



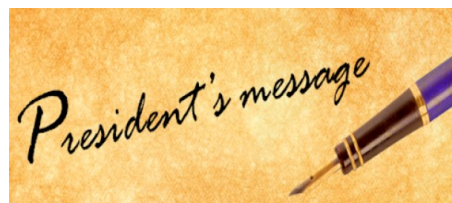
**Fall Programs Beginning September 13**

# **Summer 2021 Newsletter**

**Minoru Seniors Society**  
**located at the Seniors Centre in Minoru Centre for Active Living**  
**7191 Granville Ave Richmond, BC, V6Y 4G2**  
**Phone: (604) 238 8450**  
**Email: [seniors@richmond.ca](mailto:seniors@richmond.ca)**  
**Website: [minorucentre.ca](http://minorucentre.ca)**

## President's Report

Hello everyone, members and non-members alike. This is our second newsletter for 2021.



The Minoru Seniors Society is thrilled to be restarting our programs and services featuring many new and innovative activities along with your favorite programs from the past.

Currently the Seniors Centre at Minoru Centre for Active Living is offering indoor seating in the cafeteria along with a limited number of registered programs and we look forward to the fall as we continue to open up more activities.

The Board of Directors recently welcomed Councillor Bill McNulty as City Liaison to our board and now we must say goodbye and thank Councillor McNulty for his contributions to our monthly meetings.

The Minoru Seniors Society Board of Directors would like to extend a warm welcome of Councillor Andy Hobbs as the new City Liaison to our board. Board members look forward to greeting Councillor Hobbs in person and introducing him to our seniors centre and to our membership.

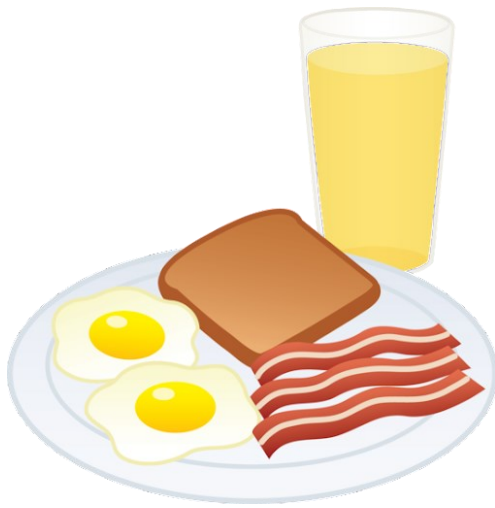
Your Board of Directors continue work at an accelerated pace as we move closer to our official reopening of our seniors centre.

It's time to ask our volunteers and committee members to return to volunteering and I encourage members to bring their skills and commit to serving on committees requiring their particular expertise or their help wherever needed.

I, along with the Board of Directors, look forward to the day we will be able to greet each of you in person. See you soon.

-Kathleen Holmes, President of the Minoru Seniors Society

## Cafeteria is now Open for Breakfast!



Effective August 9, the cafeteria has extended its hours and is open for coffee, baked goods and paninis for breakfast. Service is now offered Monday to Friday, 8:30am to 2:00pm (closed statutory holidays). Nutritious fresh and frozen items include entrees, sandwiches, soups and limited baked goods.

“Meals to Go” option is still available.

Menu choices are listed on the Minoru Centre for Active Living website:

[minorucentre.ca/cafeteria/](https://minorucentre.ca/cafeteria/)

Enter through the West doors off the cafeteria. Don't forget your mask as they are required when entering, exiting, and moving throughout the facility.

## Membership and Parking Pass Renewal

As programs and services continue to be restored, we encourage membership reactivation by completing the online form in one of the following ways:

- visit [www.richmond.ca/programregistration](https://www.richmond.ca/programregistration)
- call the Registration Call Centre at 604-276-4300 Monday to Friday from 8:30am-5:00pm and the form can be completed over the phone
- visit customer service at Minoru Centre for Active Living during facility hours and staff will be pleased to complete the form on your behalf

*\*please note, requests may take up to one week to process*

If you have a Seniors Parking Pass that was purchased prior to the temporary closure, your pass will be honoured until December 31, 2021. You will not need a new decal or need to reactivate this pass. Please stay tuned for the date announcement of when 2022 parking passes will be available for purchase.





