

Seniors Week

Celebrate
BC Seniors' Week

June 2 -7, 2025



Seniors Week 2025

MAD HATTERS TEA

May 31, 2025 10-2pm at the Haney Farmers Market. Enjoy Music, entertainment, tea and scones. Wear a hat that you have created or create your very own hat at the table. This fun event raises awareness for Mental Illness. Parade of hats 11:30-12:30. Contact Catherine at 604-308-1949 for more information.

SPRING GARAGE SALE- PITT MEADOWS COMMUNITY CHURCH

May 31st 10-2 p.m. On the corner of Harris and Ford, across from the library.

ANNUAL VETERANS DINNER

Monday, June 2nd, Royal Canadian Legion Branch 88 – 12101 224 St., Maple Ridge. The Legion is hosting the annual dinner to honour Veterans. Roast beef dinner and dessert. Tickets are \$20 (refundable) for Veteran, spouse or caregiver. Each Veteran can bring one guest for \$25. If you are a veteran living in Maple Ridge or Pitt Meadows, you are welcome. As well as past presidents of the Branch or Ladies Auxiliary. Legion membership is not required. Tickets must be purchased by May 23rd at the Legion office on 224 St. For more info, call (604) 463-5101. (NO Tickets available at the door)

ANNUAL BUFFET LUNCH AT CHINA KITCHEN FOR SENIORS

June 3rd, from 11:30-2:30 p.m. 22805 Lougheed Hwy., Maple Ridge. Join this fun tradition of an annual free buffet lunch for seniors in Maple Ridge/Pitt Meadows.

SENIORS HIGH TEA WITH THE SILVERTONES CHOIR

June 4th 1-2:30pm, upstairs in the Maple Ridge Public Library. Drop in welcome, registration is appreciated. Email seniorsnetworkmpk@gmail.com to register or call 604-786-7404.

OPEN HOUSE AT MP MARC DALTON'S OFFICE

Friday June 6, 1-3pm 22369 Lougheed Hwy Details: Tea and a Treat! MP mingle, document certification and passport application support.

CITY OF MAPLE RIDGE- SENIORS WEEK EVENTS:

June 2 – 8 | Stay Active, Stay Connected! With the City of Maple Ridge Join us for a week of celebration, movement, and community connection! Seniors Week is packed with fun and engaging activities designed just for older adults. Each class is free — registration required! For more information and to register please Call 604-467-7422

MONDAY, JUNE 2

Water Wellness / Seniors Low Impact Aqua Fit, Maple Ridge Leisure Centre Aquatics (Teach Pool) 11:15AM–12:00PM (45 mins)
A refreshing, low-impact workout focused on joint mobility and overall wellness.

WEDNESDAY, JUNE 4

Drop-in 55+ Bocce, Maple Ridge Leisure Centre Gymnasium 12:00PM–2:00PM
A fun, accessible game for all skill levels — perfect for staying active and social.

THURSDAY, JUNE 5

Try It: 55+ Pickleball, Maple Ridge Leisure Centre Gymnasium 12:00PM–2:00PM
Curious about pickleball? Try it out in a beginner-friendly environment!

FRIDAY, JUNE 6

55+ Spin Class, Albion Community Centre Spin Studio 11:00AM
Get your heart pumping with this energizing indoor cycling class designed for the 55+ community.

SUNDAY, JUNE 8

Older Adult Fitness Class, Maple Ridge Leisure Centre MUI 10:30AM–11:30AM (60 mins) Build strength, improve balance, and move with confidence in this full-body workout.

RIDGE MEADOWS SENIORS SOCIETY (MAPLE RIDGE AND PITT MEADOWS LOCATIONS) - SENIORS WEEK EVENTS:

FIT 4 LIFE SPORTS DAY

Tue Jun 3, 10:00 am-noon. RMSS Maple Ridge Seniors Activity Centre 12150 224 St., Maple Ridge 604-467-4993. Come and compete in a number of activities: obstacle races, target games, racquet sports and much more. An annual favourite for Seniors Week! Bag lunch included. FREE. Register at the display at RMSS Maple Ridge Seniors Activity Centre.

STRAWBERRY TEA

Thu Jun 5, 2:00-3:30pm. RMSS Pitt Meadows Seniors Activity Centre 19065 119B Ave, Pitt Meadows 604-457-4771. The annual Seniors Week Strawberry Tea complete with strawberry shortcake, live entertainment, and door prizes. \$7.00. Ticket sales start May 13 at RMSS Pitt Meadows Seniors Activity Centre.

ADDITIONAL COMMUNITY CELEBRATIONS:

PURPLE PANCAKE BREAKFAST FOR WORLD ELDER ABUSE AWARENESS DAY

on Saturday June 14th 8:30am to 9:30am at the Legion Maple Ridge. Drop ins welcome, Registration is recommended. Visit this Eventbrite link to register: <https://tinyurl.com/bdem7v7m>

STRAWBERRY TEA AND BAZAAR

June 14th, from 11-3 p.m. St. John the Divine at 21299 River Road (at Laity) for their Strawberry Tea and Bazaar. Homemade baked goods etc., and all are welcome.
The cost of the full Tea is \$15 (sandwich, strawberry shortcake dessert and beverage). We also have our usual sales tables with some exciting new additions this year.
Come and enjoy.



WORLD ELDER ABUSE
AWARENESS DAY

June 15, 2025



#WEAAD2025

#AgeWithAttitude

bOLD: Age with Attitude

Maple Ridge Pitt Meadows Katzie Community Response Network

Will be marking **World Elder Abuse Awareness Day** at the CEED Centre Family Block Party
Sunday, June 15, 10 a.m. – 2 p.m.
CEED Centre Neighbourhood House – 11739 223 St., Maple Ridge

Drop by to learn about community resources around adult abuse, neglect, and self-neglect. CRN members will be giving away purple iris bulbs (the official flower of WEAAD) and purple treats. For more info, email: judithmacrae@gmail.com or call (604) 463-9860.
www.bccrns.ca

