minoru
SENIORS SOCIETY

Fall 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
Website: https://minorucentre.ca/

Richmond

President's Report

Welcome back! It's been a pleasure and joy to be able to greet many returning members and non-members alike. We certainly didn't realize back in the spring of 2020 that this would be our journey, but I've been alongside our hosts and volunteers listening to all of you share your experiences and have been pleased to hear that you have stayed safe and well during the pandemic.

This is our third newsletter for 2021 and we are excited to be restoring many of our programs and services; we are getting our 'groove' back!

Many of you may recall our slogan before moving from our previous location, "Movin'….Still Groovin'.." and it couldn't be more appropriate through this time. Back then we were talking about moving locations, and now we are talking about being active and getting back to participating in the many activities offered in the Seniors Centre at Minoru Centre for Active Living; whether it's dance or fitness, carpet bowling or table games, writing or painting, catching up with friends over lunch in the Cafeteria or just relaxing in our lovely Fireside Lounge.

Come visit us and let's get back to doing the things we love and connecting with our community.

-Kathleen Holmes, President of the Minoru Seniors Society

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/register
- Call the Registration Call Centre at 604-276-4300, Monday to Friday, 8:30am to 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 available for purchase.

Shopping Bus Service

RETURNING NOVEMBER

This service offers access to local shopping at reasonable rates with pick ups and drop offs at nine different independent seniors housing locations.

Mondays	Lansdowne Mall	($2.00 per round trip)
	Walmart, Garden City	($2.00 per round trip)
Thursdays	Seafair Centre	($2.00 per round trip)

Only purchases that can be carried are accepted as bus storage is limited. For a full schedule of designated pick up locations and times, call 604-238-8456.

Minoru Seniors Society Program Committee

The Minoru Seniors Society works in partnership with the City of Richmond to delivery meaningful programs to those 55+ at the Seniors Centre at Minoru Centre for Active Living. The Society is actively seeking members to join the Program Committee to help steer the direction of seniors programs and activities at the Centre and in the community. Adults participating in 55+ programs at the Seniors Centre, or who have an interest in becoming active in the programs and opportunities at the Centre, are encouraged to apply. The Committee meets monthly, and the approximate time commitment is 4 to 6 hours per month. For more information, contact Sonja Pickering, Community Facilities Coordinator at 604-238-8455 or spickering@richmond.ca.

Cafeteria is Open for Breakfast!

The cafeteria is open with 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/ and on Instagram @MinoruCentre. For further information about meals and catering services, contact Minoru Centre for Active Living at 604-238-8450.

Mary and Marlene enjoying a coffee in the cafeteria.

Writer-in-Residence Event

Join the City of Richmond's Writer-in-Residence Sonya Lalli for an afternoon of readings and conversation followed by a question and answer session with the Minoru Writers Group.
Sonya will read from one of her latest books, and address questions from aspiring writers about the world of publishing, writing and storytelling. Ms. Lalli is an acclaimed romance and fiction author who has just published her latest work, "A Holly Jolly Diwali", and has been featured in Entertainment Weekly, the Globe and Mail, Washington Post, CBC and more. Everyone welcome. No registration required.

Tuesday, November 2, 1:00-3:00pm
Seniors Centre at Minoru Centre for Active Living

Staff Spotlight

There are plenty of gems in Richmond and one of the best you'll find is the Minoru Seniors Centre cafeteria located in the Minoru Centre for Active Living building on the main floor (entrances from Gilbert Road or Granville Avenue).

Many staff and volunteers make the Seniors Centre run efficiently and effectively and two special people are Saka and Sayaka Sakamoto. From Monday through Friday they are at the MCC by 6:00am preparing to open at 8:30am and provide meals until 2:00pm. They started working five years ago first in the old Seniors Centre building before moving to the new building. Mr. Sakamoto is a trained Japanese chef and has his license to prepare blowfish also known as known as *Fugu*. He loves to prepare Japanese food and takes special pride in visual presentation. Today they serve basic "comfort food" such as Salisbury steak, Salmon Cakes, pasta dishes, stews, soups and salads, plus outstanding ribs which are very popular. Get your membership and enjoy lunches for only $8, a real bargain!

