



Maple Ridge  
Pitt Meadows  
Katzie

# Seniors Resource Guide

5th Edition

Programs & Organizations

Services & Support

Housing

Events & Activities

Transportation

Volunteer Opportunities

and much more!



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

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

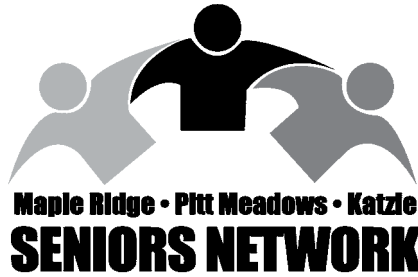


### ***Vision Statement***

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

### ***Mission Statement***

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



## **Mission Statement**

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

## **Purpose**

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

## **Get Involved**

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

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

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

## **Seniors Network**

604-786-7404

*seniorsnetworkmpk@gmail.com*

# Table of Contents

Reporting Abuse .....	3
Emergency Phone Numbers .....	4
Non-Emergency Numbers .....	5
Crisis Line & Victim Services .....	5
Aboriginal Programs & Services .....	7
Community Services & Programs .....	8
Counselling & Support Services .....	9
Dental Clinics.....	13
Denturists .....	14
Financial Services .....	15
Food Services.....	17
Government Services .....	24
Health & Wellness .....	27
Home Support .....	28
Housing For Seniors .....	32
Legal Services .....	38
Leisure Activities.....	40
Literacy Programs .....	42
Medical Clinics .....	42
Medical Services .....	43
Medical Supplies .....	45
Mental Health & Addictions.....	46
Multicultural Services.....	48
Municipal Services.....	49
Optometrists .....	49
Pharmacies.....	50
Physiotherapists .....	51
Podiatrists & Footcare .....	52
Shelters .....	53
Shopping .....	54
Transportation Services.....	55
Volunteer Opportunities .....	57
Index.....	60

# REPORTING ABUSE, NEGLECT OR SELF-NEGLECT

If you have concerns that a vulnerable adult may be:

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

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

**If the situation is not an emergency:**

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

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

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

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

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

# **EMERGENCY NUMBERS**

**Police: 9-1-1**

**Ambulance: 9-1-1**

**Fire Department 9-1-1**

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

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

**Poison Control (24 hours) ..... 604-682-5050**

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

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

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

## **WATER/SEWER EMERGENCY**

**Maple Ridge ..... 604-463-9581**

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

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

## Non-Emergency Phone Numbers

### Police (Non-Emergency)

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

### Ambulance (Non-Emergency)

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

### Fire Department (Non Emergency)

Maple Ridge **604-463-5880**

Pitt Meadows **604-465-2401**

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

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

24 hour, confidential health information and advice.

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

### Municipal/City Halls

Maple Ridge **604-463-5221**

Pitt Meadows **604-465 5454**

**BC 211 [www.bc211.ca](http://www.bc211.ca) 2-1-1**

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

24 hours a day, 7 days a week.

### Civic Safety

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

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

## Crisis Lines & Victim Services

### BC Centre for Elder Advocacy & Support

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

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

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

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

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

### **Crime Stoppers**

**1-800-222 TIPS (8477)**

If you have information about a crime, you can leave an anonymous tip by calling or visit [www.bccrimestoppers.com](http://www.bccrimestoppers.com).

### **Crime Victim Assistance Program**

**604-660-3888**

**1-866-660-3888**

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

### **Crisis Intervention and Suicide Prevention Centre of BC**

**1-800-SUICIDE**

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

**1-800-784-2433**

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

### **Fraser Health React**

**1-877-REACT-08**

[react@fraserhealth.ca](mailto:react@fraserhealth.ca)

**1-877-732-2808**

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

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

### **Victim Link BC**

**1-800-563-0808**

TTY **604-875-0885**

Text @ **604-836-6381**

[www2.gov.bc.ca](http://www2.gov.bc.ca)

[www.pssg.gov.bc.ca/victimservices](http://www.pssg.gov.bc.ca/victimservices)

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



# Aboriginal Programs & Services

## **Anishnaabe Place**

MR/PM Community Services  
(The First People)

**604-467-6911 Ext. 1217**

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

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

## **BC Association of Aboriginal Friendship Centres**

**1-800-990-2432**

Elders transportation to annual gathering.

## **Fraser River All Nations Society**

**604-467 6911**

## **Maple Ridge Pitt Meadows Community Services**

11907 228th Street, Maple Ridge

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

## **Katzie First Nation**

**604-465-8961**

## **Katzie Health Care Centre:**

**604-465-8921**

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

## **Maple Ridge Pitt Meadows**

## **Katzie Community Network**

**604-818-2591**

[info@resourceyourcommunity.com](mailto:info@resourceyourcommunity.com)

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

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

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

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

**Programs for all Aboriginal groups,**

**e.g. First Nation and Metis Urban:**

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

**Programs for Elders:**

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



**Maple Ridge/Pitt Meadows  
Community Services**

**Better at Home Seniors Outreach**

**and Home Support Program      604-467-6911 Ext. 1232**

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

*www.comservice.bc.ca*

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

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

**Meals on Wheels****604-467-6911 Ext. 1218**

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

## **COUNSELLING & SUPPORT SERVICES**

**Alcohol and Drug Information and Referral Service**

For help with alcohol or drug use.

**604-660-9382****Alouette Addiction Services**[www.alouetteaddictions.org](http://www.alouetteaddictions.org)**604-467-5179**

201 - 22477 Lougheed Hwy., Maple Ridge

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

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

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

**Alzheimer Society of BC  
Resource Centre**

**604-298-0780**

*www.alzheimer.ca/bc*

**Toll free: 1-800-667-3742**

103 - 5623 Imperial St., Burnaby

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

**Arthritis Society of Canada**

**1-800-321-1433**

Arthritis Answer Line

*www.arthritis.ca/bc*

**BC Centre for Elder Advocacy and Support  
(BCCEAS)**

**604-437-1940**

#304 - 411 Dunsmuir St., Vancouver

*www.bcceas.ca*

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

**Begin Again Widows Support Group**

Ridge Meadows Seniors Society

Contact Donna **604-466-1173**

or Sheila **604-467-7183**

12150 - 224th St. Maple Ridge

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

**Christmas Hamper Society**

*lorraine@mrpmchristmashamper.org*

**604-463-6922**

*www.mrpmchristmashamper.org*

Maple Ridge Fair Grounds

Register for a Christmas Hamper individually and receive a coupon for a frozen turkey dinner. Groups of three or four seniors also receive a coupon for the fixings of a turkey dinner.

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

11762 Laity Street, Maple Ridge

Seniors with disabilities are assessed for eligibility. Provides health monitoring, physical, and recreational activities. A hot meal is served at noon. Monday - Friday, 8:30 am - 2:30 pm.

**Grandparents Raising Grandchildren Support Line**  
*GRGline@parentsupportbc.ca* **604-669-1616**

*www.parentsupportbc.ca* **1-855-474-9777**

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

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

**Parkinsons Support Group** **604-467-4993**

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

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

Support for those trying to quit smoking.

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

*info@ridgemeanowshospice.org*

*www.ridgemeanowshospicesociety.com*

102 - 22320 119 Ave., Maple Ridge

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

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

**Caregivers Support Group**

Compassionate caregivers, male or female, 55 or better, are prepared to allocate 2 - 3 hours per week to act as a temporary caregiver for infirm individual in the patient's own home, providing a short break for the regular caregiver. Certain conditions apply. Meet together Mondays in the Library Room 1 - 3 pm.

