



Minoru Seniors Society Board Members welcoming new Members

Spring 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

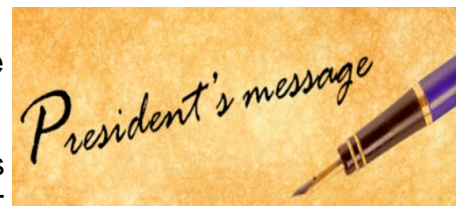
GUESS WHO? Can you name all of the seniors in the picture below? Don't look at the names under the picture.

It is my privilege to introduce the 2021/2022 Minoru Seniors Society Board of Directors. We have a total of 10 board members for our current term.

This year's board members are a diverse group of individuals from various walks of life and bring a wealth of knowledge and expertise to the board's operation.

As our Board is a working Board, members chair many of our committees and work diligently with City staff to ensure the Society brings new and innovative programs and services plus community outreach to our Centre.

Kathleen Holmes
President
Minoru Seniors Society



Minoru Seniors Society Board of Directors

Back Row (Left to Right): Jim Kojima, Henry Beh, Bruce Stygall, Willie Wu, Bill Sorenson, Victor Jacinto
Front Row (Left to Right): Munjeet Booton, Kathleen Holmes, Diana Leung, Theo Au

Seniors Week 2022

Seniors' Week will be celebrated this year from June 6 – 12! Seniors Week celebrates Seniors and their many contributions – providing an opportunity to acknowledge and celebrate the integral part seniors play in communities across British Columbia.

This year events include events, free Try-It programs, workshops, and more!

MAYOR'S WELCOME AND OPENING EVENT

The Seniors Centre at Minoru Centre for Active Living

Monday June 6th - 10:00am-1:00pm (FREE)

Join Mayor Malcolm Brodie and special guests for the opening of Seniors Week celebrations on the Plaza at the Minoru Centre for Active Living. Accompany the Mayor for a walk around the Minoru Track and take part in try-it sessions of Zumba, Tai Chi, Nordic Pole Walking and more.

BAGGED LUNCH

The Seniors Centre at Minoru Centre for Active Living

Monday June 6th - 11:00am – 12:30pm (\$9)

Pre-order a bagged lunch from the Seniors Centre cafeteria to enjoy outdoors during the Seniors Week opening festivities. Vegetarian option available. Pre-ordering required.

Event ID #148375

FACES OF RICHMOND SENIORS

The Seniors Centre upper gallery at Minoru Centre for Active Living

June 6th -12th daily during opening hours (FREE)

Discover the stories of Richmond Seniors in this unique art project linking community artists with the lived experiences of local seniors. View the finished portraits and listen to audio recordings of participants stories.

WELCOME BACK TEA

The Seniors Centre at Minoru Centre for Active Living

Saturday June 11th - 11:00am-1:00pm (FREE)

Celebrate this special week with others at the Minoru Seniors Society's afternoon of entertainment and light refreshments. Registration required

Event ID #148362

SWIM, SPLASH AND RELAX

The Seniors Centre at Minoru Centre for Active Living

Thursday June 9th - 11:00am-12:30pm (FREE)

Join this facilitated swimming pool orientation and have fun splashing around in the leisure pool, relaxing in the hot tub and recharging with a dip in the cold plunge pool. Registration required.

Event ID #143769

A full list of programs and events can be found at www.richmond.ca/seniorsweek



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 3:30pm. 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. If anyone would like to learn how to play Texas Hold'em Meredith will be available to offer lessons... at no charge!

Cafeteria

Member pricing has returned to the Cafeteria at the Seniors Centre. Seniors Centre Facility Pass holders can enjoy our weekday lunches at a discounted price of \$8.40. The non-member price is \$10.50.

The Seniors Facility Pass (\$28/year) supports the Minoru Seniors Society and is available for individuals 55+ years and spouses less than 55 years old. Complimentary Seniors Facility Passes are available to honour those 90 years and older. Join a welcoming community that supports your lifestyle. Passes are valid one year from date of purchase. Visit the front desk or call 604-238-8450 for more information.