The couple came to Canada on a holiday in 1991 and after returning home to Tokyo, Japan only four months later they made their way back to Canada, specifically Richmond, BC to live permanently. When not preparing delicious meals, Mr. Sakamoto enjoys working in his flower garden and creates beautiful bonsai maple trees. Mrs. Sakamoto enjoys reading, especially fiction murder mysteries and non-fiction true stories. She also loves to go walking. They have one daughter who lives in Victoria and have inherited her calico cat, Caliope.

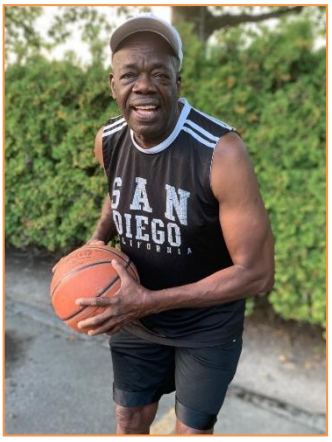
The cafeteria survived the toughest days of COVID as the Sakamoto's helped prepare delicious takeout meals and all of the staff and volunteers are thrilled to have you back again.

If you haven't yet been yet come and check out the cafeteria at the Minoru Seniors Centre. Enjoy a meal on your own or with friends. You will always see smiling faces and feel the hospitality of the team as you are welcomed to break bread in a clean and comfortable environment!

-Story by Kimberley Evans

National Seniors Day 2021

For National Seniors Day this year, we put together a series of profiles highlighting what aging positively looks like for seniors in our community. These profiles show that aging positively can spread Joy, Inspiration, Connection, Community and No Limits for not only Richmond seniors, but our community as a whole. For the complete profiles, check our Instagram page @MinoruCentre or visit www.richmond.ca/seniors to see the full campaign.



The Victor Jacinto Story

Twenty-three years ago the venerable Kodak Company in Manila, Philippines lost a 25 year employee when Victor Jacinto and his wife Esther moved to Canada. Esther had been a 20 year employee of the Embassy of Finland.

In 2011, Victor became a member of the Seniors Centre and volunteered in many areas of need. As an Arts and Nature lover as well as a photography enthusiast Victor was attracted to a City of Richmond Street Banners Contest in 2017. He entered the contest for the next three years and was declared the winner for the next three years in a row. His winning entry is shown on this page and have probably been seen by most of Richmond affixed to poles throughout the city.

This Steveston resident and his wife have three children and three grandchildren. In 2018, Victor was elected to the Seniors Centre Board of Directors where he has been very active serving on eight diverse committees. The driving force behind his commitment to the Seniors Centre is... “Social interaction with Seniors”. Well done, Victor.

P.S. Victor has two holes-in-one in golf.

Story by Barry Gordon

2021 Steveston Farmers Market

Members of our Board of Director's were on site at the 2021 Steveston Farmers Market, spreading the news that the Minoru Seniors Centre is OPEN and programs are running! Thank you to the Steveston Community Centre for the opportunity to participate.

Health and Wellness

In 2007, my husband stood in the middle of the kitchen holding a glass that he intended to put in the cupboard. I watched in dismay as he looked with confusion at the cupboards not knowing where to put this glass! That was the moment that I knew something was wrong with his cognition.

We visited our GP who referred us to a geriatric specialist who diagnosed Jack with MCI, mild cognitive impairment. She explained to us that there was no way to predict the progress of his mental health nor the particular type of dementia he may experience. There was nothing we could do except that Jack should stay as active as possible and participate in as many things to keep his brain stimulated and exercised.

This was the beginning of educating ourselves and for me to begin to accept what the future might hold for us. I was in denial for a long time, not willing to believe that my husband would be leaving me, changing in a way that could not be stopped. I was embarking on a journey, down a road that I did not want to travel.

About 5 to 6 years into the disease, Jack was diagnosed with Alzheimer's and then Frontal Lobe Dementia, which changed his personality to the degree that he needed medication to handle the angry outbursts and frustration which he was experiencing almost daily. I promised him that I would look after him for as long as possible in his home which he loved.

