

Maple Ridge - Pitt Meadows 2025-2026

SENIORS 55+

RESOURCE DIRECTORY

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



MAPLE RIDGE & PITT MEADOWS
THE NEWS

THE WESBROOKE

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#112 - 11865 227 Street, Maple Ridge  
604.476.2525 | haneyanimalhospital@gmail.com

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



Christina Shearme
Coordinator

Maple Ridge, Pitt Meadows,
Katzie, Seniors Network Society

community together to improve programs and services for seniors. Most importantly, the Network is led by seniors for seniors and as the new Coordinator, I am looking forward to meeting many new community members and learning about your priorities for the future of Maple Ridge and Pitt Meadows.

Welcome to the 2025-2026 Seniors Resource Directory. This book is a comprehensive guide to the wealth of services, programs and resources available to older adults in our community. You'll want to keep it handy to reference throughout the year.

More than just a catalogue of information, this Directory really illustrates the invaluable work of the Seniors Network to bring the

Did you know, the City of Maple Ridge and City of Pitt Meadows are both Age Friendly Communities designated by the Province of British Columbia? The City of Maple Ridge is also a member of the World Health Organization's Global Network of Age Friendly Cities. These designations are a testament to our Mayor's and City Councillors commitment to working with residents to make our communities wonderful places to grow older. We are very grateful to the City of Maple Ridge and City of Pitt Meadows for their ongoing support of the Seniors Network.

Thank you to the Maple Ridge Pitt Meadows News for their support of this publication, the Seniors Network and its members. In addition to publishing the Seniors Directory, the News provides space in the paper every month for the Seniors Events Calendar – 55+ Living to make sure you have the inside scoop on coming events!

The Seniors Network welcomes the participation of interested older adults, senior serving organizations and businesses. We meet once every two months on the last Wednesday of the month. To find out more, email: seniorsnetworkmpk@gmail.com, call: (604) 786-7404 or visit us online at www.seniors-network.ca



Maple Ridge, Pitt Meadows, Katzie, Seniors Network
(604) 786-7404 | seniors-network.ca

Email: seniorsnetworkmpk@gmail.com

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



Dianne Fernandes Enns

Dianne is a wife, mother and an accomplished Maple Ridge Realtor and proud Maple Ridge resident who brings a strategic yet personable approach to the home buying and home selling process. Buying or selling a home is a big decision - you need a professional to guide you through the process. Drawing from years of experience as an entrepreneur, Dianne has built a reputation for her refreshingly friendly customer care and proven ability to guide buyers to obtain the best value for their dream home and to assist sellers to a smooth, stress-free sale of their home. As an experienced agent, Dianne understands that buying and selling is one of the biggest decisions in a client's life and views representation and guidance of her clients through this process as a true privilege. When you work with Dianne, you can count on personal, attentive, patient service, excellent knowledge of the area, great negotiation skills and expert selling strategies.

ROYAL LEPAGE
Wolstencroft Realty

Cell: 604-655-2505
Office: 604-467-5000
Wolstencroft Realty
DianneEnns@royallepage.ca





RESOURCE DIRECTORY

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sales, health tips, recipes and more!



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quality vitamins &
supplements for you and
your family.

Call 604-467-1822 or Email rootsnatural2@hotmail.com | www.rootsnatural.ca | 22254 Dewdney Trunk Rd., Maple Ridge



RESOURCE DIRECTORY

EMERGENCY CONTACTS
POLICE AMBULANCE FIRE
CALL 911

For current information about COVID-19 visit:

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

HELP AT A GLANCE

There are several main agencies with staff members that can assist you with navigating programs and services in Maple Ridge and Pitt Meadows.

Community

Services (604) 467-6911

Seniors Navigator

22768 119 Ave., Maple Ridge,
BC V2X 4L2

Monday - Friday, 9 a.m. - 3:30 p.m.

Assistance with forms/applications

Clinical Counselling

Community programming

Computer support

Housing Navigation

Housekeeping

Legal and Victim Services Family Law

Meal delivery

Mental Health and Support Services

Transportation

Social Programs

Seniors Activity Program

Ridge Meadows

Seniors Society (604) 380-0515

Outreach

12150 224 St., Maple Ridge

www.rmssseniors.org

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

Advocacy Support

Caregiver Support

Food Security

Housing Resources

One-on-One Support Meetings

Assistance with forms/applications

Assistance with

navigating medical system

Transportation

Maple Ridge/Pitt Meadows

Rent Bank (604) 368-4585

#300-22470 Dewdney Trunk Rd.,
Maple Ridge

www.purposesociety.org

Support for low-income individuals
and families housed.

Provides loans to assist with:

Rent arrears/past due rent

Next month's rent

Essential utility arrears

Pet deposits

First month's rent

Senior Services Society

(604) 520-6621

750 Carnarvon St., New Westminster

www.seniorservicesociety.ca

Lower Mainland seniors

housing navigation support.



Going through an emotional time? We offer professional, compassionate, and reliable solutions for downsizing, moving, and estate liquidation.

Our Services:

Estate Liquidation: Settling an estate can be a complex and emotional process. Our goal is to make it as simple and stress-free as possible—whether you're transitioning because of the loss of a loved one or just needing to downsize, we can help. From online auctions to complete estate clear-outs, we handle every detail so you don't have to worry about a thing.



Downsizing & Move Management:

As Certified Relocation Transition Specialists, we serve as your single point of contact throughout the entire moving process—from the initial planning stages to the final step of your move. We're here to ease the burden and handle the details for you.