## **Minoru Seniors Society and Steveston Rotary Partnership**

Minoru Seniors Society has 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 7<sup>th</sup> and has continued through the summer.

Bill McEwen from Steveston Rotary is shown receiving bagged lunches from Chef Caesar at the Seniors Centre cafeteria for the Minoru Seniors Society hot lunch program for seniors in need. Steveston Rotary is donating and is providing volunteer drivers to deliver meals to more than 20 seniors every two weeks. This project is part of the club's food security program that has included providing 700 food hampers to families in need during the COVID crisis.

Steveston Rotary responds quickly to challenges facing Richmond and other communities in BC. It has just started a Lytton Fire Relief Fund to assist evacuees from the recent wildfire disaster. \$30,000 has already been raised from donations from Rotarians and the public. Financial support has already begun flowing for clothing, food and household supplies through relief centres in Merritt, Hope and Kamloops.

-Jim Kojima, Treasurer, Minoru Seniors Society

## Our Unsung Hero

The year **2019** .... arrived with all it's joy, glitter and merriment. This was going to be a year unlike all other years, said the crystal ball seers, and it was!! But it was unlike all other years in a reverse sense, the pandemic arrived and without the accompaniment of a brass band and covered every corner of the earth.

The Seniors Centre at Minoru Centre for Active Living shut it's doors along with most other organizations in B.C. Seniors programs and services were put on pause, along with gym facilities, social events and dining spots. With heavy hearts, the Minoru Seniors Society Board of Directors lamented the cruel blow that the closing of the cafeteria would have an impact on the seniors who looked forward to having a delicious meal and social chit chat. There just had to be something that could be done for the lonely seniors out there. And there was!!!

From the hidden shadows of the cafeteria, an unsung hero emerged and took charge. The Seniors Centre's cafeteria Chef Cesar stepped up to the plate and hit a home run with the statement... "Why don't we offer take-out lunches to everyone... Not just to seniors, but to everyone."

Immediately, the wheels began turning and a menu took shape. Chef Cesar had major constraints placed on him to not only keep the meals nutritious but also to keep the costs down as the rest of the programs for the Seniors Centre were on pause. He and his barren staff would arrive at the Seniors Centre at 6:00am to begin preparing meals, pastry, and coffee.



Without any fanfare, the 10:00am - 2:00pm lunches were born and Chef Cesar, the smiling face behind the plexiglass partition, became our unsung hero.

Let's all drink a toast to Chef Cesar and hope that restaurant visits do not get shut down again! To Chef Cesar!!!

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

## A Pleasant Blast from the not so Distant Past...



The woodworking shop at the Senior Centre at Minoru Centre for Active Living is working hard with preparation to start drop ins this fall. During this time we have all had time to reflect on members from the past, founder members, Tradesmen and Master Craftsmen

who did such a wonderful job of handing over these skills to new members had not quite mastered the complexities of woodcraft. There were so many of them I cannot name them at this point.

But while doing some clean up at the shop on Wednesday the 4th we had a wonderful surprise by a visit from one of these wonderfully skilled gentlemen, Karl Kristenson. Karl has been absent from the workshop for quite a while due to his health, although to hear him during our all too short conversation, he is still very bright and has not lost any of his dry humor. While he was at the shop, Karl's forte was the making and turning of segmented bowls and boxes all done with the greatest precision. I myself benefited from his teaching and instruction which he gave freely, I must say that it was wonderful to see him and I hope he takes us up on our open invitation to visit any time he feels up to it. It was great to see Karl again. You are missed around the shop buddy.



