



Corporal Roy Wong, President Kathleen Holmes, and Secretary Victor Jacinto at "Coffee with a Cop"

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: <u>seniors@richmond.ca</u>

Website: https://minorucentre.ca/



President's Report



Coffee with a Cop

This is the Society's year to say to our membership "Welcome Back". Welcome back to our programs, welcome back to our services and welcome back to our special events. Your Board of Directors are delighted to welcome back existing members and look forward to welcoming new members to The Seniors Centre at Minoru Centre for Active Living.

As you read through this newsletter you will see that many of our past events have started up again. Seniors Week, Welcome Back Tea, Coffee with a Cop, the Summer Concert Series, and of course the annual BBQ Picnic along with many great out-trips to various locations in the Lower Mainland.

Staff have been busy putting together the fall program schedule and there will many of your favorite programs returning along new and exciting ones. Be brave and step outside your comfort zone, and try a new program this fall. Registration is now open in-person, by phone, and online.

Exciting news! Your Board of Directors have been busy finalizing the opening of our new Bistro located in the Minoru Centre for Active Living aquatics and fitness lobby. Monday, August 8th was the opening day. Drop by for a coffee, snack, or one of our many lunch items daily between 11am and 5pm.

In closing I will say "Welcome Back to all" and see you soon.



Kathleen Holmes President



Summer Concert Series Richmond Community Concert Band

Lucky Draw Winner

Meet Your Directors – Ms. Theo Au



Ms. Theo Au is the 2nd Vice Chair on our Board. You will find Theo Monday through Thursday for 2 or 3 hours each day enthusiastically taking part in or leading of one or another activity at the Centre. She is very dedicated and involved in many programs offered at the Centre.

As a recently retired young senior and someone who lived close to the old Minoru Seniors Centre, Theo got involved. She and her sister were the first volunteers at the Centre where she became a server in the cafeteria along with Jacqui, the former Volunteer Co-coordinator. Never one to remain idle, Theo took a course in flower arranging. Flower arranging has tapped into Theo's natural creative abilities. Along with her work on the Board, Theo volunteers on our Hospitality Team, welcoming everyone to the centre and answering questions for newcomers. Theo also provides tours of the Seniors' Centre once a month.

Why is Theo a volunteer? She has compassion for those who struggle either financially, with depression, loneliness or health limitations. Theo is fulfilled when she sees seniors connecting with one another and getting out of their homes and comfort zones. She says, "All we have is time and so let's put it to good use helping others less fortunate, thereby fulfilling ourselves." As the demographics in Richmond have dramatically changed, it's important to learn and meet people from other cultures and countries which builds acceptance and a healthy community.

What makes a good Volunteer? Theo says, "Common sense makes you a great volunteer!" She's a bit of a trouble maker! As a Devil's Advocate, she gets involved and challenges the status quo. It's important to think outside the box to improve a concept or an idea. As a member of the Board, the Hospitality Team and part of the Busy Fingers Knitting group she doesn't have time to waste!

Theo invites you to visit the Centre and perhaps become a volunteer. Start with one program for a couple of hours a week. Join us and help others to connect, work and play in a diverse and healthy Community!

Submitted by:



Kimberley Evans July 2022

Meet Your Directors – Mr. Willie Wu

Willie Wu has been a member of the Board of Directors for the past 3 years. The Center is extremely lucky to have Willie part of their team as he brings a long history of experience and leadership to the Society.

Willie was born in northern India in 1942. His father left China and came to work in a tannery business in India in when he was 16 years old. His father returned to China after WW2 but eventually came back to India when Willie was 5 years old. In school Willie learned both English and Hindi. He was the fourth son and one of 12 siblings – 5 brothers and 6 sisters. Willie attended the University of Calcutta and achieved a Bachelor of Commerce degree. As a young man he moved to Hong Kong to help his father who had relocated years before. Willie worked for Jardine Matheson, the oldest established company (1834) in Hong Kong as an Underwriter. He met and married, Mamie in 1965 and they had a son and a daughter. In 1977, Willie moved his family to Canada and settled in Toronto where they all flourished and prospered. A



career opportunity moved the family to Vancouver in 1986. Willie worked until 2005 and retired as a VP with AON Insurance when he felt the children were "launched" and he was financially able to enjoy life after 40 years of working full time. Willie and his wife live in central Richmond. Their daughter lives in Burnaby and their son, in Vancouver. They have 3 mature grandsons.