TreVerna Estate Liquidation 604-889-1976 • lowermainlandauctions@gmail.com

Intensify your laughlines



RIDGE MEADOWS SENIORS SOCIETY
Serving Maple Ridge & Pitt Meadows
Drop-in Activity Centres 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.

Annual membership is \$35. Drop-in passes valued at \$2/class depending on the program.

Info sessions and services do not require membership.

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

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.

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.

SENIORS OUTREACH SERVICES

Finding connection, maintaining independence

Outreach Services assist with accessibility to services, resources for housing, navigating medical system, forms & paperwork, advocacy and more to help maintain independence.

CAREGIVERS SUPPORT

Connect with other caregivers

Share concerns, receive emotional support, and learn skills to help reduce caregiver stress through group or one on one support.

Purple Angel Memory Café for people living with cognitive issues AND their Caregivers to come together fun for activities and discussion.

EngAge Meadows, an Adult Day program for those with cognitive impairments, offering respite for caregivers.

DRIVING SERVICES

Seniors helping seniors driving service

A safe drive where you need to go.

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.

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*
- *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
Email: Chrstina Shearme..... seniorsnetworkmpk@gmail.com
..... 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 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.



**Companion &
Senior Services**

Amy Hache CDCP

Sole Owner/ Operator

Quality One on One Companionship ACTIVITIES AND SUPPORT:

Sharing life stories and memories to spark joy.

- Creative Activities: Seasonal crafting, music, and art for expression and relaxation.
- Brain-Boosting Games: Puzzles and memory activities to keep the mind active.
- Outdoor Walks: Enjoying fresh air and light physical activity, if possible.
- Meaningful Connections: Thoughtful conversations and emotional support.
- Daily Routines: Engaging in familiar activities like reading the paper, having coffee, or staying active in their community.
- Emotional Support through loss of independence and life transitions.

Fully licensed and liability insured

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(604) 781-7060

Maple Ridge / Pitt Meadows

monamiservices.ca

Amy@monamiservices.ca



NON-EMERGENCY RESOURCES

Ambulance (Non-Emergency)

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

BC 211211
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

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 TTY711

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
www.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.

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.

SIGNS OF POSSIBLE ELDER ABUSE



Age in Place with Confidence, Dignity, Comfort, and Affordability!

PERSON-CENTRED HOME SUPPORT THAT NURTURES THE WHOLE BEING

Enhancing well-being and independence—empowering seniors to live fully, while partnering with families to provide compassionate, holistic care.

Companionship • Certified Dementia Care • Personal Care • Hospital Discharge Support

Specialized Home & Health Care

Independent local home care agency established 2010



Call for a free home consultation: **604.551.8867** www.seniorschoiceforcare.ca

Fraser Health Crisis Line(604) 951-8855
Toll Free1-877-820-7444

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

Fraser Health React1-877-REACT-08 (1-877-732-2808)
email: react@fraserhealth.ca
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

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

**Indian Residential School Survivors Society
24-Hour Crisis Line** Toll Free: 1-800-721-0066
www.irsss.ca

A provincial organization that provides essential services to residential school survivors and families experiencing intergenerational trauma.

Seniors Distress Line (604) 872-1234
Crisis Centre www.crisiscentre.bc.ca
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 9-8-8
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
email: 221-VICTIMLINKBC@uwbc.ca

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 different 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.

TED YEOH



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YEOH TEAM

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Knowledgeable • Free Market Analysis**

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tedyeoh1@gmail.com • 604-377-0186

johnyeohrealtor@gmail.com • 604-354-4749

Alzheimer Society of B.C.1-800-936-6033

email: info@alzheimerbcb.org

www.alzheimerbcb.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 Canada1-800-321-1433

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

email: 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

19065 119B Ave., Pitt Meadows

www.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 Line1-877-520-3267

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

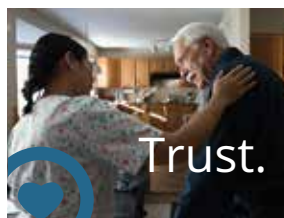
Assists grandparents and other relatives raising a family member's child with navigating complex service systems such as MCFD; to find the answers, assistance & resources they need to prevent or solve problems; and to learn about benefits and services that support the whole family.

Parkinson's Support Group1-800-668-3330

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.

Quality care at home.

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



(778) 730-0225 • www.qualicare.com



Quit Now1-877-455-2233
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.ridgemeanowshospicesociety.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 502, 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 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

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.

What is Personal Umbrella Insurance?

Your current Liability Limits may not be enough.

Get a **FREE** Consultation and protect what you've dedicated a lifetime to building.



Johnston Meier
 Insurance Agencies Group

22367 Dewdney Trunk Rd, Maple Ridge
604-467-4184

19174 Lougheed Hwy, Pitt Meadows
604-465-5507



Salvation Army Ridge Meadows Ministries
Community and Family Services/Administration Office
.....(604) 463-8296
23315 Dewdney Trunk Rd., Maple Ridge
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 (604) 467-6911 Ext. 1218
Community Services
22768 119 Ave., Maple Ridge
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

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

Take The Journey Coaching for Success(604) 614-6696
www.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

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

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

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



MEDRAY Bone Densitometry

Worried about osteoporosis or low bone density?

At Medray Imaging, we offer fast, accurate Bone Densitometry scans. Our new state-of-the-art technology can help detect early signs of bone loss before fractures happen.

