



Santa's Helpers for the Christmas Meal Delivery

Winter 2022 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/



President's Report



WELCOME BACK! What a journey members have been on since 2019. We have endured the closing of the centre, missed attending our favourite programs and activities and above all missed each other's over company over coffee or lunch in the cafeteria.

I stated in the 2019-2021 AGM report that "I looked forward to the day all rooms would be filled, the cafeteria would be at capacity and the lounge full of seniors singing their hearts out". The Minoru Seniors Society is thrilled to be restarting programs and services for our seniors. Visit the seniors centre to find out what we have to offer, you might be pleasantly surprised.

It has been a pleasure to greet returning members as well as non-members to our centre and I look forward to the resumption of programs and activities in our "Home Away From Home".

Kathleen Holmes President Minoru Seniors Society



Holiday Raffle

Thank you to all of our volunteers that were instrumental in organizing and running our Holiday Raffle! 800 tickets were sold and \$1600 was raised in support of the Minoru Seniors Society. Thank you to the Busy Fingers Knitting group and Minoru Woodworkers for donating wonderful hand-made items for the raffle, and congratulations to all of the winners!







& HAPPY WINNERS!

Shopping Bus Service

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.



Flashback to 2020

As we continue to cope with the pandemic, it's important to take a look back and see how far we've come. One of our community's fixtures – Pat Stewart – wrote the following poem in April of 2020. Sadly, Pat passed away on November 22nd. She lived for 97 wonderful years, and was a dedicated volunteer and board member with the Minoru Seniors Society. Her positive impact has been felt across the City of Richmond.

This year of "The Closures"
Is no fun at all
The programs and out trips
On hold till the fall?

The staff at the front desk Still answer the phone And check how we're doing Those living alone

Our Minoru Chef Keeps cooking lunches each day And baking the goodies Thank you Cesar - Hip! Hip! Hooray!

We'll beat this together
We'll stay at home more
The hugs and hand-holding
We miss most of all



Volunteer Spotlight





Irene Amantea is one of the liaisons of Minoru Seniors Society's Busy Fingers knitting group. Irene has been unable to be with us in-person at the centre throughout the pandemic, but she has kept her fingers very busy! Irene is a talented and creative knitter, crocheting toys in the likeness of cartoon characters, and even staff members! Recently Irene crocheted a commissioned doll for one of our life guards! Thank you for your efforts Irene!





Christmas Dinner Meal Delivery

This Christmas, the Minoru Seniors Society and its wonderful volunteers came together to provide one hundred free meals for seniors in Richmond. Chef Cesar cooked up a delicious festive dinner and dessert, and volunteers put the meals together with Christmas cards and some other treats. Providing meals to those in need is a privilege to be able to do, and our team went above and beyond to make it happen. Kudos to all those involved!













Romance 2.0

The way we date to find friendship or romance has changed dramatically in these last many years. First, it was personal ads in the newspaper and has now morphed into a social on-line phenomenon that mystifies many of us. Fear not, for I have heard of many suitable and happy matches through on-line dating for all ages.

Some folks have never married, some are divorced and some widowed. There is a plethora of reasons to seek friendship and love as well as a huge pool of people looking for many of the same things as us. As seniors we have to be cognizant that we may be stuck with our opinions and ideas about ourselves and the "others" out there who may want to become our friend. We may not be as accepting and fluid as we were in our youth. Bearing that in mind, if you are willing to put your judgements aside and be open-minded you may open a treasure chest of new experiences and widen your circle of friends. Each new person you meet may introduce you to a new friend or friends.

There are a few do's and don'ts when you dip your toe in the social media arena of dating. Some obvious ones are:

- Meet in a public place like a shopping mall or coffee shop/restaurant.
- Tell a friend where you are going
- Never give anyone your address or invite them into your home until you feel they can be trusted
- Offer to pay your own way

Now that you have decided that you are going to take the plunge, what's next? Choose a website that a friend may have recommended. Have two or three current pictures of yourself at the ready and maybe one from your glamour days in your youth for fun! If you put up a picture of yourself 20 years ago, you may disappoint your new friend when you first meet. Take some good photos which are in focus and shows off your beautiful self, face and smile. Be honest and truthful right from the start. Most websites ask you to complete a profile with some important characteristics that you would want a new friend to know. For example, you may mention a desire to travel or play bridge or take walks in nature. If you find a senior appealing on-line but you are struggling with mobility issues then you don't want to "click right" on someone who snowshoes or jogs or plays pickle ball twice a week. Physical intimacy is often top of mind and we fear that we may disappoint in this area. Intimacy between senior couples can often be very satisfying with hugs, kisses, cuddling or waking up together. Again, be honest right from the first chat or meeting. Some seniors are looking to cohabitate or marry and some simply want a travel companion or someone to share a meal or a movie.

At your first in person meeting take special care with your appearance. Make sure your hair is tidy and dress in clean clothes that flatter you and you find comfortable. Ladies – go easy on the perfume and fellas clip those nose hairs! Remember, you only have 7 seconds to make a first great impression!



Kimberley Evans Volunteer

NEW 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 or call the Call Centre at 604-276-4300 (M-F 8:30 am – 5:00 pm).

The Seniors Facility Pass is \$28.00 per year and supports the Minoru Seniors Society. Passes are valid one year from date of purchase.