After retirement, Willie never sat still and waited for things to happen! His interest in music started as a child when he learned to play the violin. Now with time and freedom on his hands he purchased from Hong Kong an instrument called a Yangqin and found a teacher on the internet to help him learn to play this beautiful instrument. After 10 lessons to learn just one song, Willie struck out on his own as he had a natural ability to play by ear and mastered the Yangqin. Two years ago, Willie took up drawing and discovered Faber Castell color pencils and focused on this artistic pursuit. He is self-taught and searches the internet to find subjects to draw – butterflies, birds, tigers or anything he sees as beautiful and a challenge to draw. Willie finds that patience is his key lesson and it's a fulfilling experience drawing these very detailed pictures. The pictures are done on 40 lb. paper 9" X 7" and depending on the detail take about 10 to 15 hours to finish. He works on them for an hour or two at a time. Willie also became the President of the local lawn bowling club and the Captain of the Senior Golf Pitch & Putt through the Captain of the Senior Golf Pitch

& Putt through the Centre as well as President on his strata council. After visiting the old Minoru Seniors Centre a couple of times he decided he wanted to become involved.

What does he enjoy about being on the Board? He loves meeting new people. He has had many successes and his rich experience adds to value of what he can offer to others. Willie is interested in his community and appreciates knowing what is going on in Richmond which he calls home. He is



curious and wants to contribute to making the Minoru Active Living Centre a vital, fun and important place for seniors to thrive and be connected!

There are many reasons to volunteer and I know Willie would encourage everyone to get involved!

Submitted by: Kimberley Evans June 2022

Seniors Please Note: There are 2 things you can count on...

The very best time to create a Will is long before you need one. I wrote my first Will when I was 25. I was a single woman traveling to Mexico on vacation and at the last minute my girlfriend decided to opt out. Rather than cancel this long awaited trip, I went on my own. Shortly before departing I had purchased some new furniture-a couch and loveseat. It was beautiful and expensive. In the very unlikely event that something should happen to me I wanted my parents to make sure that this furniture went to a close friend. I daren't have this conversation with my parents because I knew it would upset them. So, I put into motion my desires feeling good about taking this responsibility and saving them worry and confusion. At the time someone close to you passes away, the people who are responsible for their estate are naturally overwhelmed and grief stricken. I wanted to lighten some decisions for my parents. That's the essence of writing a Will. It is a means to get your affairs in order and make it easy for those who are left to manage things.

You know what they say, "Buy insurance and you'll never have to make a claim and write a Will and you'll never die!"

As someone very familiar with end of life scenarios, I am often surprised how uninformed the immediate family can be especially when it is evident that a life's journey may be coming to end. I also respect that in some cultures you never talk about death and dying; it is simply not spoken out loud. Many of you have no doubt heard horror stories of the divvying up an estate and how testy and greedy some of the assumed beneficiaries behave. There are ways of making this whole situation easier – have the conversations long before they need to be had. Obviously, as soon as you marry or have children it is critical to put your wishes in writing. I promise you this; once you have made your wishes known and in writing you will feel "lighter". So get busy now and write a Will or update one that might need to be amended.

A simple, straightforward Will can be done at reasonable costs through a Notary Public. If you need legal advice about your estate and the complexities that might be involved, go to a lawyer with Estate planning expertise. They will also talk to you about your wishes should you be unable to communicate like a Power of Attorney. You might also be made aware of Medical Directives and other aspects of your final wishes.

- Are these questions and concerns difficult? Yes!
- Do we want to admit to our mortality? No!
- It is awkward especially with family dynamics? Absolutely!
- Do these questions ignored help anyone? Definitely not!

So, as Larry the Cable Guy says, "Get 'er done!" Start with a pen and paper in the privacy of your home. Contemplate how you make your passing as easy as possible for the individuals taking care of your wishes. Make an appointment to see a professional and you will be amazed by the relief you feel and how empowering this experience can be. After that project is complete, buy a bottle of champagne and congratulate yourself for completing a very emotional and difficult task. No more waving at windmills! Your efforts will be forever appreciated.