- Robert Bulloch, Member, Woodshop.



## Group Spotlight

### Golfers

There is a gem in Richmond for golfers who want to improve their short game. All golfers know the saying “Drive for Show, Putt for Dough” and what a better place to improve your short game than Richmond’s Pitch and Putt course located in the south east corner of Hugh Boyd Community Park. The 50 year old course is a City-owned and operated 9 hole course. The longest hole is number 6 at 89 yards and number 1 the shortest at 51 yards, all par 3. The staff are always friendly and helpful especially for new golfers and families.



Since March 2021 the Provincial Health orders imposed some restrictions for golfers wishing to play, but lately a number of those restrictions have been lifted and the course has become very popular again, especially for families. Visit their website at “*Richmond Pitch and Putt*” for latest rules of play and rates. [www.richmond.ca](http://www.richmond.ca)

-Bruce Stygall, Member

### Busy Fingers

Busy Fingers had its first meeting since the pandemic on Monday, July 12. Members preregister for the sessions, wear masks entering and leaving the designated room together, each member knitting and chatting at an individual work station which is six feet apart. We enjoy our gathering and have fun. If you would like to buy our merchandise or to donate any yarn, you would find us in the cafeteria on Monday morning around 11a.m. Your support is much appreciated.

- Theo Au, Director of the Minoru Seniors Society



### The Tappers are Back

July 7, 2021 was a momentous day! It was the first time that a registered dance class resumed at the Seniors Centre following the closure in March 2020! We waited outside the building and were greeted by a staff member who escorted us to Movement Studio 2. All the necessary safety protocols were in place. It was wonderful to finally see others in person, including the friendly and welcoming staff. The tappers were all grateful to have received their second vaccine and felt safe returning to the Seniors Centre. Following the class, several tappers took advantage of the opportunity to enjoy a meal from the cafeteria and continue socializing on the patio. In many ways, we experienced the excitement and anticipation of the first day of school!



- Munjeet Booton, Director of the Minoru Seniors Society

## Flower Arrangements at the Senior Centre at Minoru Centre for Active Living

Have you seen the fresh flower arrangements at the Seniors Centre, and have you ever wondered where the Seniors Centre gets those beautiful flowers?

Our flowers are shipped here from all over the world:

Columbia, Holland, California and some from local growers, too.

Flowers are purchased from the United Flower Growers auction in Burnaby; our floral shop order arrives at the Seniors Centre every Tuesday morning to be arranged by our volunteers.

The Seniors Centre floral team members take their shift and work with pleasure and enthusiasm! Over the years we have made many fresh centerpieces for the Centre's gala events, for special Dinners with our Chef, boutonnieres for award recipients, teacup arrangements for our seniors Tea Parties and Christmas arrangements for the season.

We work in our dedicated room which is just across from the cafeteria on the main floor of the Centre. We love what we do and are a friendly group.

Visitors are welcome to pop by and see what we are making on any Tuesday morning.

If members are so inclined, donations towards the cost of flowers may be given - to staff members at the front desk. Most gratefully accepted, they will help us to make the Centre an even more beautiful and welcoming place to come.

Moreah Sinclair-Volunteer Floral Designer





# 1000 Songs Sung Over Zoom

June 30th marked the 40<sup>th</sup> Zoom session of the Glee Group during the pandemic. We started meeting over the Zoom last October, singing for one and a half hours every Wednesday afternoon. During that time, 1,000 songs were sung under the guidance of our musical director Elsie Stephen in a virtual setting. It was something we never imagined could happen before COVID-19!

This started as a self-initiated group effort to make something happen despite digital and space barriers. The mindset was the belief that “it is possible to sing in a choir all by yourself”. This is a perfect demonstration of the power of “seniors for seniors”.