## **Ridge Meadows Seniors Society**

### **Seniors Helping Seniors**

**604-467-4993**

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

## **Ridge Meadows Seniors Society**

### **Senior Peer Counselling**

**604-467-4993**

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

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

Nadine Jans **604-724-8972**

*[njans@optimizeyourlife.com](mailto:njans@optimizeyourlife.com)*

*[www.optimizeyourlife.com](http://www.optimizeyourlife.com)*

Counselling services (limited sliding scale) for:

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

Training and Consulting:

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

Confidential / Non-judgmental / Transparent /  
Compassionate

Home visits or in-office appointments available.

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

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

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

Maple Ridge Branch

**DENTAL CLINICS - LOW COST**

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

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

455 East Hastings St., Vancouver

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

10697 - 135A St., Surrey

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

3998 Main St. &amp; 24th, Vancouver

Basic and emergency dentistry, all ages.

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

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

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

## **DENTURISTS**

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

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

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



# FINANCIAL SERVICES

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

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

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

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

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

## **Service Canada Allowance**

(GIS/OAS Allowances are one program)

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

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

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 has to be renewed each year, however if seniors file their income tax return on time, renewal can happen automatically. Applications are available at: [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

**Allowance for the Survivor**      English **1-800-277-9914**  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)      French **1-800-277-9915**

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 has to be renewed each year, however if seniors file their income tax return on time, renewal can happen automatically.

**Guaranteed Income Supplement (GIS)**  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)      English **1-800-277-9914**  
French **1-800-277-9915**

If you are receiving the Old Age Pension (OAS), you may be eligible to receive the GIS, depending on your income.. The benefit has to be renewed each year, however if seniors file their income tax return on time, renewal can happen automatically. Applications are available at: [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

**Gerry Steckler - Financial Advisor**      **(778) 989-5575**  
[gerry@stecklerfinancial.com](mailto:gerry@stecklerfinancial.com)

Helping seniors and their families achieve financial security through estate planning. A little bit of preparation can ensure you preserve your wealth for both you and your beneficiaries. Fee for service.

**Property Tax Deferment**  
(also see Municipal Services on page 49)

**City of Pitt Meadows**      **604-465-2418**  
**City of Maple Ridge**      **604-467-7316**

**Ridge Meadows Service Canada**      **1-800-622-6232**  
22325 Lougheed Hwy., Maple Ridge  
A full customer service centre offering a mix of information  
and transactional support for government services.

## **FOOD SERVICES**

### **CHRISTMAS HAMPER**

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

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

### **FOOD HAMPERS**

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

#8 - 22726 Dewdney Trunk Rd., Maple Ridge  
Hours of Operation: Tuesday - Friday 9:00 am -12:30 pm  
Each week our clients receive food of their choosing which includes bread, buns, produce and other items. Once a month on the week of the clients' choosing, they receive a hamper which includes three to four days of food. Clients must be registered with the Food Bank. Proof of residence, Care Card, photo ID and proof of income/benefits required.

**Friends in Need Food Bank, Pitt Meadows**  
Grace Community Church,  
12240 Harris Rd., Pitt Meadows      **604-460-4619**

Hours of Operation: Tues. & Wed. 9:00 am -12:30 pm  
Each week our clients receive food of their choosing which includes bread, buns, produce and other items. Once a month on the week of the clients' choosing, they receive a hamper which includes three to four days of food. Clients

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

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

22188 Lougheed Hwy., Maple Ridge

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

**FOOD CUPBOARDS**

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

**FREE MEALS**

**Anishnaabe Place** **604-467-6911 Ext. 1217**

**Maple Ridge/Pitt Meadows Community Services**

Contact: Amanda and Noreen

11907 - 228 St., Maple Ridge

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

**The Salvation Army Ridge Meadows Ministries**

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

Lunch served 7 days a week 12 - 1 pm,

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

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

19700 Salish Rd., Pitt Meadows,

Lunch program open to Katzie Elders.

**FROZEN MEALS**

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

#4 - 12851 Bathgate Way, Richmond, BC

**Better Meals** **604-299-1877**

*www.bettermeals.ca*

5742 Beresford Street., Burnaby, BC

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

*www.casalingafoods.com*

7624 Winston Street, Burnaby, BC

**Real Meals****604-375-9990***www.eatrealmeals.com*

Delivery Only

**Ridge Meadows Seniors Society****604-467-4993**12150 224th St. **Maple Ridge** *www.rmssseniors.org*

Frozen meals and soup are available for takeout in Maple Ridge. Place an order at reception.

**Ridge Meadows Seniors Society****604-457-4771**19065 119B Ave, **Pitt Meadows** *www.rmssseniors.org*

Frozen soups are available for takeout in Pitt Meadows. Place an order at reception.

**GROCERY DELIVERY****Grocery Shopping and Delivery Service****Blue Moon Organics****604-462-8822***www.bluemoonorganics.com*

26061 – 112th Avenue, Maple Ridge, BC

**Dairyland Home Service****604-421-4663***www.morethanmilk.ca*

6800 Lougheed Highway, Burnaby, BC

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

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

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

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

Delivery starts at \$4.95

**Sustainable Produce Urban Deliver**      **604-215-7783**  
*www.spud.ca*      *vancouver@spud.ca*  
1660 East Hasting Street, Vancouver

**Thrifty Foods**      **1-800-667-8280**  
*www.thriftyfoods.com*  
11895- 226 St., Haney Place Mall, Maple Ridge

**Safeway**      **604-460-1553**  
300 - 20201 Lougheed Hwy., Maple Ridge  
Fee for service. Transit passes available for sale.

## **GROCERY SHOPPING / TRANSPORTATION**

**Better at Home Seniors Outreach and  
Home Support Program  
Maple Ridge/Pitt Meadows Community Services**  
Services for seniors: transportation, visiting,  
housekeeping, handyman      **604-467-6911 Ext. 1232**

**Caring Touch Health Care Services**      **604-477-7748**  
Grocery Shopping/Transportation. Fee for service.

**Comfort Keepers**      **604-530-9111**  
Grocery shopping. Fee for service.

**Helping Hands & Heart**      **604-785-5355**  
Grocery shopping. Fee for service.

**Home Instead Seniors Care**      **604-552-3324**  
Grocery shopping. Fee for service.

**Nurse Next Door Homecare Services**      **604-468-2273**  
Grocery shopping. Fee for service.

**Ridge Meadows Seniors Society  
Seniors Helping Seniors**      *www.rmssseniors.org*  
Call reception for details      **604-467-4993**  
Volunteer drivers will provide rides within Pitt Meadows and  
Maple Ridge. A minimal fee applies.

## **GROW YOUR OWN VEGGIES: GARDENING OPPORTUNITIES**

### **Intergenerational Garden**

**604-837-8915**

*gardencoord@gmail.com*

22527 121 Ave., Maple Ridge

Contact coordinator

Garden plots for rent and volunteer opportunities.

### **Maple Ridge Fairgrounds Community Gardens**

Contact Allison Maxwell

*allison.maxwell@shawbiz.ca*

Contact by email only

### **Pitt Meadows Community Gardens**

Contact Linda Musgrave

**604-460-8804**

*lmusgrave@telus.net*

### **CEED Centre**

Contact Christian Cowley *community@ceedcentre.com*

To register your garden or to find a garden to share, go to  
*www.ceedcentre.com*

## **LOW COST MEALS**

### **Maple Ridge Secondary School**

#### **Culinary Arts Program**

**604-463-4175**

21911 - 122 Ave., Maple Ridge

Buffet style dinner open to the community. Thurs. evenings.  
Doors open at 4:30 pm, buffet open from 5-6 pm. Assistance  
is available for people with mobility challenges. Call to  
make a reservation. Take-out meals and gift certificates also  
available. Dine in: \$12 adults & seniors, \$10 children under  
10. Take-out: \$9 dinner only, \$10 dinner & dessert. Menu  
posted weekly at: *www.mapleridgessecondary.ca*

### **Ridge Meadows Seniors Society**

Maple Ridge Seniors Activity Centre

**604-467-4993**

12150 - 224th St. Maple Ridge

*www.rmssseniors.org*

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

### **Ridge Meadows Seniors Society**

Pitt Meadows Seniors Activity Centre

**604-457-4771**

19065 119B Ave, Pitt Meadows

*www.rmssseniors.org*

Soup and a roll are available every Friday.

