



Please note, this picture was taken prior to the implementation of mandatory masks effective November 1, 2020
Cafeteria is open for take out.

Spring 2021 Newsletter

Minoru Seniors Society
located at the Seniors Centre at Minoru Centre for Active Living
7191 Granville Ave Richmond, BC, V6Y 4G2
(604) 238 8450 seniors@richmond.ca
<https://minorucentre.ca/>

President's Report

Hello members of the Minoru Seniors Society and yes, you are still a member of our Society. If you had a valid Minoru Seniors Society facility pass as of March 17, 2020, your membership currently remains on hold.



Our Society volunteers have been dearly missed and the Board eagerly anticipates their return to our Seniors Centre as soon as we can safely open.

Your Board of Directors have remained active throughout the pandemic attending virtual board meetings and participating on the Program, Finance, Marketing/Membership and Cafeteria committees.

On behalf of the Board of Directors, I would like to acknowledge the staff for calling many of our members to keep in touch during the pandemic. Feedback from some of these members revealed the importance of keeping in touch with each other and members felt a reconnect with our Seniors Centre. Thank you to our staff.

Recently, the Board of Directors welcomed Councillor Bill McNulty, as the City liaison to our board meetings replacing the former Councillor Kelly Green. Congratulations to Kelly Greene as she moves on to her new position as Richmond - Steveston MLA.

The Minoru Seniors Society has been fortunate to keep the cafeteria open Monday through Friday from 10:00 am until 2:00 pm for take out services. Member and non-member support for the cafeteria has meant we are able to offer affordable take-out meals to the public. Thank you everyone for your continued support.

This is the Society's first newsletter produced during the pandemic and your Board of Directors, along with the Marketing/Membership committee will endeavour to keep members informed as we move towards reopening the Seniors Centre.

-Kathleen Holmes, President of the Minoru Seniors Society

Cafeteria

Frozen and fresh options including entrees, sandwiches, soup and limited baked goods are available to go. Menu choices are listed on the Minoru Centre for Active Living website <https://minorucentre.ca/cafeteria/>



Nutritious fresh and frozen items include \$7.35 entrees, \$4.15 sandwiches, \$3.15 soups and limited baked goods. While cash is accepted, the use of debit/credit tap payments is preferred.

Minoru Seniors Society and Steveston Rotary Partnership

We have developed a partnership with the Steveston Rotary Club for a new lunch delivery program. The Steveston Rotary club donated funding to provide 20 seniors, a lunch delivery, once every two weeks. This program started on April 7th.

With their continued support, we hope this program will be extended to when the Minoru Cafeteria opens up to full operations. Our goal is to bring 15 to 20 Seniors to the Seniors Center for lunch and provide a Wellness Program before going home. We feel that socializing for seniors is very important for their well-being.



-Jim Kojima, Treasurer of the Minoru Seniors Society



Testimonials from Rotary Lunch Program

"The meal arrived at 11:15 yesterday morning. It was a chicken, rice and vegetables which I enjoyed for dinner last night. Thanks so much for doing this for me and other seniors in the community. My husband of 65 years passed away a year ago December so cooking a meal just for myself every evening is sad."

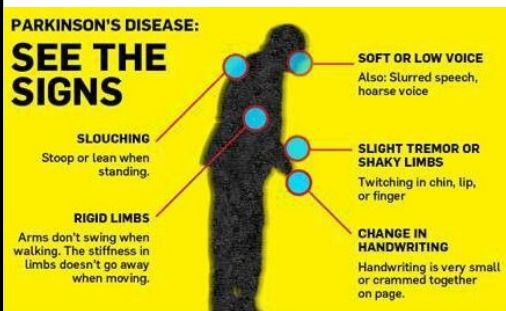
-Rosemary

"On behalf of my Dad, I would like to thank you for the meal delivered today. He enjoyed it and appreciates the efforts of all involved."

-Candy

My New Normal

Since in person classes were cancelled at the Seniors Centre at the Minoru Centre for Active Living, Zoom has provided a way to stay connected. I have enjoyed online Tap classes since they were made available. Although I was initially skeptical about tapping in a small space in my kitchen, it has worked!