I was grateful that despite the frustrations Jack and I both experienced with his short term memory that he was an easy man to care for and was always loving and kind to me. I finally turned to the Alzheimer Society of BC and joined the Care Giver support group who met at the Caring Place in Richmond once a month. Many of the attendees shared tips and pointers about coping that I then shared with his friends to help them understand as well. I was able to help Jack maintain his dignity and I get some respite. Eventually, I began to feel overwhelmed with my responsibilities not to mention the inevitable fate of my husband's mental health and the loss of the beautiful, sweet intimacy that only married people share.

In October of 2016, we were told that Jack had pancreatic cancer. This cancer was advanced and because the quality of his mental health was deteriorating, surgery, chemo therapy and radiation seemed cruel and pointless. We were assigned a Palliative Care doctor who was wonderfully supportive and helped me "walk Jack to the end of his life's journey".

I was able to keep Jack at home until two weeks before he passed away. The palliative care doctor said to me, "It's time you returned to being a wife and not just the caregiver". Good advice! He received excellent care at Richmond Hospice and I was comforted by the kindness that was extended to him as it was to me as well.

It's been over two years that I have lost the physical presence of a dear, kind and loving husband. Now the painful memories are turning into a treasure trove of reflections of a great marriage to a wonderful man.

- Kimberly Evans

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

The programs listed are just a few of the many programs offered. Registered programs can be found online at www.richmond.ca/register.

Visual Arts Programs

Watercolour Painting
Work on personal projects to further develop voice and style in these loosely structured, enriching and supportive studio sessions. All levels welcome. Suggested supply list available upon request.

Thursdays	Nov 4 – Dec 16	3:30 – 5:30pm	$69.00/6 sess. (#98484)

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.

Wednesdays	Nov 3 – Dec 15	12:30 – 2:30pm	$80.50/7 sess. (#98528)

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.

Wednesdays	Nov 3 – Dec 15	10:00am – 12:00pm	$80.50/7 sess. (#98524)

Arts — Dance

Tap Dancing - Beginner
Tap into some fun and get some great exercise at the same time. No dance experience required. Tap shoes required.

Wednesdays	Nov 3 – Dec 15	9:00 – 10:00am	$40.25/7 sess. (#99320)

Modern Dance Party
Learn and combine a wide range of styles of dance and easy-to-learn and exciting routines suitable for social dancing. Partners not required as dancing is done in solo formation.

Tuesdays	Nov 2 – Dec 14	2:00 – 3:00pm	$40.25/ 7 sess. (#99026)

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.

Mondays	Nov 1 – Dec 13	9:30 – 10:30am	$40.25/7 sess. (#99014)
Tuesdays	Nov 2 – Dec 14	9:45 – 10:45am	$40.25/7 sess. (#99017)
Thursdays	Nov 4 – Dec 16	10:45 – 11:45am	$34.50/6 sess. (#99020)
Fridays	Nov 5 – Dec 17	10:45 – 11:45am	$45.25/7 sess. (#99021)

Line Dancing – Beginners
Practice and learn the basic moves that make up current line dancing today. It's easy and fun! No dance experience required.

Tuesdays	Nov 2 – Dec 7	2:00 – 3:00pm	$34.50/6 sess. (#98998)

Line Dancing – Intermediate
Improve beginner moves and learn more advanced ones in this social and physically active class. Pre-requisite: Previous line dancing experience.

Tuesdays	Nov 2 – Dec 7	3:15 – 4:15pm	$34.50/6 sess. (#99000)

Conditioning Through Dance
Improve overall health and body conditioning through a combination of ballet technique and jazz dancing focusing on core strength, posture, flexibility and increasing cardiovascular health. No dance experience required.

Mondays	Nov 1 – Dec 14	12:00 – 1:00pm	$40.25/7 sess. (#99009)

Health and Wellness

Qigong for Health – Beginner
Maintain health, increase vitality and experience inner peace and healing with this ancient form of Chinese medicine that includes gentle physical movements, breathing techniques and meditation. Led by a certified Qigong instructor.

Wednesdays Nov 3 – Dec 15 9:00 – 10:00am
$38.50/7 sess. (#99247)

Chair Yoga
Find length in the spine in this unique fitness program that opens the hips and moves the shoulders and necks. This class is recommended for people with mobility challenges.