Takeout soup is also available.

### **Vancouver Community College Dinner Service**

**Samuel Robertson Technical Secondary School**

10445 245 Street, Maple Ridge

**604-466-8409**

Tuesday - Thursday from 5 - 6 pm.

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

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

*schools.sd42.ca/srt/dinner*

### **MEAL DELIVERY**

#### **Meals on Wheels**

#### **Maple Ridge/Pitt Meadows Community Services**

Contact Joan

**604-467-6911 Ext. 1218**

11907 228 St., Maple Ridge

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

### **MEAL PREPARATION**

#### **Access Health Services**

**604-467-1135**

Meal preparation. Fee for service

#### **Caring Touch Health Care Services**

**604-477-7748**

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

#### **Comfort Keepers**

**604-530-9111**

Meal preparation. Fee for service.

#### **Community Kitchens**

#### **Golden Ears FEAST/Family Education**

Contact Candace Gordon

**604-283-9893**



*ciegordon@gmail.com*

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

### **Helping Hands & Heart**

Contact Karen Mann

**604-785-5355**

*karen@handsandheart.ca*

*www.handsandheart.ca*

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

### **Home Instead Seniors Care**

**604-552-3324**

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

### **Nurse Next Door Homecare Services**

Contact Carol Lange

**604-468-2273**

*mapleridge@nursenextdoor.com*

*www.nursenextdoor.com*

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

### **We Care Home Health Services**

**604-552-4378**

Meal preparation. Fee for service.

## **ONE-OFF MEALS**

### **Christmas Haven**

*christmashaven@gmail.com*

*www.christmashaven.ca*

A group of community minded volunteers organizes a free, non-denominational, and wheelchair accessible Christmas Dinner, promoting a sense of belonging and camaraderie on a night that often brings hardship to those with little or no support. We are pleased that our event continues to grow and welcomes seniors, families or individuals who may not want to be alone at this time of year.

The Christmas Haven evening is held at The ACT in downtown Maple Ridge from 6 pm to 9 pm every Christmas Eve (December 24th). This venue provides a wonderful festive atmosphere for our guests and is the centrepiece for

a turkey dinner with all the fixings; local entertainment, and children's activities. Santa is also in attendance and has a special gift for all who attend.

### **Real Estate Thanksgiving Dinner**

See local papers for details.

### **Haney Farmers Market**

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

**604-467-7433, ext 2**

[hfminfo@haneyfarmersmarket.org](mailto:hfminfo@haneyfarmersmarket.org)

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

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

## **GOVERNMENT SERVICES**

### **FEDERAL GOVERNMENT**

**Allowance/Survivor Allowance**

**1-800-277-9914**

See listing on page 16.

**Canada Benefits**

**1-800-0-CANADA**

[www.canadabenefits.gc.ca](http://www.canadabenefits.gc.ca)

**1-800-622-6232**

**Ruimy, Dan, MP**

**604-466-2761**

[www.parl.gc.ca/parliamentarians](http://www.parl.gc.ca/parliamentarians)

Federal Liberal MP for Pitt Meadows-Maple Ridge

22369 Lougheed Hwy. Maple Ridge

**Royal Canadian Legion #88**

**604-463-5101**

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

**Service Canada** **1-800-622-6232**  
Information on any Government of Canada Program.

**Service Canada** **1-800-277-9914**  
Canada Pension Plan (CPP)  
Guaranteed Income Supplement  
Old Age Security (OAS)

**Veterans Affairs Canada** **1-866-522-2122**  
*www.veterans.gc.ca*  
Offers a wide range of services and benefits to qualified, eligible veterans (and their dependants), members and ex-members of the Armed Forces and members and ex-members of the RCMP.

## **PROVINCIAL GOVERNMENT**

**Bing, Doug, MLA** **604-465-9299**  
Maple Ridge - Pitt Meadows *www.dougbingmla.ca*  
*Doug.Bing.MLA@leg.bc.ca*  
#104 - 20130 Lougheed Hwy., Maple Ridge V2X 2P7  
Help with finding government resources and/or assisting citizens with issues or information related to BC govt. services. Also able to assist with local knowledge & service information. Your MLA can also provide commemorative certificates from the BC govt. for special occasions.

**Dalton, Marc, MLA** **604-476-4530**  
Maple Ridge - Mission *marc.dalton.mla@leg.bc.ca*  
#102 - 23015 Dewdney Trunk Rd., Maple Ridge

**Fair PharmaCare Plan** **604-683-7151**  
*www.health.gov.bc.ca/pharmacare/*  
Fair Pharmacare assists British Columbians with the cost of eligible prescription drugs and certain other medical supplies ordered by your doctor, dentist or podiatrist.

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

**Ombudsperson of BC**  
*www.bcombudsperson.ca*

**1-800-567-3247**

**Seniors Advocate, BC**

**1-877-952-3181**

515 Blanshard Street *info@seniorsadvocatebc.ca*

PO Box 9651, STN PROV GOVT, Victoria. BC

Need help with seniors' programs and services?

Speak with one of our Information & Referral analysts,  
Monday - Friday 8:30 am - 4:30 pm (except stat. holidays).

**Seniors BC**

*www.SeniorsBC.ca*

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

**Service BC**

**1-800-663-7867**

*www.servicebc.gov.bc.ca*

or **604-466-7470**

Deaf & Hearing Impaired

**604-775-0303**

*www.gov.bc.ca/mcf*

**1-800-661-8773**

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

## **MUNICIPAL GOVERNMENT**

### **Seniors Homeowner Grant**

Maple Ridge **604-463-5221**

Pitt Meadows **604-465-5454**

## **OTHER**

### **Royal Canadian Legion #88**

**604-463-5101**

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

# HEALTH & WELLNESS

## EXERCISE

### Happy Walkers Club

604-463-8874

From Pitt Meadows Heritage Hall on Saturdays at 9:15 am.

### Pitt Meadows Women's Walking Club

Contact Bev

604-465-7425

Pitt Meadows Family Rec Centre. Tue/Thur at 8:45 am.

### Ridge Meadows Hospice Society

#### Bereavement Support Services

604-463-7722

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

### Whonnock Walkers

604-462-9863

Whonnock Lake Centre, Mon/Wed/Fri. at 9:15 am.

## WELLNESS

### Cameo Group - Ridge Meadows Seniors Society

12150 224th St. Maple Ridge

Contact Gail

604-463-0539

Cameo Group is for seniors who are isolated and looking to socialize with other seniors. Every Thursday 1-3 pm.

### Fraser Health Falls Prevention Mobile Clinic

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

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

604-587-7866

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

### Golden Seniors Wellness Clinic

Ridge Meadows Seniors Society

604-467-4593

Contact Karen or Peggy

[kewsumi@yahoo.ca](mailto:kewsumi@yahoo.ca)

Health & Wellness Clinic for seniors every Tuesday at RMSS in the social activity room, 9 am to noon. Retired RNs provide health and wellness info. Blood pressure

and weight can be measured. Drop-in fee of \$1 (although no one will be turned away). Nail cutting services available by appointment. Additional \$2 fee applies.