The key person at the centre of these events is our musical director Elsie. She selflessly gave hours and hours of her time researching songs for each week’s session, sourcing the songs sheets and typing out the lyrics so that they could be put on Zoom. Not only that, but she also had to deal with overcoming technical difficulties (she is a musician not a technician), renting equipment, hosting the Zoom sessions, playing the piano, directing the singing, and sharing her knowledge of the history of the music. In between the songs there were social moments when everyone offered bits of their COVID lives, while sharing lots of laughter.



Behind the scenes, several key Glee members took on the important role of communication, while others helped by researching songs and sharing videos. There were about 25 regular participants attending these warm, relaxing, calming and fun singing sessions each week, and socialising. And there were 25 expressions of appreciation and thanks for being able to get together each week! Our gratitude was finally expressed to Elsie in person in a celebratory party in July, where she was presented with a chocolate piano.

As a music teacher and lover of music, Elsie has been involved in choirs throughout her life. Researching good songs to sing and dealing with technology were the two biggest challenges in this memorable endeavour! Elsie has three children and seven grandchildren. Her son and daughter that are immersed in technology gave her a hand with the technical difficulties. To Elsie, the project is rewarding as she is helping a group of passionate seniors to achieve their goals. Her advice to any groups in the same situation is to be inclusive and encourage participation. Choosing songs that everyone can sing helps the group to stay together.

No doubt this is an exemplary success story! If the Glee singers can do it, so can others, perhaps during other difficult times or under challenging circumstances.

Diana Leung



# August In-Person Programs at the Senior Centre at Minoru Centre for Active Living

To register please call 604-276-4300 or  
online at [www.richmond.ca/register](http://www.richmond.ca/register)

## Visual Arts Programs

### Painting - Basics

Pick up a brush and start creating through step-by-step and supportive instruction that develops the ability and confidence to paint simple subjects including still life images.

Wed, Aug 4 – Sept 1 10:00am – 12:00pm 56.30/ 5 sess. (#96447)

### Drawing - Basics

Capture on paper simple objects, images and still life's while learning basic concepts and techniques to eventually progress to drawing from imagination with improved understanding and confidence.

Wed, Aug 4 – Sept 1 12:30pm – 2:30pm 56.30/ 5 sess. (#96448)

### Drawing - Portraits

Create lifelike portraits that capture character and emotion using a variety of media including ink, graphite and charcoal. Using a photograph as a starting point, explore proportion, shape and expression.

Wed, Aug 4 – Sept 1 3:00pm – 5:00pm  
56.30/ 5 sess. (#96449)

## Arts— Dance

### Tap Dancing

Tap into some fun and get some great exercise at the same time. Wear comfortable clothing and tap shoes required.

Wed, Aug 4 – Sept 1 1:00pm – 2:00pm  
28.15/ 5 sess. (#97301)



### Modern Swing and Jive Dancing

Combine swing and jive with Jazz and tap in short, easy-to-learn and exciting routines suitable for social dancing. Partners are not required as dancing is done in solo formation.

Tues, July 27 – Aug 31 1:00pm – 2:00pm 33.80/ 6 sess. (#97300)

### Line Dancing Variety – Beginners (Cantonese and Mandarin)

Try this class that focuses on the fundamental steps of line dancing and that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music. This course is conducted in Cantonese and Mandarin.

Wed/Fri, Aug 11 – Sept 3 10:30am – 11:30am 45.05/ 8 sess. (#96437)

### **Line Dancing Variety – Plus (Cantonese and Mandarin)**

Try this class that focuses on the fundamental steps of line dancing and that are adaptable to country, ballroom, rock and roll, disco, Latin and pop music. This course is conducted in Cantonese and Mandarin.

Tues/Thurs, Aug 10 – Sept 2 10:30am – 11:30am 45.05/ 8 sess. (#96442)

### **Health and Wellness**

#### **Tai Chi - Beginner**

Learn basic Tai Chi movements in this Yang-style class. Wear comfortable clothing and bring a water bottle.