My mother has also benefited from online Chair Fitness Classes as well as a Parkinson's Exercise Class. In addition, she participates in a monthly Parkinson's Support Group meeting. Zoom is the only opportunity we currently have to interact with the instructors and others in our classes. We look forward to seeing the friendly faces on the screen. I urge you to explore some of the online opportunities that are available!

-Munjeet Booton, Director of the Minoru Seniors Society

Featured Citizen: Garth Glowa, RMT



I met Garth in the cafeteria at the Seniors Centre at the Minoru Centre for Active Living. The facility is closed at the present time because of COVID-19, but they offer “Meals to Go” in the cafeteria run by the Minoru Seniors Society. Garth is a regular patron at the cafeteria for lunch, even during the Covid pandemic. Garth drops by the new centre, meets with the chef, picks up a lunch and eats outside or in his car following Dr. Bonnie Henry and the Health Canada protocols.



Garth Glowa is a RMT Massage Therapist working at the Richmond Family Chiropractic facility in Richmond. He is a graduate of the West Coast College of Massage Therapy and has been practicing in Richmond since 1997. His clinic is within walking distance of the Seniors Centre Cafeteria.

When Garth is not dealing with soft tissue injury and dysfunction, Myofascial Trigger Point therapy or a multitude of other injuries, he tells me that he enjoys skiing, running and hiking with his wife.

Garth explained the benefits of massage therapy performed by therapists trained in human anatomy and physiology. Therapists can deal with a wide range of health problems ranging from chronic pain and poor posture. Massage therapy stretches tight muscles to help reduce stiffness and edema in the muscles and joints.

When I asked Garth what he advises his clients to do to stay healthy, he mentioned, keep it simple, don't eat anything that didn't exist a hundred years ago and basically keep moving.

When asked if Covid has affected his business, he replied, “Yes, substantially.” He said that “there are a lot of people in Richmond who are very cautious and are watching the numbers. People will cancel their appointment when advised to stay home. So yes, there is a drop in appointments”. He said, that “they don't transmit Covid in their clinic. We kill Covid in the clinic, there is no transmission and people need not be afraid to come to their clinic.”

We want to thank Garth for his support of the Seniors Centre Cafeteria and look forward to a time when things can return to normal and the facility is active again.

-Bruce Stygall, Member

Group Spotlight

Senior Golfers

We haven't forgotten about you. You are all still on our "to-do" list. Because of the ongoing pandemic we had to cancel last year's annual golf tournament.

Unfortunately, it doesn't look any better for this year. Should the powers-that-be give us the go-ahead we will put things together in a hurry. Joan Vale and Bruce Stygall have your email addresses and notifications will be sent out as required. Meanwhile keep practicing by swinging your clubs on the balcony.

-Barry Gordon, 1st Vice-President of the Minoru Seniors Society



Busy Fingers

Members of Busy Fingers are following the public health order and staying home during the pandemic. However, they are busy at knitting slippers and dish cloths. (See photo below) Sale proceeds are donated to Minoru Seniors Society. If you would like to buy these lovely items, please call Tanya at 604-238-8460. We can arrange a pick up time and your order will be available for pick up at the patio at the western entrance of cafeteria. (Slippers \$7.50 Dish cloth \$2.00)

-Theo Au, Director of the Minoru Seniors Society



Minoru Seniors Photo Group

It has been an interesting and busy time for the Minoru Seniors Photo Group during this lockdown. We have continued to meet through Zoom meetings, held at our regular date and times: 1:30 - 3:30pm on the second and fourth Monday of every month.

We enjoy sharing our knowledge on all aspects of photography and have continued our monthly themed challenges and 'show & tell' sessions. We have also held several 'getting to know you' sessions that have been a great success and helped us learn a little more about our members. We have invited several professional photographers to give talks on their experiences and these have been much appreciated by our members.



Our meetings have helped us stay in touch with each other and given a sense of 'normalcy' to these unsettling times.

-Victor Jacinto, Director of the Minoru Seniors Society

June Programs

Hanging with the Guys *by phone*

Fridays, June 11 and 25 3:00pm to 5:00pm

Connect with other men to discuss hobbies, sports and more over the phone.



Online Coffee and Chat

Thursdays, June 10 and 24 11:00am to 11:45am

Connect with other Seniors Centre members for light conversation, and learn about upcoming opportunities for workshops and programs via ZOOM.