**Stroke Recovery Association of BC**      **604-688-3603**  
*www.strokerecoverybc.ca*      **1-888-313-3377**

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

## HOME SUPPORT

### **Aging My Way Home Care**

Contact Rebecca Leslie

**604-290-8331**

*www.agingmywayhomecare.ca*

*info@agingmyway.ca*

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

### **Access Health Services**

**604-467-1135**

*gailh@accesshealthservices.ca*

*www.accesshealthservices.ca*

#1 - 22337 Dewdney Trunk Rd., Maple Ridge

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

### **Better at Home Seniors Outreach and**

**Home Support Program**

**604-467-6911 Ext. 1232**

**Maple Ridge/Pitt Meadows Community Services**

*www.comservice.bc.ca*

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

Services include transportation for medical appointments & shopping - local & long-distance transportation,

seniors' handyman service, home & yard maintenance, housekeeping, friendly visits.

### **Caring Touch Health Care Services**

Contact Joy or Simmi **604-477-7748**

[info@caringtouchohomehealth.ca](mailto:info@caringtouchohomehealth.ca)

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

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

### **Comfort Keepers**

[www.comfortkeepers.ca](http://www.comfortkeepers.ca) **604-530-9111**

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

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

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

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

Respite Care - Hourly basis, weekends, nights, 24 hour live-in care. In home Monitoring Support – Personal Emergency Response systems. Medication Management Systems. In-home foot care.

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

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

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

### **Helping Hands & Heart**

*www.handsandheart.ca*

**604-785-5355**

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

### **Home Instead Senior Care**

*www.homeinstead.com*

**604-552-3324**

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

### **Independence Matters**

**604-339-6134**

*heather@independencematters.ca*

*www.independencematters.ca*

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

### **Maid to Care**

**604-671-7607**

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

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

*mapleridge@nursenextdoor.com*

*www.nursenextdoor.com*

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

### **PJ Styling Mobile Hair Care Service** **604-466-5879**

Contact: Patty Joy

Full range of professional hair care services in home.



## **Route Directions Home Health Care Inc.**

*www.routedirections.ca*

**Jan 604-259-1233**

*care@routedirections.ca*

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

## **Safe Care Home Support**

Massi Bakhshian

**604-945-5005**

*info@safecarehomesupport.ca*

*www.safecarehomesupport.ca*

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

## **Silver Valley Transitions Inc.**

Kim Farquhar

**1-877-792-5076**

*www.silvervalleytransitions.com*

*info@svtransitions.com*

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

## **We Care Home Health Services**

**604-552-4378**

*wecaretricitities@telus.net*

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

Tricities/Pitt Meadows/Maple Ridge

Unit 209, 1923 - 122A Ave, Pitt Meadows

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

# **HOUSING FOR SENIORS**

## **INDEPENDENT HOUSING**

### **BC Housing Buildings**

*www.bchousing.org*

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

### **Co-op Housing**

*www.chf.bc.ca*

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

### **Disability Trust**

*www2.gov.bc.ca*

**604-879-5111**

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

### **Non-profit/Subsidized Rental Housing**

*www.bchousing.org*

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

### **Other Non-profit Buildings**

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

### **Purchased Housing**

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

## **HOUSING WITH SUPPORTS**

### **Assisted Living**

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

### **Residential Care**

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

### **Supportive Housing**

Housing for older adults only. Generally includes services listed above for Assisted Living. This housing option

is usually private (not subsidized), though there are a very few subsidized supportive housing units available through BC Housing's Seniors Supported Housing (SSH) program. For more information, contact BC Housing.

**Alouette Heights Supportive Housing**

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

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

**BC Housing**

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

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

**Fraser Health Patient Care**

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

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

**FRASER HEALTH**

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

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

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

*www.bchousing.org/HAFI*

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

**Residential Rehabilitation Assistance** **1-800-639-3938**

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

*www.bchousing.org*

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

**Seniors Services Society** **604-520-6621**

*seniorsservicessociety.ca*

750 Carnation St., New Westminster

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

## **INDEPENDENT LIVING**

### **BC HOUSING**

Cottonwood Park **604-433-2218**

11600 Cottonwood Drive, Maple Ridge Cost: Income based

Fraserwood **604-451-6075**

22450 121 Ave, Maple Ridge Cost: Income based

Rosewood Cottage **604-463-1078**

11742 225 St., Maple Ridge . Cost: Income based

### **CO-OP HOUSING**

#### **Maple Ridge Co-operative Housing**

*Please contact Co-op for pricing.*

Devonshire Court Co-op **604-463-4568**

22170 Dewdney Trunk Rd., Maple Ridge

Haney Pioneer Village Co-op **604-463-2289**

11830 230 St., Maple Ridge

St. George`s Seniors Housing Co-op **604-463-2334**

Suite 52-23580 Dewdney Trunk Rd., Maple Ridge

The Maples Housing Co-op **604-524-8524**

21570 Cherrington Ave., Maple Ridge

**Pitt Meadows Co-operative Housing** *Contact for pricing*

Ford Road Housing Co-op **604-465-6611**

19041 Ford Rd., Pitt Meadows

Harris Road Housing Co-op **604-465-1938**

19225 119 Ave., Pitt Meadows

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

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

**LEGION HOUSING** **604-463-5101 Ext. 19**

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

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

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

**NON-PROFIT**

Maple Towers **604-467-4013**  
11841 - 222 St., Maple Ridge Cost: Income-based  
*www.baptisthousing.org*  
Managed by the Baptist Housing Society

Maple Ridge Towers **604-467-1366**  
11929 - 222 St., Maple Ridge Cost: Income-based  
*www.affordablehsg.com*  
Managed by the Affordable Housing Societies

**PRIVATE**

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

A full continuum of care, independent living with meals and housekeeping. Memory Care and Extended Care in a separate area. Some assisted living services provided.

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

Greystone Manor **604-467-2808**  
*greystonerresidence.ca*  
11657 Ritchie Ave., Maple Ridge Cost: Private  
Independent seniors residence offering premier suites,

services and amenities for an active living lifestyle. 1 or 2 bdrm suites feature kitchens with full-size fridges, stove tops, in-suite washers/dryers. Convenient all-inclusive monthly fee.

Maple Ridge Seniors Village **604-466-3053**  
*mapleridgeseniorsvillage.com* **1-800-603-4663**  
22141 119 Avenue, Maple Ridge Cost: Private

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

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

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

## **ASSISTED LIVING**

### **FRASER HEALTH**

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

### **LEGION HOUSING** **604-463-5101 Ext. 19**

Legion House  
11797 Burnett St., Maple Ridge Cost: SAFER eligible

### **PRIVATE**

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

Maple Ridge Seniors Village **604-466-3053**  
*mapleridgeseniorsvillage.com* **1-800-603-4663**  
22141 - 119th Avenue, Maple Ridge Cost: Private

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

## **EXTENDED CARE**

Baillie House 11762 Laity St., Maple Ridge	<b>604-476-7888</b> Cost: Income based
Chartwell Willow Retirement Community 12275 224 St., Maple Ridge	<b>604-466-8602</b> Cost: Private
Holyrood Manor 22710 Holyrood Ave., Maple Ridge	<b>604-467-8831</b> Cost: Income based
Maple Ridge Seniors Village 22141 119 Ave., Maple Ridge	<b>604-466-3053</b> Cost: Income Based / Private

## **LEGAL SERVICES**

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

### **BC Old Age Pensioners Organization**

*www.bcoapo.ca*

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

### **The BC Centre for Elder Advocacy and Support (BCCEAS)**

**604-437-1940**

*www.bcceas.ca*

**1-866-437-1940**

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

### **Canadian Bar Association**

#### **Dial-A-Law Program**

**604-687-4680**

### **Canadian Grandparents**

#### **Rights Association**

**1-855-345-9777**

*www.canadiangrandparentsrightsassociation.com*

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



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

11907 - 228 St., Maple Ridge **604-467-6911 Ext. 1210**

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

Hours: Mon - Fri. 8:30- 4:30 except Wed: 8:30 – 12:30.