Thursdays	Nov 18 – Dec 23	9:15 – 10:15am	$33.70/6 sess. (#98759)

Hearing Clinics
Register for a clinic offered the 4th Monday of each month. Phone 604-238-8450 to make a hearing test appointment.

Monday	Nov 22	2:20 – 4:20pm	FREE/ 1 sess.

Legal Clinics
Access legal help from Seniors First BC with this service for older adults not able to access legal help elsewhere due to low income or other barriers. Clinics offered the 4th Thursday of each month. Phone Seniors First BC at 604-688-1927 ext. 258 to make an appointment for a 30 minute legal consultation.

Thursday	Nov 25	10:00am – 12:00pm	FREE/1 sess.

Arts – Music

Jazz Piano - Beginners
Learn the basics of the art of playing chords to harmonize and accompany melodies. No experience required.

Fridays	Nov 5 – Dec 17	12:45 – 1:45pm	$40.25/7 sess. (#101543)

Clarinet - Beginners
Start to learn this instrument with a clear and distinct sound that has a long been a fixture in the world of Jazz music. Participants will need to bring their own instruments to class. Bb and Eb clarinets would be suitable for this class.

Fridays	Nov 5 – Dec 17	2:00 – 3:00pm	$40.25/7 sess. (#101546)

Languages – Spanish

Conversational Spanish
Meet others and converse in these fun and interactive sessions. Pre-requisite: Minimum basic knowledge of Spanish.

Level 1 (Prerequisite – Basic knowledge of Spanish)

Wednesdays	Nov 3 – Dec 15	10:30am – 12:00pm	$57.75/7 sess. (#99232)

Level 2 (Prerequisite – Intermediate knowledge of Spanish)

Wednesdays	Nov 3 – Dec 15	12:30 – 2:00pm	$57.75/7 sess. (#99242)

Be Scene and Heard

Platinum Players – Drop-in
Awaken the joy of creative expression with acting! PLATINUM PLAYERS is a community theatre group that has entertained at seniors' residences, community centres and special events in Richmond for over 10 years. The players promote laughter, camaraderie and self expression through theatre games, script readings and skits. New members are needed and adults 55+ years are encouraged to join the group and give acting a try. For those who need a more concrete reasons for participating, a growing body of knowledge demonstrates a clear link between active engagement in theatre and slower declines in cognitive and physical functioning.
The group is based out of Minoru Seniors Centre and currently meeting over Zoom Tuesdays from 2:00 to 4:00pm.
For more information, call the Minoru Seniors' Centre at 604-238-8455 or Elaine at 604-276-9993.

Every Tuesday	ONLINE	2:00 – 4:00pm	FREE (Facility Pass required)

Billiards

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 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 or call 604-276-4300 (M-F 8:30 AM – 5:00 PM)

Registration is now open!

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

Busy Fingers

Less than 10 members attend our Busy Fingers Meetings on Monday and Thursday mornings. The Busy Fingers program has become somewhat of a fulfillment centre: gathering yarns and supplies for those who work at home, and receiving lovely finished merchandise from our stay home members.

We have put out our Christmas novelties this October, a bit earlier than usual, hoping to get some more sales and donations to the senior centre. Your ongoing support in buying our merchandise and in yarn donation is much appreciated. A big thank you to Joanne, member of busy fingers for designing the moose.

- Theo Au, Director

You could win this beautiful hand-made knitted stuffed moose! Raffle tickets are available at the Seniors' Centre Front Desk. Prize is valued at $50. All proceeds will support the Busy Fingers program.

1 ticket: $2

3 tickets: $5

The prize draw will take place on December 1.

Bridge is Back!

Join others for this trick taking card game. Playing cards boosts mental stimulation, improves thinking and find motor skills.
Duplicate Bridge is looking for players Friday 12:30 to 4:30pm.
Contract Bridge is meeting Mondays 1:00 to 4:30pm

Annual General Meeting

Our AGM will be held on November 24, 2021 at 11:00am via Zoom. If you would like to attend, please email seniors@richmond.ca or phone 604-238-8450.

Thank You

Minoru Seniors Society would like to send a heartfelt thank you to PriceSmart Foods Pharmacy for facilitating our Flu Shot clinic this October. Thank you for helping keep our Senior's safe this flu season.

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, 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:

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

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

WANTED

Please give the Society your program ideas.

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