Medical Director: Nathan Plaa, MD, FRCPC

FOR MORE INFORMATION CALL 604-941-7611 OR VISIT OUR WEBSITE WWW.MEDRAYIMAGING.COM
MEDRAY IMAGING MEDICAL CORP. LOCATED AT 110-3001 GORDON AVE, COQUITLAM, BC



**TALK WITH
YOUR
DOCTOR
ABOUT
YOUR
BONE
HEALTH**



First Link® Dementia Help Line

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

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 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) 463-4111
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 Home1-855-581-3794
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
email: 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.

Rhythm of Care Ridge Meadows Seniors Society

RMSS Maple Ridge Seniors
Activity Centre (604) 467-4993
12150 224 St., Maple Ridge
First and third Thursdays, 1-3 p.m.

RMSS Pitt Meadows Seniors
Activity Centre.....(604) 380-0516
19065 119B Ave., Pitt Meadows
An interactive, cognitive, small group musical program led by a music therapist.
Second and fourth Monday, 9:30-11:30 a.m.

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

All seniors welcome, including those with dementia and caregivers. Emphasis on humour and sharing stories. Some field trips start from the Centre. Coffee and treats. No cost.



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

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

I am here to support Maple Ridge Seniors.



604.466.2761 • marc.dalton@parl.gc.ca
22369 Lougheed Hwy., Maple Ridge
marcdaltonmp.com

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www.qualicare.com

Optimize Counselling, Coaching and Training Ltd.

Nadine Jans (604) 724-8972
www.optimizeyourlife.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.

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 assistant 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
email: 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
www.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.

Mobile Denture Care (778) 999-7929
email: 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.

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Call 604-467-1822 or Email rootsnatural2@hotmail.com | www.rootsnatural.ca | 22254 Dewdney Trunk Rd., Maple Ridge



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 Free1-866-437-1940
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
email: emo@pittmeadows.ca
www.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
email: 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.

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.



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Emergency Preparedness:

What Everyone Needs to Know (604) 786-7404
 Maple Ridge, Pitt Meadows, Katzie, Seniors Network
 email: 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. www.youtube.com/watch?v=UgN72aQbx0M

EMPLOYMENT

Douglas College – Encore Careers (604) 777-6099
 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 French 1-800-277-9915
 TTY 1-800-255-4786

Ridge Meadows Service Canada Centre

11900 Haney Place., 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 are between age 18 and 25 and are in full-time attendance at a school or university. Applications are available at: 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 residence requirements. You should apply at least six months before your 65th birthday or the date of your eligibility.





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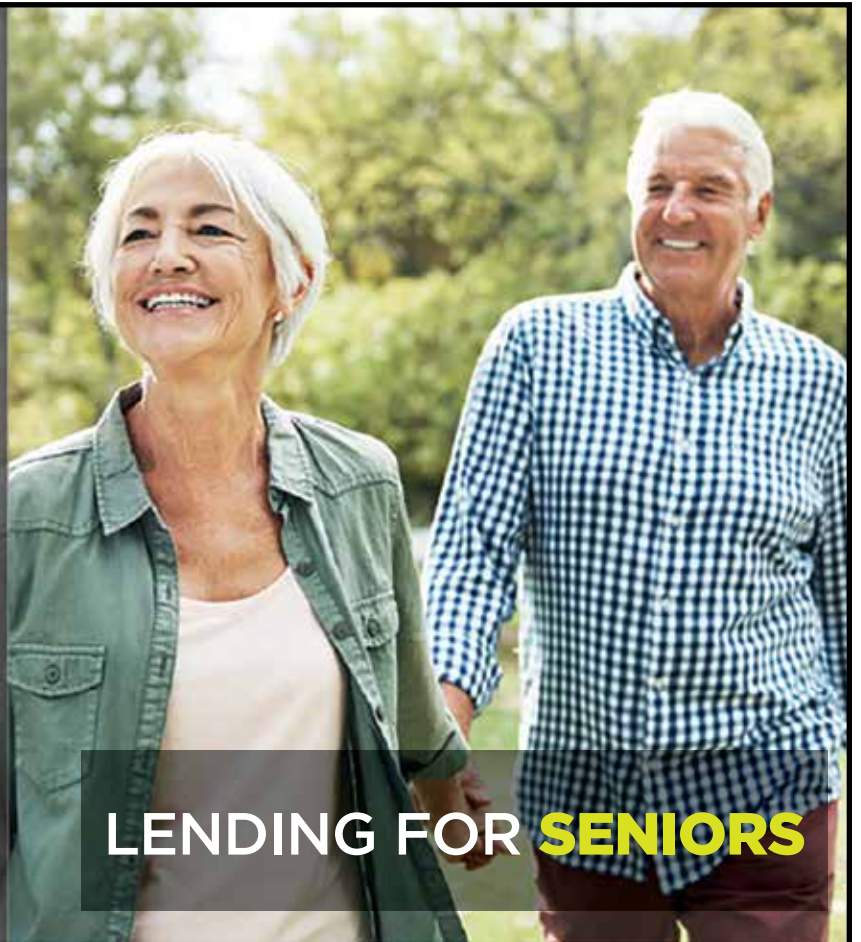
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Allowance

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.

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 spousal allowance.

PROVINCIAL

**Ministry of Social Development
& Poverty Reduction**1-866-866-0800
22522 Lougheed Hwy., Maple Ridge
www.myselfserve.gov.bc.ca

Provincial financial assistance.
Mon.-Fri., 8:30 a.m. – 4:30 p.m.