**Legal Aid Office**

Port Coquitlam Courthouse

**604-472-0634**

Room 323, 2620 Mary Hill Rd., Port Coquitlam

**Legal Services Society of BC Provincial Call Centre**

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

**1-866-577-2525**

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

**Nidus Personal Planning**

**Resource Centre and Registry**

**604-408-7414**

411 Dunsmuir St., Vancouver

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

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

**Public Guardian & Trustee of BC**

**604-660-4444**

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

700 - 808 W. Hastings St., Vancouver

Provides information and protection relating to financial and legal rights of individuals incapable of managing their financial or legal affairs. When you are concerned an adult is no longer able to manage their financial, legal and/or health care matters on their own you can contact the Public Guardian and Trustee to get help. They will also receive reports and allegations of financial abuse by a third party. They gather information, take steps to protect assets and determine if formal arrangements are required for ongoing financial management.

# LEISURE ACTIVITIES

## **The ACT Arts Centre**

**604-476-2781**

Karen Pighin

*karenp@mract.org*

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

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

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

## **Fraser Valley Regional Library**

*www.fvrl.ca*

Maple Ridge Public Library

**604-467-7417**

130 - 22470 Dewdney Trunk Rd., Maple Ridge

Pitt Meadows Public Library

**604-465-4113**

200 - 12099 Harris Rd., Pitt Meadows

## **Golden Ears Winter Club (Curling)**

**604-463-4813**

23580 - 105 Ave., Maple Ridge

*www.gewc.ca*

Various levels of curling for all ages.

## **Lawn Bowling Club**

**604-466-8739**

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**

*www.mapleridge.ca*

11925 Haney Place, Maple Ridge

Weight training room, racquetball & squash courts, full size gymnasium, a variety of pools, wet & dry saunas and a large swirl pool. Wheelchair lifts are available for

## **RIDGE MEADOWS SENIORS SOCIETY**

### **Maple Ridge Seniors Activity Centre**

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

Monday to Friday 8am to 11pm

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

### **Pitt Meadows Seniors Activity Centre**

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

Monday to Friday 9am to 4pm

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

Call each location for details or pick up a copy of the Grapevine newsletter or go online to [www.rmssseniors.org](http://www.rmssseniors.org)

All seniors 55+ welcome to join.

all pools and rehabilitation & physiotherapy services are available within the facility. Seniors discount.

### **Pitt Meadows Family Recreation Centre**

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

**604-465-2452**

12027 Harris Rd., Pitt Meadows

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

### **Royal Canadian Legion Branch #88**

12101 - 224 Street, Maple Ridge

**604-463-5101**

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

## LITERACY PROGRAMS

### Fraser Valley Regional Library Outreach Services

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

604-859-7141

[libraryforyou@fvrl.bc.ca](mailto:libraryforyou@fvrl.bc.ca)

1-888-668-4141

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

### Maple Ridge Pitt Meadows Katzie Community

**Literacy Committee**

604-721-3738

[coordinator@communityliteracy.ca](mailto:coordinator@communityliteracy.ca)

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

CEED Centre, 11739 - 223 St., Maple Ridge

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

## MEDICAL CLINICS (WALK-IN)

### PITT MEADOWS

**Marigold Dental Clinic**

604-465-4800

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

**Pitt Meadows Medical Clinic**

604-465-4911

#105 - 19070 Lougheed Hwy. Pitt Meadows (by SaveOn)

**Ridge Meadows Care Clinic (West)**

604-465-9188

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

### MAPLE RIDGE

**Cottonwood Medical**

604-476-9705

#102 - 12005 - 238B St., Maple Ridge  
(Dewdney Trunk Road & 238B St.)

**Mageta Medical Clinic**

604-465-1100

#110 - 20528 Lougheed Hwy., Maple Ridge

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

## **MEDICAL SERVICES**

### **LifeLabs**

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

### **LifeLabs**

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

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

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

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

**Fraser Health Home Health Intake**  
*feedback@fraserhealth.ca*      **604-476-7100**

11762 Laity Street, Maple Ridge  
Home and community care services provide a range of  
health care and support services for eligible residents  
who have acute, chronic, palliative or rehabilitative health  
care needs including assessment and case management,  
nursing, rehabilitation, home support and palliative  
care, and community based services such as adult day  
programs, residential care services, hospice and short  
stay treatment and assessment centres.

**HealthLink BC**  
*www.healthlinkbc.ca*      **8-1-1**

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

**Home Health & Palliative Support Services**

**1-855-412-2121**

[www.fraserhealth.ca/homehealth](http://www.fraserhealth.ca/homehealth)

11762 Laity St., Maple Ridge

For health care and support at home.

**MedicAlert Safely Home**

**1-855-581-3794**

[www.medicalert.ca/safely-home](http://www.medicalert.ca/safely-home)

[safelyhome@medicalert.ca](mailto:safelyhome@medicalert.ca)

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

**Natur-Elle Mastectomy Fittings**

**604-626-3354**

Contact Nicole Eccles

[naturelle4u@gmail.com](mailto:naturelle4u@gmail.com)

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

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

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

**Ridge Meadows Hospital**

**604-463-4111**

11666 Laity St., Maple Ridge

**EMERGENCY 9-1-1**

**Office of the Seniors Advocate**

**1-877-952-3181**

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

**Western Institute for the Deaf and Hard of Hearing**

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

**604-942-7397**

[tricitieinfo@widhh.com](mailto:tricitieinfo@widhh.com)

260 - 2755 Lougheed Hwy., Port Coquitlam

Programs and services in audiology, employment counselling, sign language, interpreting, and communi-

cation devices for the deaf and hard of hearing. Operates a hearing aid loan program called “Lend an Ear” to assist those unable to afford a new hearing aid.

## **MEDICAL SUPPLIES**

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

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

**Crystal Hearing Centre** **604-466-3277**  
22540 Dewdney Trunk Rd., Maple Ridge  
Audiologists, hearing aids and assistive devices

**Fraser Health Lifeline Programs** **604-517-8617**  
Central Office [www.fraserhealth.ca](http://www.fraserhealth.ca)  
[lifeline@fraserhealth.ca](mailto:lifeline@fraserhealth.ca)

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

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

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

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

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

**Medic Alert (Bracelets)****1-800-668-1507****Red Cross Medical Equipment****604-465-5050**

#5 - 11435 - 201A St., Maple Ridge

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

**Miracle-Ear****604-200-8890**

320 - 20398 Dewdney Trunk Rd, Maple Ridge

Audiologists, hearing aids and assistive devices

**Sun Valley Medical Supply****604-477-1786**

100 - 11862 - 226th St., Maple Ridge

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

## **MENTAL HEALTH & ADDICTIONS**

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

22558 Lougheed Hwy., Maple Ridge

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

**Alouette Addiction Services**[www.alouetteaddictions.org](http://www.alouetteaddictions.org)**604-467-5179**

201-22477 Lougheed Hwy., Maple Ridge

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



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

**Anxiety BC**  
[www.anxietybc.com](http://www.anxietybc.com)  
#311 - 409 Granville Street, Vancouver **604-620-0744**  
Information and resources for dealing with anxiety.