Seniors Facility Pass benefits:

- Special pricing in the Seniors Centre Cafeteria
- Access to 25+ weekly drop-in activities
- Voting privileges at the Annual General Meeting

Seniors Facility Pass Activities

HOLD' EM!! HOLD'EM!!

A person hearing someone shouting "HOLD'EM!" would probably have a mental image of a law enforcement official arresting a criminal. But no, not at the Minoru Seniors Centre. TEXAS HOLD'EM is a poker game that has been played at the Centre for more than 20 years. It is still being played at the Centre by a group of dedicated Seniors. The game is open to all senior members with no drop-in fees being applied. It takes place three times a week....Sunday, Tuesday and Thursday from 11:30am to 3:30 pm. You can walk in, play a hand or two, and leave at any time you desire Long time members Serena, Maureen, Steve and Peter look forward to new participants. If you are interested, talk to Meredith at the poker table. He is the TEXAS HOLD'EM head Honcho and he will make you feel at home. Just show up.

MON	TUE	WED	THU	FRI	SAT	SUN
MON Wood Working** 8:30AM—12:30PM Billiards** (Reastered Visits) 8:45AM—3:45PM Yuanji Dance* 9:00—10:30AM Busy Fingers 9:00AM—12:30PM English Social for Chinese Seniors 10:00—11:30AM Crib 1:00—3:00PM Bridge	Billiards** (Reastered Visits) 8:45AM—3:45PM Tai Chi Practice* 9:00—10:00AM Wood Carving** 9:30AM—12:00PM Poker 11:30AM—3:30PM Carpet Bowling 12:30—3:00PM Minoru Writers (1st & 3rd weeks) 1:00—3:00PM Wood Carving**	Wood Working** 8:30AM—12:30PM Billiards** (Reastree Visits) 8:45AM—3:45PM Yuanji Dance* 9:00—10:30AM Mahjong* 10:00AM—4:00PM Crib 1:00—3:30PM Wood Working** 1:00—4:30PM Glee 2:00—4:00PM Billiards** (Drop-In) 4:00—8:45PM Multicultural Dance* 6:45—8:45PM	Billiards** (Registered Visits) 8:45AM—3:45PM Yuanji Dance* 9:00-10:30AM Busy Fingers 9:00AM—12:30PM Poker 11:30AM—3:30PM Scrabble 12:45—4:00PM Knitters and Natters 1:00—3:00PM Wood Carving** 1:00—4:30PM Ballroom Dance* 3:30—5:15PM Billiards** (DROP-IN) 4:00—8:45PM Prostate Cancer Support Group (2No Week) 6:30—8:30PM Yuanji Dance* 6:30—8:30PM Page Turners Book Club (3Ro Week) 7:00—8:30PM res additional \$30	Wood Working** 8:30AM—12:30PM Billiards** (Reasteep Visins) 8:45AM—3:45PM Tai Chi Practice* 9:00—10:00AM Mahjong* 10:00AM—4:00PM Duplicate Bridge 12:30—4:00PM Chinese Calligraphy* 1:00—4:00PM Wood Working** 1:00—4:30PM Euchre 1:30—4:00PM Hanging with the Guys (2ND & 4TH WEBK) 3:00—4:30PM Billiards** (DROP-IN) 4:00—8:45PM	SAT Tai Chi Practice* 8:45-9:45AM Billiards** (Drop-In) 8:45AM-4:45PM Ballroom Dance* 10:00AM-12:00PM Spanish Social 10:30AM-1:00PM Peking Opera 1:30-4:30PM Multicultural Dance* 2:00-4:30PM	Billiards** (DRCP-IN) 8:45AM—4:45PM Wood Carving** 9:30AM—12:00PM Model Walkers 11:00AM—1:00PM Poker 11:30AM—3:30PM Parkinson's Support Group — Online (1st Wee) 1:00—2:00PM Wood Carving** 1:00—4:30PM Minoru Community Line Dancers* 1:30—3:30PM
1:00–4:30pm Photo Group (2ND & 4th Week) 1:30–3:30pm Multicultural Dance* 2:30–4:30pm Billiards** (Drop-N) 4:00–8:45pm	1:00—4:30PM Musical Interludes 1:30—3:00PM Kingsland Calligraphy 1:30—4:00PM Platinum Players — Online 2:00—4:00PM					
Whist 6:00-9:00pm	Billiards** (Drop-In) 4:00—8:45pm Yuanji Dance* 6:30—8:30pm					

Centre Information

BOARD OF DIRECTORS 2020—2021

President Kathleen Holmes

1st Vice-president Bill Sorenson

2nd Vice-president Theo Au

Treasurer Jim Kojima

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Director

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Sean Davies

Community Facilities Coordinator

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Recreation Leader

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STAFF - Minoru Seniors Society

Food Services Supervisor

Cesar Vincent San Pedro

Food Services

Naoki Sakamoto and Sayaka Sakamoto

SEEKING

Minoru Seniors Society is seeking volunteers in the following areas:

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

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

Contact the Seniors Centre for more information.

Phone: 604-238-8450

Email: seniors@richmond.ca

WANTED

Your ideas are important and welcome!

MINORU SENIORS SOCIETY

Our Vision

We improve the quality of life for seniors