Property Tax Deferment1-888-355-2700
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

Open Monday-Friday, 8 a.m. – 4 p.m.

City of Pitt Meadows(604) 465-2418
12007 Harris Rd., Pitt Meadows
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

Tuesday – Friday, 9 a.m. – 12:15 p.m.



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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

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

email: 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

5:30 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
www.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.

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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. Open to all.

RMSS Pitt Meadows Seniors Activity Centre

..... (604) 457-4771
19065 119B Ave., Pitt Meadows
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
www.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

RMSS Maple Ridge Seniors Centre (604) 467-4993
12150 224th St., Maple Ridge
www.rmssseniors.org

**RMSS Pitt Meadows Seniors
Activity Centre** (604) 457-4771
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

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 30.



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

www.centralawyers.ca
Phone: 604-463-8890



SPECIAL EVENTS

Christmas Haven

The ACT Theatre
11944 Haney Place, Maple Ridge
email: christmashaven@gmail.com
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.

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. Charges based on a sliding scale relative to household 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
www.bruces.ca/grocery-delivery

Community Services (604) 467-6911
6800 Lougheed Hwy., Burnaby
www.morethanmilk.ca

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

COMMUNITY GARDENING

Brimming Organic Community Garden

220th street and Lougheed Highway

CEED Centre Society (604) 463-2229
11739 223 St., Maple Ridge
email: community@ceedcentre.com
www.ceedcentre.com

The CEED Centre manages community gardens in three locations. For more information and plot availability, contact Christian at community@ceedcentre.com

Beckett Park
11728 223 St., Maple Ridge

Brimming Organic Community Garden
11814 220 St., Maple Ridge

Pioneer Park
11824 230 St., Maple Ridge



KNOW YOUR ROLE AS FAMILY OR FRIEND TO A RESIDENT IN LONG-TERM CARE.

Long-Term Care Home Family Councils provide insight, support and guidance on how to navigate the long-term care home experience. Their collective voice, and regular communications with the care home team, help improve resident quality of life.

Contact **Fraser Association of Family Councils (FAFC)** to help start or maintain your care home family council.

The FAFC are volunteers with lived experience.

Website: <https://fraserfamilycouncils.ca/>. Email: fraser.regional@gmail.com





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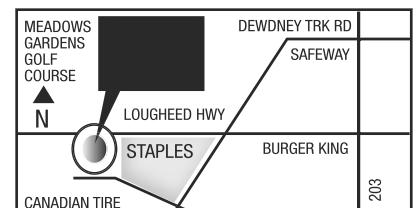
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19950 Lougheed Hwy.,
Pitt Meadows



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www.westcoasttoyota.com

Intergenerational Garden (604) 837-8915
22527 121 Ave., Maple Ridge
email: 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

St. George Community Garden.....(604) 463 9622
23500 Dewdney Trunk Rd., Maple Ridge
www.stgeorgemr.org

FUNERAL SERVICES & BEREAVEMENT SUPPORT

A Simple Cremation(604) 809-2006
37-22374 Lougheed Hwy., Maple Ridge
www.asimplecremation.ca

By appointment only.

Advisorly.....(604) 510-5155
20621 Logan Ave., Langley
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
email: contact@bcbh.ca
www.bcbh.ca

British Columbia Funeral Association1-800-665 3899
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

Maple Ridge Funeral Chapel & Crematorium (604) 463-8121
11969 216 St., Maple Ridge
www.mapleridgefuneral.ca

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

GOVERNMENT SERVICES

FEDERAL GOVERNMENT

Canadian Anti-Fraud Centre1-888-495-8501
www.antifraudcentre.ca

Service Canada1-800-277-9914
Local Service Canada Centre
11900 Haney Place, Maple Ridge

Canada Benefits1-800-0-CANADA / 1-800-622-6232

Canada Revenue Agency1-800-959-8281
www.cra.gc.ca

Government of Canada1-800-O-Canada (622-6232)
www.canada.ca

Programs and services for seniors:

www.canada.ca/en/employment-social-development/
campaigns/seniors.html

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

Veterans Affairs Canada1-866-522-2122
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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✉ sandra.sauriol@exprealty.com 🌐 www.sandisauriol.realtor

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

Lawrence Mok, MLA

Maple Ridge-Mission (604) 476-4530
102-23015 Dewdney Trunk Rd. Maple Ridge
email: lawrence.mok@conservativebc.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

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, Strn. PROV GOVT, Victoria V8W 9P4
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

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



Fair PharmaCare Plan

.....1-800-663-7100
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

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

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

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



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**



MUNICIPAL GOVERNMENT

Seniors Homeowner Grant

City of Maple Ridge(604) 463-5221
City of Pitt Meadows1-888-355-2700

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) 466-6177
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(236) 997-7513
Diana(604) 463-2346

Social walking club for singles 55+.

Ridge Meadows Hospice Society(604) 463-7722
www.ridgemedowshospicesociety.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

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.

BC Therapeutic Touch™ Network Society

www.bctherapeutictouch.com
www.facebook.com/bcttns.ca

Therapeutic Touch involves a gentle, light touch or no touch



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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

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

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

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) 330-4245
12150 224 St., Maple Ridge
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

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

Crystal Vision & Better Hearing Centre (604) 466-3937
22540 Dewdney Trunk Rd., Maple Ridge
www.cvoh.ca/maple-ridge-office/

HearCANADA (604) 466-3277
101 22561 Dewdney Trunk Rd., Maple Ridge
www.hearcanada.com

Wavefront Centre for Communication Accessibility (604) 942-7397
..... TTY: (604) 942-7380
210 – 2755 Lougheed Hwy., Port Coquitlam
www.wavefrontcentre.ca

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.