Online - Musical Interludes

Tuesdays, June 1, 15 and 29 1:30pm to 2:30pm

Enjoy a variety of old time favourite songs and connect with other seniors over ZOOM.



Email: seniors@richmond.ca or call 604-238-8460 to register and receive the ZOOM meeting link.

May and June Events

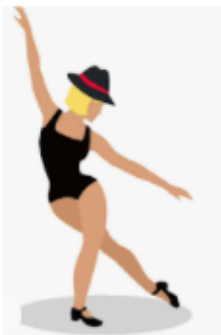
Online - Conversational Spanish:

Wednesday, May 19 to June 23 10:30am – 12:00pm



Meet others mastering this beautiful language, and sharpen Spanish conversation skills in these fun and interactive sessions. This program is presented online via ZOOM. ZOOM link will be emailed within 48 hours of the program start time. Pre-requisite: Basic Spanish for this conversational class that focuses on everyday word and phrases.

\$42.35/6 sessions (#73119)



Online - Tap Dancing – Intermediate:

Wednesday, May 26 to June 30 1:30pm – 2:30pm

Combine previously learned steps with new moves in this social class that also offers a fun work out. Tap shoes required. Pre-requisite: Beginner tap dancing experience.

\$28.25/ 6 sessions (#73096)

*** Unless otherwise specified, register online at www.richmond.ca/register or call 604-276-4300 (M-F 8:30 AM – 5:00 PM)**

Virtual SENIORS WEEK June 7 to 13

Monday, June 7: **ONLINE - OPENING ZUMBA® CELEBRATION - 55+**

Instagram: 11:00 - 11:45am Follow Instagram: @FunRichmond

Kick off this special week by viewing the live-streamed Zumba® dance party from Minoru Centre for Active Living.

Prime Rib take away lunch in MSS Cafeteria for \$10.00 + tax from 10am to 2pm

Tuesday, June 8: **PHONE-IN - LAUGH WITH READERS THEATRE - 55+**

3pm -4pm PerfectMind#: 78494

Laugh along with this seniors theatre group who reads through a selection of fun and comedic short scripts that are sure to bring a smile and lighten and brighten the day. This program is offered over the phone. Registration required.



Wednesday, June 9: **ONLINE - NATUROPATHIC MEDICINE: INTRODUCTION WORKSHOP 55+**

10:00-11:30am PerfectMind#: 76764

Learn about this distinct primary health care system that emphasizes prevention, treatment and optimal health through the use of therapeutic methods that support the body's natural ability to heal. This session is led by a naturopathic doctor via ZOOM. Registration required.



Wednesday, June 9: **ONLINE - BETTER AT HOME PROGRAM & OTHER SERVICES FOR 55+**

2:00 - 3:30pm PerfectMind#: 77239

Learn about and how to access programs available in the community for older adults. Family members and caregivers welcome. This session is presented by Richmond Cares, Richmond Gives and offered through Zoom. Registration required.

Friday, June 11: **ONLINE - MOVIE AFTERNOON WITH THE LIBRARY—55+**

3:15-5:00pm PerfectMind#: 77598

Watch the 2019 movie "Driveways" together but apart. This heartwarming movie about friendship and kindness is presented by the Richmond Public Library and is offered through Zoom. Registration required.



Saturday, June 12: **ONLINE - OVER 90s VIRTUAL CELEBRATION - 55+**

1:30 - 2:45 pm PerfectMind#: 75282

Enjoy an afternoon of music and fun, as Minoru recognizes seniors 90 plus. Join the Spring Hat Challenge by decorating a hat with items from around the house and then show it off at this virtual celebration featuring live musical performances over zoom. Registration required.

Saturday, June 12: **ONLINE - ROYAL SCANDALS - 55+**

3:30-4:30pm PerfectMind# 81408

Join in to get the insider Royal scoop on love affairs, hidden meetings and mystery children that changed the course of history. This program is offered through Zoom Gilmore Gardens. Registration required.

** Register online at www.richmond.ca/register or call 604-276-4300 (M-F 8:30 AM – 5:00pm)*

In the Community Resources

bc211

Life isn't always easy, but finding help can be. bc211 connects you to programs and services in your community.