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

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

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

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

**Happy Gang Support Group** **604-467-4993**  
[rmssseniors.org/links/community](http://rmssseniors.org/links/community)  
Maple Ridge Mental Health socialization group for seniors  
with mental health issues. Meets first Tuesday and  
last Thursday of each month from 1pm - 3pm at Ridge  
Meadows Seniors Activity Centre.

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

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

# MULTICULTURAL SERVICES

## **ISSofBC (Immigrant Services Society of BC) Settlement Program**

#320 - 22470 Dewdney Trunk Rd., Maple Ridge

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

**778-372-6567**

[settlement@issbc.org](mailto:settlement@issbc.org)

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

### Settlement:

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

### Employment:

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

### Community Connections:

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

## **LINC (Language Instruction for Newcomers to Canada)**

(This is a program of ISS of BC)

**604-942-1777**

[linc.mr@issbc.org](mailto:linc.mr@issbc.org)

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

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

- Students will learn speaking, listening, reading and writing skills.
- Students will learn settlement topics such as Canadian laws, health care, society, job market and many things that are important for life in Canada.
- Seniors with Permanent Resident or Refugee status are welcomed!

**Multicultural Women's Group** **604-467-6055**  
*Family Education and Support Centre*  
Meet women from around the world and learn about different community services, programs, and issues. A great place to practice your English in a relaxed atmosphere. Meets every two weeks on Wednesdays for two hours. Registration is required to attend. Transportation and child minding provided.

## **MUNICIPAL SERVICES**

**City of Maple Ridge** **604-463-5221**  
11995 Haney Place, Maple Ridge

**City of Pitt Meadows** **604-465-5454**  
12007 Harris Rd., Pitt Meadows

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

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

**Revenue and Collections** **604-463-5221 Ext. 5205**  
City of Maple Ridge  
Provides information and consultation on the Property Tax Deferment Program for individuals 55+.

## **OPTOMETRISTS**

**BC Eye Care** **604-466-3003**  
22337 Dewdney Trunk Rd., Maple Ridge

**Dr. R. A. Strath** **604-460-0361**  
4 - 19126 Ford Rd., Pitt Meadows

**Maple Ridge Eye Care** **604-463-4469**  
101 - 23015 Dewdney Trunk Rd., Maple Ridge

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

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

## PHARMACIES

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

**Drugstore Pharmacy**  
No Frills      **604-467-0753**  
22427 Dewdney Trunk Rd., Maple Ridge  
Delivery available Thursday am.

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

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

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

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

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

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

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

**Pharmasave**  
12005 - 238B St., Maple Ridge      **604-476-1420**  
19070 Lougheed Hwy, Pitt Meadows      **604-465-8807**  
Delivery available. A small fee may be charged.

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

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

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

**Shoppers Drug Mart**  
102-22441 Dewdney Trunk Rd., 604-467-5218  
Maple Ridge. Bubble pack delivery only.  
130 - 20395 Lougheed Hwy., 604-465-8123  
Maple Ridge. Delivery available.  
19150 Lougheed Hwy., Pitt Meadows 604-465-8122  
Delivery available.

**Walmart Pharmacy** 778-306-9936  
11850 - 224th St, Maple Ridge

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

## PHYSIOTHERAPISTS

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

Innovative and quality rehabilitation/fitness programming for residents of Maple Ridge and Pitt Meadows. An industry leader in rehabilitation, we can help you retain and maintain an active lifestyle. Rehabilitation teams include physiotherapists, occupational therapists, kinesiologists, personal trainers, psychologist, doctor and counsellors. Therapists have experience & training to provide you with an innovative solution for your health & fitness needs, with careful attention to needs of the active aging population. We also provide pool therapy.

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

# PODIATRISTS & FOOT CARE

## PODIATRISTS

### Dr. David Dixon

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

### Dr. Peter Fera

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

## FOOTCARE

**Absolute Tenderfeet Footcare** **604-812-3625**

Contact: Mary

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

**Access Health Services** **604-467-1135**

Staff available for all your foot care needs.

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

In home foot care by appointment, Fee for service

**Feet For Life Footcare** **604-354-7771**

Niki Paxton

*niki@feetforlife.ca*

*www.feetforlife.ca*

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

### **Ridge Meadows Seniors Society**

Foot Care Services

*www.rmssseniors.org*

Call reception for details. Appointments necessary.

- Maple Ridge Seniors Activity Centre

12150 - 224th St. Maple Ridge

**604-467-4993**

- Pitt Meadows Seniors Activity Centre

19065 - 119B Ave, Pitt Meadows

**604-457-4771**

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

*gentlesole@shaw.ca*

Contact Karen

Caring, friendly and professional nursing foot care in your home or facility. Corns, calluses, thick fungal nails, diabetic feet. Services in Surrey, Langley, White Rock, Abbotsford. All equipment professionally sterilized to hospital standards.

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

**Maple Ridge Physiotherapy Footcare** 604-462-8360  
Contact Betsy

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

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

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

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

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

## SHELTERS

**The Salvation Army** Day: 604-463-8296 Ext. 105  
**Ridge Meadows Ministries** Night: 604--807-8290  
22188 Lougheed Hwy, Maple Ridge  
Registration at 7:30 pm. Wheelchair accessible. Laundry. No alcohol/drug use on site. Free clothing vouchers for the Thrift Store available.

**Shelter Information** 211  
A region-wide referral line for shelter and other essential services for all ages and genders.

## SHOPPING

### **Downtown Maple Ridge Business Improvement Association**

**604-467-2420**

*inquiries@downtownmapleridge.ca*

*www.downtownmapleridge.ca*

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

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

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

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

### **Be The 1 Now**

**604-475-0799 or 604-788-2231**

*info@bethe1now.com*

Contact: Julianne Koenig

*www.bethe1now.com*

Shopping for personal and special occasions for you or with you. Accompaniment to and from appointments.

Offering select services as the need arises. Everything is done to help you keep your independence & privacy intact.

Fee for Service.



# TRANSPORTATION

## **Access Transit**

**604-452-2860**

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

[www.translink.ca/en/Rider-Guide/](http://www.translink.ca/en/Rider-Guide/Accessible-Transit/HandyCard.aspx)

[Accessible-Transit/HandyCard.aspx](http://www.translink.ca/en/Rider-Guide/Accessible-Transit/HandyCard.aspx)

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

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

**604-467- 6911**

### **Maple Ridge/Pitt Meadows Community Services**

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

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

## **BC Bus Program**

**1 800-866-0800**

[sd.gov.bc.ca](http://sd.gov.bc.ca)

[www2.gov.bc.ca/gov/content/transportation/passenger-travel/buses-taxis-limos/bus-pass/seniors](http://www2.gov.bc.ca/gov/content/transportation/passenger-travel/buses-taxis-limos/bus-pass/seniors)

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

## **BC Ferries**

**1 888-223-3779**

[www.bcf ferries.com](http://www.bcf ferries.com)

BC seniors travel at 50% off regular adult fare Monday – Thursday (except specified holidays) on presentation

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of a BC Services Card, BC Gold Care Card, BC Driver's License, BC Identification Card or Birth Certificate. If presenting a Birth Certificate, proof of BC residency is required. The BC Seniors discount applies only to the passenger fare. Please note: discount is not applicable on the Inside Passage, Haida Gwaii and Discovery Coast Connector routes. However, a special discount on BC Senior passenger fares on these routes is available.