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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 65 years and older, including transportation to medical appointments (local and long-distance) and shopping, handyman service, home and yard maintenance,

housekeeping and friendly visits. Charges based on a sliding scale relative to household 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.

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

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



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604-941-8780 108-3001 Gordon Av, Coquitlam, BC

Medical Director: Nathan Plaa, MD, FRCPC



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
www.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.

Hero Home Care.....(888) 988-9913
www.herohomecare.ca

Our philosophy is simple. We hire heroes, not just

caregivers. Whether it's companionship or in-home nursing (or something in-between), our experienced team of nurses will take the time to understand the health, home and social care needs of your loved one and design a personalized home care solution that meets their needs and provides peace of mind for you and your family. Fee for service.

Homecare West.....604-924-5455
 email: info@homecarewest.com

Since 2004, Homecare West has been providing trusted, compassionate home support services to seniors and families across the Lower Mainland. Our mission is to help clients remain safe, independent, and comfortable in wherever they call home.

Our Services Include:

- Personal care (bathing, dressing, grooming)
- Medication reminders & health support
- Meal preparation & dietary support (including specialized diets such as gluten-free)
- Light housekeeping & laundry
- Companionship and social engagement
- Transportation and accompaniment to appointments
- Respite care for family caregivers

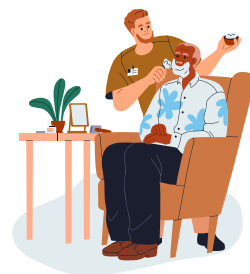
We customize every care plan to meet individual needs and schedules—from a few hours a week to 24/7 support.

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.



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Just Like Family Home Care..... (778) 244-7742
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.

Mon Ami Companion Services..... (604) 781-7060
www.Monamiservices.ca

Offers one to one non-medical companion services. Weekly service can include conversation, leisure activities, memory support, creative engagement, light movement, outings, errands, and accompaniment to appointments. Service available in private residence or retirement living communities.

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.

Senior Real Estate Specialist Janet Helm. (604)-730-2600
www.janethelm.com

More than just a move- Janet specializes in guiding older adults and their families through every step of right-sizing, from aging- in - place planning to a smooth, supported sale and move.

To access monthly e newsletters and seminars visit the website.

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

A local, independent home care agency founded in 2010 by Diane Miller, a seasoned nurse dedicated to holistic approach to senior home care. We empower seniors to age in place with compassion, dignity, connection, and affordability. Our flexible, personalized care plans nurture the whole person- physically, emotionally, cognitively, and socially- tailored to each senior's unique needs, wishes, values, and goals to enhance well-being, promote autonomy and foster independence. Working closely with families and out care team, we help seniors thrive at home and in the communities they cherish. Call for a free consultation! Service: Post-hospital discharge support- Certified dementia care-Companionship-Specialized home care- Home Health care- Transition support to higher levels of care.

TreVerna Estate Liquidation 604-889-1976
www.lowermainlandestateliquidation.ca

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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

Subsidized Housing (604) 433-2218
The Housing Registry, BC Housing
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

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

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



Provides financial help in the form of rebates to eligible low-income households to complete home adaptations for independent living. Applications are accepted on a first-come, first-served basis. Funding renews on April 1 of each year. Formerly called Home Adaptations for Independence (HAFI).

SAFER (Shelter Aid for Elderly Renters) (604) 433-2218
101 – 4555 Kingsway, Burnaby
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

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.



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Maple Ridge / PittMeadows

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Amy@monamiservices.ca



Maple Ridge/Pitt Meadows Rent Bank(604) 368-4585
300 – 22420 Dewdney Trunk Rd., Maple Ridge
email: 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

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

Seniors Services Society of BC Housing Counselling(604) 520-6621
750 Carnarvon St., New Westminster
www.seniorsservicessociety.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
www.cornerstonerentals.ca Cost: Affordable
Owned and operated by Community Services.

Turnock Manor(604) 433-2218
22325 St. Anne Ave., Maple Ridge
www.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.

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.



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Kilmartin Gardens(604) 250-6444
11821 Burnett St., Maple Ridge
www.colchar.org

Owned and operated by Columbus Charities Association.

Maple Towers (604) 467-4013
11841 - 222 St., Maple Ridge
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

Cost: Income-based.

Owned and operated by Affordable Housing Societies.

Cottonwood Park.....(604) 431-9225
11600 Cottonwood Dr., Maple Ridge
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

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

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

Haney Pioneer Village Co-op
.....(604) 463-2289
11830 230 St., Maple Ridge
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.stgeorgeshousing.ca



The Maples Housing Co-op

..... (604) 434-9185
21570 Cherrington Ave., Maple Ridge
email: applications@spicemanagementgroup.com

Ford Road Housing Co-op

..... (604) 465-6611
19041 Ford Rd., Pitt Meadows
www.fordroadcoop.ca

Harris Road Housing Co-op

..... (604) 465-1938
19225 119 Ave., Pitt Meadows
www.harrisroadco-op.ca

Meadow Highlands Mobile Home Co-op

..... (604) 465-8244
11892 Ponderosa Blvd., Pitt Meadows
www.meadowhighlands.ca

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

19032 Advent Rd., Pitt Meadows
Co-op for adults age 55+.

PRIVATELY OWNED SENIORS' HOUSING FOR OLDER ADULTS ONLY

Legion Gardens (604) 463-5101
12127 - 224th St., Maple Ridge
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

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

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 Community (604) 676-3817
12275 224th Street, Maple Ridge
www.chartwell.com



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Full continuum of care to age in place. Cost: private. Lifestyle options of independent living, assisted living and private long term care. Two meals a day, housekeeping, social and lifestyle experiences. Personalized services for a healthy, happy, worry-free lifestyle.