Seniors Facility Pass Benefits:

- Special pricing in the Cafeteria
- Access to 35+ weekly drop-in activities
- Voting privileges at the Annual General Meeting
- Parking Pass (65+ years) \$11/calendar year (limited quantities)



Sing Along... With Herb!



The piano tickling and melodic voices you hear originating from the Fireside Lounge at the Seniors Centre on Tuesday afternoons is from the long-running “Sing Along With Herb”. Except for an extended shut-down due to the Covid pandemic, Herb has been running the program at the centre for 14 years now. When the old centre was still operating, “Sing Along With Herb” attracted a full lounge of senior singers with standing room only at the back.

So, who is Herb? Herbert James William Calderwood was born in 1940 in the bustling town of Claresholm, Alberta... just south of Calgary. His interest in music began when he was 6 years old and reached it's pinnacle when he was in the company of Liberace... yes, yes, “The Liberace”.

His working life was as a customer service agent with CP Air. At the same time he was a church pianist in Calgary, from 1958–1964. While there he also played piano at various weddings and funerals. When Herb moved to Vancouver he continued as a church pianist from 1966–2012. Herb says the biggest influences in his life are god, family, and music.

Since moving to B.C., Herb has been musically active at Rosewood Manor, Blenheim Lodge, and The Maples, as well as entertaining seniors at the Minoru Seniors Centre. Recently, a new wrinkle has popped up in the program, with participants not only singing along, but dancing too!

If you haven't been to a sing along with Herb, you are missing a great piece of entertainment. The price is right (it's free!) and the locale is friendly. Make it a point to go to the Seniors Centre on a Tuesday afternoon to “Sing Along... With Herb”.

Forever Young

The Minoru Seniors Society is thrilled to support the Forever Young non-profit organization as they announce their 8km run which resurrected itself in 2021 after a one year Covid hiatus. This year the race will be held on September 11. Go to their website foreveryoung8k.ca for further details and registration.

The Forever Young organization partners well with our Centre. Their membership is open to 55 plus seniors and they are committed to becoming involved, moving and connecting with new members and people who are equally committed to great physical health.

We know how important our health becomes as we age. We become more aware of the old adage, “use it or lose it”! This is a tremendous chance for many seniors manage to optimize their physical activity.

Akram Khan began his running passion at age 65 and is still running in marathons today at age 81.

“Some friends were surprised I am still running and racing at 81. I have been competitive and often elite since I started racing at 65. Done hundreds of races from 5k to half marathons. By racing at 81 I am still learning about running and aging. Year after year I test my changing body. Age is a biological reality, not just a number. I love running, it’s the best part of my day. A pace that once was my warm-up jog is now my racing pace. An 80 year old runner friend once told me it’s like pedaling a bicycle in a NASCAR race. Hey, I am still very competitive in my age group!! I am very fortunate to be able to run and race. Can’t wait to see all you runners at the next event.”

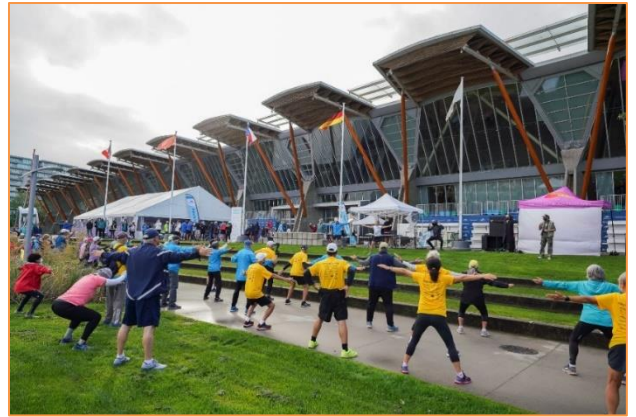
The race starts and finishes at the Richmond Olympic Oval which is a beautiful and very accessible venue for parking. The route is completely flat and safe through a picturesque route along the Middle Arm Recreational Trail and Waterfront Greenway, therefore no need to worry about traffic. It’s an easy enjoyable walk down the dyke to Terra Nova and back.