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

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

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

**Coast Mountain Bus Company**

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

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

Lost and Found **604-953-3334**

Customer Relations **604-953-3040**

Training for Users with Mobility Aids **604-264-5420**

**Elder Transportation Program**

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

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

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

**Greyhound Bus** **604-460-0151**

[www.greyhound.ca](http://www.greyhound.ca) **1-800-661-8747**

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

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

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

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

**HandyDART** **604-575-6600**

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

HandyDART is a public transit service that uses specially equipped vehicles designed to carry passengers with

physical or cognitive disabilities who are unable to use public transit without assistance. It is a shared ride door-to-door service. Passengers are picked up at the outside accessible door where the trip originates and dropped off at the outside accessible door at the destination. To use the service, individuals must be registered and reserve the trip in advance of the required date. To request an application call access transit : **604-452-2860**  
Consumer Advocate Linda McGowan **(778) 772-4431**

**Ridge Meadows Seniors Society** **604-467-4993**  
Seniors Helping Seniors [www.rmssseniors.org](http://www.rmssseniors.org)  
Volunteer drivers will provide rides within Pitt Meadows and Maple Ridge. A minimal fee applies. Call for details.

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

**Taxi (Alouette Taxi)** **604-465-5555**  
[www.alouettetaxi.ca](http://www.alouettetaxi.ca)  
10% discount given to seniors.  
Accepts Taxi Savers; Three wheelchair taxis.

**Translink**  
Service Information **604-953-3333 (Push 0)**  
[www.translink.ca](http://www.translink.ca)  
Provides bus service to, from, and within Maple Ridge, connecting various parts of Maple Ridge with Haney Place Mall and linking the community to the rest of the Lower Mainland.

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

**West Coast Express**  
[www.westcoastexpress.com](http://www.westcoastexpress.com) **604-488-8906**  
Operates Monday to Friday during peak commuter periods from Mission City to Waterfront station. The train cars are wheelchair accessible and have washrooms.

**See also Home Support Services on pages 28 - 33.**

# VOLUNTEER OPPORTUNITIES

## **Festival and Volunteer Office, Parks & Leisure**

*festival@mapleridge.ca*

**604-467-7325**

*www.mrpmparksandleisure.ca*

For a healthy life and a vibrant community, consider sharing your talents with a worthwhile cause of your choice. Parks and Leisure Services has a variety of volunteer programs to match your interests and our staff would be pleased to meet with you to discuss options.

## **Grand Buddies Program**

**604-463-3810**

Eric Langton Elementary School

12138 Edge St., Maple Ridge

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

## **Intergenerational Garden**

**604-837-8915**

*gardencoord@gmail.com*

22527 121 Ave., Maple Ridge

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

## **ISSofBC (Immigrant Services Society of BC) Volunteer Connections Program**

**778-284-7026**

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

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

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

*info@ridgemeanowshospice.org*

*www.ridgemeanowshospicesociety.com*

22320 119th Avenue, Maple Ridge

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

**Ridge Meadows Seniors Society**

*www.rmssseniors.org*

Maple Ridge Seniors Activity Centre

12150 - 224th St. Maple Ridge

**604-477-0425**

Pitt Meadows Seniors Activity Centre

19065 - 119B Ave, Pitt Meadows

**604-477-0425**

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

**Seniors Network - Maple Ridge, Pitt Meadows, Katzie**

*seniorsnetworkmpk@gmail.com*

**604-786-7404**

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

**Volunteer Maple Ridge-Pitt Meadows**

**604-467-6911 Ext. 1230**

Maple Ridge/Pitt Meadows Community Services

11907 – 228th St., Maple Ridge

*www.comservice.bc.ca/volunteer*

Many volunteers needed, particularly to visit lonely seniors. Drivers needed for shopping trips, medical appointments and for the Meals on Wheels program.

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

# INDEX

Aboriginal Programs .....	7
Absolute Tenderfeet Footcare .....	52
Access Health Services.....	22, 28, 52
Access Justice Pro Bono Legal Clinic .....	38
Access Transit .....	55
ACT Arts Centre .....	40
Aging My Way Home Care .....	28
Adult Mental Health Program & Resource Centre.....	46
Alcohol and Drug Addiction .....	9
Allowance/Survivor Allowance.....	24
Alouette Addiction Services .....	9, 46
Alouette Heights .....	34
Alouette Pharmacy .....	50
Alouette Taxi.....	57
Alzheimer Society of BC .....	9, 10, 47
Anishnaabe Place .....	7, 18
Anxiety BC .....	47
Arthritis Society of Canada.....	10
Assisted Living.....	33, 37
Baillie House.....	38
BC 211.....	5
BC Association of Aboriginal Friendship Centre.....	7
BC Bus Program.....	55
BC Centre for Elder Advocacy and Support.....	5, 10, 38
BC Eye Care.....	49
BC Housing .....	32, 33, 34, 35
BC Ferries .....	55
BC Old Age Pensioners Organization .....	38
BC Schizophrenia Society .....	47
Better At Home .....	8, 20, 29, 55
Begin Again Widows Support Group .....	10
Brite Smile Dentures.....	14
Cameo Group .....	27
Canada Benefits.....	24

Canada Pension Plan (CPP).....	15, 25
Canadian Bar Association .....	38
Canadian Grandparents Rights .....	38
Canadian Mental Health Association (BC) .....	47
Caring Place .....	18
Caring Touch Health Care Services .....	20, 22, 29, 52
CEED Centre Society .....	21, 42
Chartwell Willow Retirement Community .....	36, 37, 38
Christmas Hamper Society .....	10, 17
Christmas Haven .....	23
Coast Mountain Bus Company .....	56
Comfort Keepers .....	20, 23, 29
Community Kitchens.....	23
Community Law Advocacy Services .....	39
Community Services & Programs .....	8, 19, 20, 21, 22, 28, 53, 57
Connect Hearing.....	45
Co-op Housing.....	32, 35
Cottonwood Medical .....	42
Cottonwood Park.....	35
Creekside Adult Day Program .....	11
Crime Victim Assistance .....	6
Crimestoppers .....	6
Crisis Intervention.....	6
Crystal Hearing Centre .....	45
Dalton, Marc, MLA.....	25
Dementia Helpline .....	47
Dental Clinics.....	13
Denturists .....	14
Devonshire Court Co-op.....	35
Dial-A-Law .....	38
Dietitian Services.....	43
Disability Trust .....	32
Dixon, David Dr. ....	52
Downtown Maple Ridge Business Improv. Assoc.....	54
Drugstore Pharmacy.....	50
Earl Haig Society .....	36
East Side Walk-In Dental Clinic.....	13

Elders Transportation .....	7, 56
Emergency Numbers.....	4
Extended Care.....	38
Exercise.....	27
Fair PharmaCare Plan.....	25
Falls Prevention .....	27, 43
Feet For Life Footcare .....	52
Fera, Peter Dr. ....	52
Financial Services .....	15
Food Cupboards.....	18
Food Hampers.....	17
Food Services.....	17
Ford Road Housing Co-op.....	35
Foot Care.....	52, 53
Fraser Health .....	3, 6, 9, 27, 29, 33, 34, 37, 43, 45, 46
Fraser Valley Regional Library Outreach .....	40, 42
Fraser River All Nations Society .....	7
Fraserview Village .....	36
Fraserwood.....	35
Free Meals.....	18
Friends In Need Food Bank .....	17, 18
Footcare Nurse.....	53
Frozen Meals.....	18
Gardening Opportunities .....	21
Gentle Sole Footcare.....	52
Geriatric Psychiatry Services.....	47
Golden Ears FEAST .....	22
Golden Ears Pharmacy .....	50
Golden Ears Physiotherapy.....	51
Golden Ears Winter Club .....	40
Golden Seniors Wellness Clinic .....	27
Government Services .....	24
Grand Buddies Program.....	58
Grandparents Raising Grandchildren .....	11
Greyhound Bus.....	56
Greystone Manor.....	36
Grocery Delivery.....	19
Grocery Shopping.....	20



