunteers.

**Grand Buddies Program** ..... (604) 786-7404  
Maple Ridge, Pitt Meadows, Katzie, Seniors Network  
seniorsnetworkmpk@gmail.com

Older adult volunteers support students at local elementary schools to build friendships and confidence through playing games, cooking, making art, helping with schoolwork, or other activities.

**Intergenerational Garden** ..... (604) 837-8915  
22527 121 Ave., Maple Ridge  
gardencoord@gmail.com

Senior volunteers teach elementary school students how to grow vegetables, herbs, flowers and berries. Volunteer opportunities range from working with the students to assisting with weeding, watering and garden maintenance. A program of the Seniors Network.

**Maple Ridge, Pitt Meadows, Katzie, Seniors Network** ..... (604) 786-7404  
www.seniors-network.ca  
seniorsnetworkmpk@gmail.com

Led by seniors for seniors, we work collaboratively with the community to provide a credible advocacy and leadership voice for seniors with the goal of improving the health and well-being of older adults in the community.

**Ridge Meadows Hospital Foundation**  
11666 Lait St., Maple Ridge ..... (604) 463-1822  
www.rmhfoundation.com

A registered not-for-profit organization fundraising to purchase essential equipment, special projects and other high priority needs in our hospital and community.



**I am here to support Maple Ridge Seniors.**

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- Old Age Security (OAS)
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- Supplement (GIS)
- Federal Taxes (CRA)
- Congratulatory messages

Member of Parliament for Pitt Meadows - Maple Ridge

Volunteers are needed to assist with Foundation and community events and in the Golden Ears Gift Shop at Ridge Meadows Hospital.

**Ridge Meadows Hospice Society** ..... (604) 463-7722  
102 – 22320 119 Ave., Maple Ridge  
www.ridgemedowshospicesociety.com

A registered not-for-profit charitable organization providing support for those facing end of life, grief and loss in Maple Ridge and Pitt Meadows. Volunteers are needed to assist with volunteer visiting, grief support, fundraising, and the thrift store.

**Ridge Meadows Seniors Society** ..... (604) 380-0517  
12150 224 St., Maple Ridge  
www.rmssseniors.org

A variety of volunteer opportunities such as reception, coffee shop, activities, special events, volunteer drivers, wellness clinic and committees. Apply through the website or drop in to see the Volunteer Coordinator. If you are

looking to make a difference in the lives of seniors, then RMSS is the place for you!

**Royal Canadian Legion - Maple Ridge Branch 88** ..... (604) 463-5101  
12101 224 St., Maple Ridge  
legion88.com

A variety of volunteer opportunities are available including: meat draws, ladies auxiliary, poppy campaign or on the Executive. Visit the office to learn more.

**Volunteer Grandparents** ..... (604) 736-8271  
203 – 2101 Holdom Ave., Burnaby  
www.volunteergrandparents.ca

Good relationships between young persons and older adults can help to sustain healthy childhood development and allow us to feel connected in an oftentimes isolating society. Volunteer Grandparents aims to facilitate these extended family bonds and intergenerational relationships among adults and children who are not biologically linked.

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## A Note

# FROM OUR PUBLISHER



**Lisa Farquharson**  
*Publisher*

Maple Ridge  
& Pitt Meadows News

this seems to be changing, and things are getting back to 'normal,' we feel it's more imperative than ever to help reconnect our seniors with all the services available in these great communities.

Age wise, what defines a senior seems to fluctuate. But for simplicity, we'll define it here as 55+. What doesn't vary, when using the term senior, is that this honoured title denotes experience, knowledge, and respect.

Look around, and you'll see seniors who – each according to individual skills and abilities – built families, neighbourhoods, and businesses. They challenged themselves with their pursuits daily.

The Maple Ridge-Pitt Meadows News is truly honoured to bring the 11<sup>th</sup> edition of the Seniors Resource Directory to our residents. This is a project we've once again put together in partnership with the Maple Ridge, Pitt Meadows, Katzie Seniors Network.

It's been a hard year for everybody, especially our seniors – many who have been without their normal lifelines, supports, and contacts for a long stretch of time. Now that

They helped build our communities. Seniors range from those who worked a lifetime to achieve goals, and those still trying to do so.

And just as they each offer something to our communities, Maple Ridge and Pitt Meadows have a great deal for them, as well.

That's why the Maple Ridge/Pitt Meadows News created this resource directory, as a guide for seniors seeking information about local services catering specifically to them.

Some will appreciate the guide for health, legal, or support services, while others will enjoy seeking out recreation or leisure activities.

We have done our best, prior to publication, to update what services and amenities are available at this time. However, post pandemic, we recognize that it is an ever-changing situation. Given fluctuating restrictions and safety protocols, we still encourage you to double check via website or call ahead for updated information.

If you know of a business or organization that should be included in our next publication, please let us know. We want to provide as much information to our seniors as possible.

In the meantime, I'd like to express our thanks to all who made the directory possible, especially to Heather Treleven and the members of the Seniors Network for their support and hard work. And, most importantly, thanks to each of you – our seniors!



MAPLE RIDGE & PITT MEADOWS

**THE NEWS**



**Black Press Media**

Published by Maple Ridge & Pitt Meadows News, Black Press Media Group  
22611 Dewdney Trunk Rd, Maple Ridge, B.C., V2X 3K1 1-604-467-1122 [mapleridgenews.com](http://mapleridgenews.com)  
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**Jiwan Bhogal RD**



**Joe Quarto RD**



precisiondentures



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[www.precisiondenture.ca](http://www.precisiondenture.ca)

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