The Senior’s Centre at Minoru Centre for Active Living offers many options to stay as fit and healthy as you desire. The pool is a fantastic place not only to swim, but do water aerobics and fitness. The large fitness center has a wide variety of equipment and staff to help you with your regime or to simply get started.

If all you can do right now is chair yoga then keep doing that! The key is sticking to a regular routine. Don’t negotiate with yourself about not feeling like exercising. Shut that little voice up, put on your walking shoes and go for a walk, or a swim or work out. Everyone starts at some level and the key is making up your mind and doing it. Your mental health will benefit and pay you big dividends – the effort you make, however small you may think it is will change the trajectory of your life. Simply being around people who enjoy moving will inspire you.

Our Seniors Centre at Minoru Centre for Active Living fully supports the Forever Young organization as we are aligned in our community objective. Sign up for the run and even if you only walk then do that.

Our Seniors Centre is looking for your involvement not only in our programs but as a volunteer. Can you help us? Would you like to involve yourself with other seniors who are determined to have their best life from this point forward? Go to www.minorucentre.ca and check us out.



*Submitted by:
K. Evans*

Urgent Care Clinic

An expanded Urgent and Primary Care Centre (UPCC) has opened in Richmond. The new clinic, located at No. 3 Road and Leslie Road just next to Superstore, is open seven days a week including statutory holidays.

The UPCC will provide urgent primary care for people with non-life-threatening conditions who need to see a health-care provider within 12 to 24 hours, such as sprains, cuts, high fevers and minor infections. The centre includes X-ray services.

The health-care team at this new permanent location is made up of about 33 full-time-equivalent health-care workers, including family physicians, nurse practitioners, registered nurses and a social worker.

For those who don't have their own doctor, UPCC staff will work with the Richmond Division of Family Practice to help get them connected to a regular primary-care doctor.

Urgent care, located at #110-4671 No. 3 Road, will be available Monday to Saturday from 8 am to 10pm, and Sundays from 9am to 5pm. Statutory holidays will follow the same hours.

Summer Registration

Registration is now open! Registered Programs can be found online at www.richmond.ca/register



Register for
summer programs
today!

3 Ways to Register

- Visit www.richmond.ca/register
 - **604-276-4300**, Mon-Fri, 8:30am-5:00pm
 - **In-person** at any parks, recreation or cultural facility. **Note:** Debit, cheque and cash are also accepted when registering in person
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Busy Fingers

Busy Fingers, Minoru Senior Society's knitting group, is seeking donations of good quality wool. Items created by our Busy Fingers members are available for sale at the Seniors Centre at Minoru Centre for Active Living, and all sales directly support the Minoru Seniors Society. Donations can be brought to the front desk at the Seniors Centre.

Centre Information

BOARD OF DIRECTORS 2020—2021

President	Kathleen Holmes
1 st Vice-president	Bill Sorenson
2 nd Vice-president	Theo Au
Treasurer	Jim Kojima
Secretary	Victor Jacinto
Director	Henry Beh
Director	Munjeet Booton
Director	Donald Lee
Director	Diana Leung
Director	Willie Wu
Director	Bruce Stygall
Recording Secretary	Nora Wright

STAFF - City of Richmond

Coordinator, Leisure Services, Seniors

Sean Davies

Community Facilities Coordinators

Debi Jones and Sonja Pickering

Seniors Wellness Coordinator

Tanya Fitzpatrick

Recreation Leader

Omar Rajan

STAFF - Minoru Seniors Society

Food Services Supervisor

Cesar Vincent San Pedro

Food Services

Naoki Sakamoto and Sayaka Sakamoto

Seniors Coordinator

Jennifer Wong

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