Guaranteed Income Supplement (GIS) .....	15, 16, 25
HandyDART .....	56
Haney Pharmacy .....	50
Haney Pioneer Village Co-op .....	35
Happy Gang Support Group.....	47
Happy Walkers Club .....	27
Harris Road Housing Co-op .....	35
Health & Wellness .....	27
HealthLink BC .....	5, 43
Helping Hands & Heart.....	20, 23, 30
Holyrood Manor .....	38
Home Adaptation HASI.....	34
Home Instead .....	20, 23, 30
Home Support .....	28
Housing for Seniors.....	32
Immigrant Services.....	48, 58
Independence Matters.....	30
Independent Lifestyle Store .....	45
Independent Housing .....	32
Independent Living .....	35
Independent Respiratory Services .....	45
Intergenerational Garden.....	21, 58
Kat's Footcare .....	53
Katzie First Nation .....	7
Katzie Elders .....	18
Katzie Health Care Centre.....	7
Kintec Footlabs Inc .....	45
Language Instruction.....	48
Lawn Bowling Club .....	40
Legal Aid.....	39
Legal Services .....	38
Legion Gardens .....	36
Legion House .....	37
Legion Housing.....	36, 37
Legion Manor.....	36
Leisure Activities.....	40
LifeLabs (formerly BC Biomedical Labs).....	43
Lifeline .....	45

Literacy Programs .....	42
London Drugs.....	50
Low Cost Meals .....	21
Lupus Support Group .....	11
Maid To Care .....	30
Maple Pharmacy.....	50
Maple Ridge, City of .....	5, 16, 49
Maple Ridge Co-operative Housing.....	35
Maple Ridge Denture Clinic.....	15
Maple Ridge Eye Care .....	49
Maple Ridge Fairgrounds Community Gardens .....	21
Maple Ridge Healthcare Products .....	45
Maple Ridge Leisure Centre.....	40
Maple Ridge Mental Health Office .....	47
Maple Ridge Physiotherapy Footcare .....	53
Maple Ridge/Pitt Meadows Community Services .....	8, 18, 19, 20, 22, 29, 55, 59
Maple Ridge Secondary School Culinary Arts.....	21
Maple Ridge Seniors Village .....	37, 38
Maple Ridge Towers .....	36
Maples, The, Housing Co-op .....	35
Marigold Dental Clinic.....	42
Meadow Highlands Mobile Home Co-op.....	36
Meadowlands Housing Co-op .....	36
Meadows Pharmacy .....	50
Meal Delivery.....	22
Meal Preparation .....	22
Meals on Wheels .....	9, 22, 59
Medic Alert (Bracelets) .....	46
MedicAlert Safely Home.....	44
Medical Clinics.....	42
Medical Services .....	43
Medical Supplies .....	45
Medlandia Pharmacy.....	50
Mental Health .....	46
Mid Main Community Health Centre Dental Clinic .....	13
Ministry of Social Development .....	25

Miracle-Ear .....	46
Mood Disorders Association of BC .....	47
Multicultural Services.....	48
Multicultural Women’s Group .....	49
Municipal Services.....	49
Natur-Elle Mastectomy Fittings.....	44
Nidus Personal Planning Resource Centre .....	39
Nobel Biocare Oral Health Centre at UBC .....	14
Non-Emergency Numbers .....	5
Nurse Next Door Homecare Services ....	20, 23, 30, 44, 53
Old Age Security (OAS) Pension .....	15, 25
Optometrists .....	49
Ombudsperson of BC .....	26
One-Off Meals .....	23
Pacific Eye Doctors .....	49
Pacific Oral Health Centre .....	14
Panorama by ECRA .....	37
Parkinsons Support Group .....	11
Pensions/Service Canada .....	15, 25
Pharmasave .....	50
Pharmacies.....	50
Pitt Meadows, City of .....	5, 16, 49
Pitt Meadows Community Gardens .....	21
Pitt Meadows Co-operative Housing .....	35
Pitt Meadows Family Recreation Centre .....	41
Pitt Meadows Medical Clinic .....	42
Pitt Meadows Women’s Walking Club .....	27
PJ Styling.....	30
Podiatrists.....	52
Precision Denture Clinic Ltd .....	14
Property Tax Deferment .....	16, 49
Public Guardian & Trustee .....	39
Public Works.....	49
Purchased Housing .....	33
Quit Now.....	11
Rainbow Club .....	47
REACT .....	3, 6
REACH Dental Clinic.....	14

Real Estate Thanksgiving Dinner .....	24
Red Cross Medical Equipment .....	46
Reporting Abuse .....	3
Residential Care .....	34
Residential Rehabilitation Assistance .....	34
Revenue and Collections .....	49
Ridge Meadows Care Clinic .....	42
Ridge Meadows Hospice Society .....	11, 27, 59
Ridge Meadows Hospital .....	44
Ridge Meadows Seniors Society... ..	10, 11, 12, 19, 20, 21, 22, 27, 41, 52, 57, 59, 68
Ridge Meadows Seniors Activity Centre .....	21, 22, 41, 52, 59
Ridge Meadows Service Canada .....	17
Rosewood Cottage .....	35
Route Directions Home Health Care .....	31
Royal Canadian Legion Branch #88 .....	26, 41
Royal Crescent Gardens .....	37
Ruimy, Dan, MP .....	24
SAFER (Shelter Aid for Elderly Renters) .....	34-35
Safe Care Home Support .....	31
Safeway .....	20
Safeway Pharmacy .....	51
Samuel Robertson VCC Culinary Arts .....	22
Salvation Army Caring Place .....	18
Save On Foods (Pharmacies) .....	51
Self Management .....	13
Senior Peer Counselling .....	12
Seniors BC .....	26
Seniors Homeowner Grant .....	26
Seniors Network .....	1, 59, 68
Seniors Services Society .....	35
Service BC .....	26
Service Canada .....	15, 17, 25
Shelters .....	53
Shirley's Massage & Reflexology .....	53
Shoppers Drug Mart .....	51
Shopping .....	54

Silver Valley Transitions.....	31
SPARC BC Parking Permit .....	57
St. George`s Seniors Housing Co-op .....	35
Steckler, Gerry, Financial Advisor.....	16
Strath, R. S. Dr. ....	49
Stroke Recovery Association of BC .....	13, 28
Sunwood Senior Living Community.....	37
Supportive Housing .....	33-34
Taxi .....	57
Thrifty Foods.....	20
Transportation .....	55
Translink .....	55, 56, 57
Optimize Counselling.....	12
Veterans Affairs Canada .....	15, 25
Victim Link .....	6
Volunteer Opportunities .....	21, 41, 58
Vision West Doctors of Optometry .....	50
Walk-In Medical Clinics .....	42
We Care Home Health Services.....	23, 32
Wesbrooke Seniors Living Community.....	37
Western Institute for the Deaf & Hard of Hearing ...	44-45
West Coast Express .....	57
Wellness .....	27
Whonnock Walkers.....	27
Widow Support.....	10



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

For more information and a list of our members, visit [www.seniorsnetworkmpk.com](http://www.seniorsnetworkmpk.com) or call 604-786-7404 or email: [seniorsnetworkmpk@gmail.com](mailto:seniorsnetworkmpk@gmail.com)

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Treena Innes ~ *Executive Director*

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The resources listed are for information purposes only and do not constitute an endorsement of services by the Maple Ridge, Pitt Meadows, Katzie, Seniors Network. This information is current as of Spring 2017.

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

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