Free | Confidential | 24/7 | 150+ languages |

Dial | Text | Chat |



Safe Seniors, Strong Communities: a program that matches seniors who need support with non-medical essentials, to volunteers in their community who are willing to help. When you register as a senior or volunteer, your contact information is shared with the United Way's Better at Home agencies. Those agencies make connections between seniors and volunteers in the community.

To call: dial 2-1-1

To text: text 2-1-1

Website: <http://www.bc211.ca/>



People's Law School

Is a non-profit society in BC that helps make the law accessible to everyone. They offer free education, information and resources on a wide variety of topics: coronavirus, consumer, money & debt, wills & estates, work, cars, home & neighbours, planning for your future and resolving disputes.



Call: 604-331-5400

Website: <https://www.peopleslawschool.ca/>

Seniors First BC

SENIORS FIRST BC

FORMERLY KNOWN AS THE BC CENTRE
FOR ELDER ADVOCACY & SUPPORT

SeniorsFirstBC offers a broad range of information and supports for seniors. In addition to learning how to identify and prevent elder abuse, you can learn about various topics—from the latest scams and frauds, to understanding Powers of Attorney and Representation Agreements.

Call 604-688-1927

Email: info@seniorsfirstbc.ca

Website: <http://seniorsfirstbc.ca/>

Centre Information

BOARD OF DIRECTORS 2020—2021

President.....Kathleen Holmes

1st Vice-president.....Barry Gordon

2nd Vice-president.....Bill Sorenson

Treasurer.....Jim Kojima

Secretary.....Shirley Khong

Director.....Henry Beh

Director.....Munjeet Booton

Director.....Theo Au

Director.....Donald Lee

Director.....Victor Jacinto

Director.....Diana Leung

Director.....Willie Wu

Recording Secretary.....Nora Wright

STAFF - City of Richmond

Centre Manager, Minoru Centre for Active Living

Dee Bowley-Cowan

Coordinator, Senior Services

Alex Homeniuk

Community Facilities Coordinator

Sonja Pickering

Seniors Wellness Coordinator

Tanya Fitzpatrick

STAFF - Minoru Seniors Society

Food Services Supervisor

Cesar Vincent San Pedro

Food Services

Naoki Sakamoto and Sayaka Sakamoto

MINORU SENIORS SOCIETY

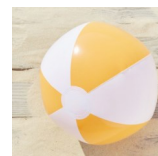
Our Vision

We improve the quality of life for seniors

Summer Fun Trivia

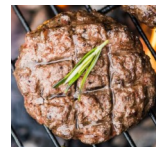
1. What year was the beach ball invented?

1927 or 1938



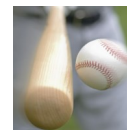
2. What's the Guinness World Record for the longest barbecue ever?

72 hrs or 80 hrs



3. Who holds the record for most home runs ever?

Barry Bonds or Hank Aarons



4. *True or false:* watermelon consists of over 90 percent water?



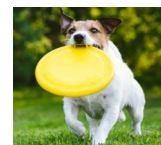
5. In what city is the ice cream sandwich believed to be invented?

St. Louis or New York City



6. Before they were used as a flying disc, Frisbees were originally invented as what household item?

A dinner plate or a pie tin



Answers:

1. 1938
2. 80 hours
3. Barry Bonds
4. True
5. New York City
6. A pie tin



December 24, 2020 Holiday Meals

The Minoru Seniors Society Board sought sponsorship to support 100 seniors to provide a free Holiday Meal plus a \$25.00 Save-On Gift Certificate. Thank you to the following sponsors in Richmond who stepped up, this includes: Save-On Food Stores in Richmond, Canfisco, Coast Capital, The Rotary Club of Richmond, Steveston Rotary Club, White Spot on Ackroyd and Richmond Mall and FreshCo at No 2 & Blundell.

We reached out to 103 seniors for delivery of a special package which included a turkey meal, a gift certificate and a holiday card made by school children. They were delivered to each home by various volunteers and clubs. The volunteers came to the Seniors Center, picked up the packages and delivered them to each home. We also gave 100 White Spot gift certificates to other seniors.

Thank you to the sponsors, volunteers and the staff for making the connection.

-Jim Kojima, Treasurer of the Minoru Seniors Society



Volunteers at the Seniors Centre delivering turkey meals to vulnerable seniors on Dec 24.