Greystone Manor(604) 467-2808
11657 Ritchie Ave., Maple Ridge
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

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 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

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

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

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

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

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



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Holyrood Manor(604) 467-8831
22710 Holyrood Ave., Maple Ridge
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
www.retirementconcepts.com/locations/maple-ridge-seniors-village

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

INDIGENOUS PROGRAMS & SERVICES

BC Association of Aboriginal Friendship Centres1-250-388-5502
www.bcaafc.com

Elders transportation to annual gathering.

Fraser River Indigenous Society(604) 458-0151
11830 223 St., Maple Ridge
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.

Indian Residential School Survivors Society 24-Hour Crisis Line Toll Free: 1-800-721-0066
www.irsss.ca

A provincial organization that provides essential services to residential school survivors and families experiencing intergenerational trauma.

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 Clinic1-877-762-6664
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

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



- 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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marcdaltonmp.com



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11657 Ritchie Ave, Maple Ridge



BC Old Age Pensioners Organization

www.bcoapo.ca

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

CARP (Canadian Association for Retired Persons) 1-833-211-2277
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

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

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
www.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.



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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.

Royal Canadian Legion Branch 88..... (604) 463-5101
12101 - 224 St., Maple Ridge
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.ridgemedowssa.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
email: libraryforyou@fvrl.bc.ca
www.fvrl.ca

Can't get to the Library? We come to you! We provide accessibility services to people who are unable to access the library due to illness or disability. Find the right service for you.

**Maple Ridge Pitt Meadows Katzie
Community Literacy Committee**(604) 721-3738
CEED Centre - 11739 223 St., Maple Ridge
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

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

New Pitt Meadows Medical Clinic (604) 465-4911
12181 Harris Rd., Pitt Meadows
www.newpittmeadowsmedicalclinic.ca

Pitt River Medical Centre(604) 459-9454
105-19070 Lougheed Hwy., Pitt Meadows

MAPLE RIDGE

Pure Care Walk In Clinic(604) 477-8800
105 - 22470 Dewdney Trunk Rd., Maple Ridge
www.purecareclinic.ca

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Ridge Meadows Urgent & Primary Care Centre(604) 476-7890
7/8 – 11900 Haney Place Mall, Maple Ridge
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 Health1-877-825-5034
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

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 BC8-1-1 TTY 7-1-1
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

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
email: 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 Intake1-855-412-2121
11762 Laity St., Maple Ridge
email: 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
email: lifeline@fraserhealth.ca
www.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 BC811
www.healthlinkbc.ca

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

Home Health & Palliative Support Services1-855-412-2121
11762 Laity St., Maple Ridge
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

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

MedicAlert Safe & Found Program 1-877-217-7449
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

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

A personal emergency response service.

Also see the Home Support Services Section on page 31.

MEDICAL EQUIPMENT & SUPPLIES

Ability411

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

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

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

Orthopedic & prosthetic appliances & shoes.

Medic Alert (Bracelets) 1-800-668-1507
www.medicalert.ca

Ministry of Social Development

& Poverty Reduction 1-866-866-0800
22522 Lougheed Hwy., Maple Ridge

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:



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- *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
www.propelmobility.ca

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Red Cross Medical Equipment

Loan Program(604) 465-5050
5 – 11435 – 201A St., Maple Ridge
Fax: (604) 465-5054 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

Snore MD Sleep Apnea Clinic(778) 619-2002
620 – 20395 Lougheed Hwy., Maple Ridge
www.snoremcdcanada.ca

Sommi Medical Equipment.....(604) 477-3210
1-22899 Dewdney Trunk Rd.
www.sommimedical.com

Sunrise Medical Equipment1-888-285-2488

Tetra Society of North America.....(604) 688-6464
www.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

Pain relief devices.

Independent Respiratory Services(604) 466-0900
22420 Dewdney Trunk Rd., Maple Ridge
www.IRSCanada.ca



MENTAL HEALTH & ADDICTIONS

Adult Mental Health Program

Family Education & Support Centre(604) 467-6055
22558 Lougheed Hwy., Maple Ridge
email: amh@familyed.bc.ca
www.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 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

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.



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BC Schizophrenia Society (604) 270-7841
www.bcscs.org

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

The Club Community Services (604) 467-0544
22768 119 Ave., Maple Ridge
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
www.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

Here To Help BC

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.

Maple Ridge Street Outreach Society (MRSOS)

email: mrstreetoutreach@gmail.com

Addiction/Substance use support group a non-profit organization run by and for people who are affected by substance use. Maple Ridge Street Outreach Society provides a safe, non-judgemental place for people who use, or are affected by substances, to discuss common concerns and the daily dilemmas of their lived or living experience. We recognize that not everyone who uses substances is ready for recovery and we aim to provide supports wherever they are in their journey.

email: dan.mcburnie@gmail.com or text 604-369-8525

email: debbielpicco@gmail.com. or text 778-847-8006

Mood Disorders Association of BC (604) 873-0103
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.