Fri, July 9 – Aug 27 (No class July 30) 11:30 – 12:30pm  
\$37.17/7 sess. (#87278)

#### **Tai Chi - Advanced**

Experience improved balance, increased flexibility and relaxation in this Yang-style class. Pre-requisite: Previous Tai Chi experience.

Sat, July 10 – Aug 28 (No class July 31) 10:30 – 11:30am  
\$37.17/7 sess. (#87295)



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

## **August Virtual Programs**

### **Holistic Health Series—Mood and Sleep**

Learn how specific nutrients can affect the body capacity of producing melatonin and how this hormone can help your mood and sleep. This session is led a Naturopathic doctor and offered through Zoom.

Tues, Aug 11 1:30pm to 3:00pm

FREE/1 sess. (#85055)



### **Hanging with the Guys by phone**

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

Fri, Aug 20 3:00pm to 4:00pm

FREE/1 sess. (#77730)



### **Movie Afternoon with the Library**

Thursday, August 26 2:00pm to 4:00pm

Watch the 2020 movie "Misbehaviour" together but apart. This British comedy-drama film is presented by the Richmond Public Library and is offered through Zoom.

FREE/1 sess. (#99116)

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



## Billiards

**Advanced registration required.**

The Billiards Room is open for registered visits only. Registrations for the following week's visits start at 8:30am online or through the Registration Call Centre on the Monday one week prior. Search \*Registered Visits at Minoru Centre for Active Living.

Monday to Friday

- 8:45 – 10:45am
- 11:15am – 1:15pm
- 1:45 – 3:45pm

Registration is open to those with a Minoru Seniors Activity Pass and Minoru Seniors Billiards Pass. Session is booked for 2 hour period and games are played in pairs. Please bring your own cue.



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

## Woodshop

**Advanced registration required.**

Beginning Monday, August 3, the Woodshop is open, for registered visits only. Registrations for the following week's visits start at 8:30am online or through the Registration Call Centre on the Monday one week prior. Search \*Registered Visits at Minoru Centre for Active Living.

Registration is open to those with a Minoru Seniors Activity Pass and Minoru Seniors Woodworking Pass.



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

## Fall Registration is now open!

Registered Programs for the Fall can be found online at [www.richmond.ca/register](http://www.richmond.ca/register) or call the Call Centre at 604-276-4300 (M-F 8:30 am – 5:00 pm). Facility Pass programs will also be available in the Fall.



---

# STEVESTON FARMERS & ARTISANS MARKET

---

The Minoru Seniors Society in partnership with the Steveston Community Centre, will be hosting a booth at the Steveston Farmers & Artisans Market on Sunday, August 29th from 10:30AM to 3:30PM.

The first 300 seniors (65+) to enter the market will receive a \$10.00 gift card to Save on Foods!

AUGUST 29, 2021  
10:30AM TO 3:30PM

FOR MORE INFORMATION VISIT: [SFAM.CA](http://SFAM.CA)



Thank you to the Steveston Community Society and the Farmer's Market as we will have a booth to help promote the various programs that will be starting up on September 13th and forward. This will be a great help to let the general public know about the Seniors Centre at Minoru Centre for Active Living and its activities.

## Centre Information

### BOARD OF DIRECTORS 2020—2021

President.....Kathleen Holmes

1<sup>st</sup> Vice-president.....Barry Gordon

2<sup>nd</sup> 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, Leisure Services, Seniors

Alex Homeniuk

#### Community Facilities Coordinator

Debi Jones and 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

## SEEKING

Minoru Seniors Society is seeking volunteers in the following areas:

- Programming Committee
- Program Host
- Cafeteria Host and Cashiers
- Membership Committee
- Program Ideas

Come out and share your skills and passion for seniors program.

Contact the Seniors Centre for more information.

Phone: 604-238-8450

Email: [seniors@richmond.ca](mailto:seniors@richmond.ca)



**minoru**  
SENIORS SOCIETY