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Broughton St., Vancouver



Columbus Kilmartin Gardens

Maple Ridge



Columbus Wayne Place

Prince Rupert



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Email: cca@colchar.org

www.colchar.org



MULTICULTURAL SERVICES

**Immigrant Services Society of BC
(ISS of BC)**(778) 372-6567
110 - 22638 119 Ave., Maple Ridge
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
email: linc.mr@issbc.org
www.issbc.org

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

Family Education & Support Centre(604) 467-6055
2554 Lougheed Hwy., Maple Ridge
email: diversity@familyed.ca
www.familyed.ca

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

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
www.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

Maple Ridge Eye Care(604) 463-4469
101 - 23015 Dewdney Trunk Rd., Maple Ridge
www.mapleridgeeyecare.ca

Optics International - Maple Ridge(778)-284-7651
100-20398 Dewdney Trunk Rd., Maple Ridge

Pacific Eye Doctors(604) 409-4947
22320 Brown Ave., Maple Ridge
www.eyedoctorsmapleridge.ca

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

PETS

BCSPCA (Maple Ridge Branch)(604) 463-9511
10235 Jackson Rd., Maple Ridge
www.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

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604-467-4184

19174 Lougheed Hwy, Pitt Meadows

604-465-5507



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ElderDog Vancouver
(Maple Ridge/Pitt Meadows)1-855-336-4226
www.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
www.alouette-pharmacy.business.site

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

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

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

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

Loblaws (No Frills) Pharmacy(604) 467-0753
 22427 Dewdney Trunk Rd., Maple Ridge
www.nofrills.ca/pharmacy

London Drugs(604) 463-0991
 101 - 22709 Lougheed Hwy., Maple Ridge
www.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
www.maplemeadowshealth.ca

Meadows Pharmacy(604) 460-0541
 12161 Harris Rd., Pitt Meadows
www.meadowspharmacy.com

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

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

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

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

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 tasks to complex care.



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Ridge Meadows Pharmacy(604) 463-4771
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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
www.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
www.shoppersdrugmart.ca

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

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www.astepabovefootcare.ca

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Bonnie's Foot Care Services(604) 789-5094
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Cameo Spa & Laser Clinic
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Maple Ridge(604) 466-0078
email: cameospa@telus.net
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Caring Touch Health Care Services(604) 477-7748
In home foot care by appointment.
Fee for service

Charlotte Tshibangu(604) 375-3613
email: Charlotte_nsonga@hotmail.com
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Feet for Life Foot Care(604) 354-7771
email: Niki Paxton: niki@feetforlife.ca

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Benefits of walk-in tubs

**GOV'T GRANT
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As we age and begin to lose our mobility and sense of balance, bathing can not only become difficult but also a cause of additional stress and anxiety. Fear of falling and a fear of not being able to get out of the tub are two of the most common occurrences with many of our seniors today. Walk-in tubs have become extremely popular in the last decade and estimates show that people who go ahead and install a walk-in tub in their homes today, will be able to live independently for an additional five years.

Walk-in tubs are exactly what the name implies, tubs that have large doors that open, and you simply walk in and sit down on a 17-inch-high seat. You close and lock the door and the tub fills rapidly while you are sitting comfortably and safely inside. All the taps and controls are easily accessible at your fingertips. Once you are done your bath, turn the dial and the tub quickly drains and you simply open the door and walk out of the tub. The various models all

have numerous grab bars and nonslip surfaces making getting in and out worry free. Walk-in tubs are designed for an aging population who desire to remain independent for many years to come.

Manufacturers have optional tub designs accommodating every shape and size of person and bathroom. There is a tub size that will fit in the space where your existing tub or shower is. Walk-in tubs can be as basic as a soaker tub to as deluxe as your own personal spa. Offering numerous options such as heated back, multi-speed warm air jets, water jets, ozone, light therapy, aromatherapy, and more. All walk-in tubs are tub/shower combinations.

The benefits of a walk-in tub are numerous. Many people crave being able to confidently have a bath again and find relief by just soaking in a warm tub. Owners say they believe they sleep better after a soothing bath. The warm air or water jets give a deep massage and help

“ Perhaps, one of the best decisions I've made is when I decided to go ahead and put a walkin tub in my house. I no longer have a fear of falling and this will help me live in my home for many more years to come.”

Jean S.

to stimulate circulation, thus carrying additional healing oxygenated blood throughout the body to the hands and feet. This has shown positive results increasing mobility and helping to relieve the pain and symptoms of such conditions as arthritis, chronic back pain, fibromyalgia, diabetic and peripheral neuropathy, as well as various other acute and chronic conditions.

The Canadian Government website states that 1 in 4 seniors fall every year, and 25% of these falls are serious, leaving the victims permanently disabled and bedridden. A large percentage of these falls



take place in the bathroom. Aside from all the pain and suffering it also ends up costing the Canadian medical system two billion dollars annually. Therefore, the British Columbia and Federal Governments are helping many people who decide to purchase a walk-in tub now. The help comes in the forms of a \$4,000 tax credit, a Provincial Sales Tax waiver and in certain qualifying cases a \$10,000

Government Grant.

As we all age and the years fly by, many seniors are faced with the reality that taking proactive steps today and deciding to retrofit their homes with a walk-in tub is one of the best investments they can make to help them age in place, comfortably and independently in the home they love.

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www.micasafootcare.com
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Maple Ridge Physiotherapy Foot Care (604) 467-8775
www.mapleridgephysio.com

Nurse Next Door Home Care Services (604) 468-2273
www.nursenextdoor.com

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

On the Move Foot Care (604) 614-0505
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Pitt Meadows Wellness Centre (604) 465-1624
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Proactive Foot Care offers basic/advanced and diabetic foot care in the comfort of your home by a foot care nurse.

RMSS - Maple Ridge Seniors Activity Centre
Foot Care Services (604) 467-4993
12150 – 224 St., Maple Ridge
www.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
www.rmssseniors.org

Call reception for details. Appointments necessary.

Shirley's Massage & Reflexology (604) 996-1123
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Arts experiences for all. For those who cannot afford to access Live Performances or Arts Programs, contact Lori Ceaser at loric@mract.org about how to receive tickets or arts program registration through the Arts Angels program supported by individual donors and Westminster Savings. Over 100 volunteers. If interested, register at: www.theactmapleridge.org/volunteer

Alouette Men's Shed(604) 786-7404
In Ridge Church - 22155 Lougheed Hwy., Maple Ridge
email: AlouetteMensShed@outlook.com
www.alouettemensshed.ca
www.facebook.com/AlouetteMS

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
www.mapleridge.ca/2536/Albion-Community-Centre

The Albion Community Centre is a multi-use community centre co-located with **Ćəsqənələ** 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 at Community Services - 22768 119 Ave., in Maple Ridge.

Burnett Street Men's Shed

At Christopherson House
11797 Burnett St., Maple Ridge
email: medhurstrick@gmail.com
www.bcmenssheds.ca

CEED Centre Society(604) 463-2229
11739 223 St., Maple Ridge

The CEED Centre hosts a variety of community programs including:

Community Discussions, Wednesdays from 10 a.m. to 12 Noon. An informal forum for discussing issues of interest to the people attending each session. All ages of seniors welcome. Coffee and treats. No cost.

Sewing Ceedlings, Thursdays, 1-4 p.m. at the CEED Centre. All skill levels of people interested in textiles and sewing have a great time together working on fundraising projects and sharing ideas and talents. All are welcome.

Farmers Market Performance Stage, Thursdays, 6-8 p.m. at the CEED Centre in July and August. Enjoy local musicians, story tellers and poets performing during the Farmers Market (4-8 p.m.)



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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

Pitt Meadows Public Library(604) 465-4113

200 - 12099 Harris Rd., Pitt Meadows
www.fvrl.ca



Golden Ears Winter Club (Curling)(604) 463-4813

23580 - 105 Ave., Maple Ridge
www.gewc.ca

Various levels of curling for all ages.

Lawn Bowling Club(604) 467-0755

11445 232 St., Maple Ridge

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

Maple Ridge

Leisure Centre(604) 467-7322

11925 Haney Place, Maple Ridge
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

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

email: probusmapleridge@gmail.com
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.

KNOW YOUR ROLE AS FAMILY OR FRIEND TO A RESIDENT IN LONG-TERM CARE.



Long-Term Care Home Family Councils provide insight, support and guidance on how to navigate the long-term care home experience. Their collective voice, and regular communications with the care home team, help improve resident quality of life.

Contact **Fraser Association of Family Councils (FAFC)** to help start or maintain your care home family council.

The FAFC are volunteers with lived experience.

Website: <https://fraserfamilycouncils.ca/>. Email: fraser.regional@gmail.com



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 a.m. - 1 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

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.

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.

Woodwerks Men's Shed 778-389-2026
email: woodwerksmensshed@gmail.com

20450 Dewdney Trunk Rd, Maple Ridge (Back Parking Lot building). Tuesdays at 7:00 pm.

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.



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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 65 years and older, provided Monday through Friday. Charges based on a sliding scale relative to household income.

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. If there's a store or service you're looking for, we'd be happy to help you find it here in Maple Ridge!

TECHNICAL SUPPORT

Book a Librarian

Maple Ridge Public Library (604) 467-7417

Pitt Meadows Public Library (604) 465-4113

www.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.

www.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

www.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

www.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

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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
www.rmssseniors.org

Need help understanding your smart phone, tablet or laptop? Book a one-on-one appointment 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.

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

Volunteer driver service primarily for seniors 65 years and older, provided Monday through Friday. Current charges are based on a scale relative to household income.

BC211 Seniors Provincial Phone Line211
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 Others1-866-866-0800
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 Ferries1-888-223-3779
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

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

Elder Transportation Program1-250-388-5502
 BC Aboriginal Friendship Centre
www.bcaafc.ca

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

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.
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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

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

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 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

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

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

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

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
email: volunteer@mract.org
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.



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CEED Centre Neighbourhood House (604) 463-2229
 CEED Centre Society
 11739 223 St., Maple Ridge
 email: community@ceedcentre.com

Help lead or participate in one of our four weekly programs or volunteer with the community gardens, farm market, food hub, fundraisers, festivals and events. Opportunities for graphic design, video, podcasting, photography, social media, performing music, storytelling, poetry reading. Help is also needed with gardens and fixing and maintaining structures.

City of Maple Ridge Parks, Recreation & Culture (604) 467-7325
 11995 Haney Place, Maple Ridge
 email: volunteer@mapleridge.ca
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

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

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

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.

Golden Ears Gogos
 Linda King(604)467 2688
 Heather Crum
 email: heathercrum1952@gmail.com(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.

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.

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Grand Buddies Program (604) 786-7404
Maple Ridge, Pitt Meadows, Katzie, Seniors Network
email: 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
email: 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
email: seniorsnetworkmpk@gmail.com
www.seniors-network.ca

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 Laity 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. 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.ridgemeanowshospicesociety.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
www.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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