> Submitted by: K. Evans

Bistro Opening

We are proud to announce that the Bistro located in the Aquatics and Fitness Lobby is now open! Visit daily between 11am and 5pm for hot food, snacks, hot and cold beverages, ice cream, and more!



BISTRO MENU

Meals

	Price
Buddha Bowl	\$10.45
Grilled Cheese	\$4.15
Hot Dog	\$5.20
Pizza	\$4.15
Quiche with Salad	\$8.34
Salad	\$5.20

Soup & Sandwich

\$8.35
\$8.95
\$6.25
\$4.62

Desserts & Baked Goods

	Price
Brownie	\$2.63
Cookie	\$2.89
Croissant	\$2.99
Date Square	\$2.63
Muffin	\$2.99
Scone – Large	\$3.10

Hot Beverages

	Price
Coffee / Decaf / Tea	\$2.30
Cappuccino	\$4.04
Espresso	\$3.10
French Vanilla	\$3.83
Latte	\$3.83
Mocha	\$3.83
Hot Chocolate	\$2.30

Cold Beverages

	Price
Juice	\$1.94
Bottled Water	\$2.10
Bubbly	\$1.84
Happy Planet	\$4.15
Blue Monkey	\$3.41

Snacks

	Price
Chips	\$2.05
Egg Bites (2Pcs)	\$6.25
Energy Bar	\$3.10
Fresh Vegetables / Dip	\$4.15
Fruit Salad	\$4.15
Hard Boiled Egg	\$1.31
Ice Cream Bar	\$2.63
Yogurt	\$2.05

Spanish Social

This group began in June of 1992 when a group of about 12 Spanish speaking seniors got together to talk, listen to speakers, or take part in an outing. Miriam Mowrer, at that time the Coordinator of Latin American programs for MOSAIC, arranged to start the group after assessing local needs. Since then, Richmond has had a large Spanish community and people continue to arrive all the time. When people move to Canada as seniors, the adjustment to their new society becomes more challenging.

On that occasion the prestigious organization NEW HORIZONS distinguished, for the first time, a group of Spanish senior residents awarding them an important cash donation to continue with their integration to Canadian society.

During the time that I have been at the front of this group, we have continued with our mission of integration of seniors to Canadian society, and to recognize and rejoice in the richness of our multicultural environment. If have tried to promote, as well, the concept of health proposed by the WHO which offers a definition of health as "a state of complete physical, mental and social well being and not merely the absence of disease or infirmity". Activities trying to achieve that definition have been programmed in our weekly sessions.

To finish, and within the context of fighting for the health of our planet as well, alongside our younger counterparts, many of them children, we look forward to continuing with our general mission and goals and we would like to thank the City of Richmond and the Minoru Centre for Active Living for their enormous support and sponsorship.

Dr. Vivienne Gallegos Leader of the Spanish Seniors Social Group Minoru Seniors Society



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. They can be reached at 604-675-2768.

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	Urgent Primary Care Centre	Emergency Department
Sprains and strains	√	
High fever	√	
Suspected stroke or heart attack		1
Asthma attack	√	
Less serious child illness and injury	√	
Poisoning or overdose		√
Major trauma		1
Head injury with loss of consciousness		√
Cuts, wounds or skin conditions	√	
Dehydration/constipation	1	
Infections, including chest, ear and urinary tract	✓	
New or worsening pain	1	

Fall Registration

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



Register for fall 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.

Arts

JAZZ AND POPULAR STANDARDS SING-A-LONG - 55+

Join in this structured, singing experience with other like-minded music lovers. This warm and friendly environment naturally encourages singing freely to widely-known and popular music loved by this age group.

Sep 12 – Dec 12 Mon 2:00 – 3:00pm \$78.50/13 sess. #169596

JAZZ DANCING - 55+

Explore this popular and energetic form of dance that is characterized by syncopated rhythms and free expression.

Sep 14 – Dec 14 Wed 9:00 – 10:00am \$84.55/14 sess. #168878

UKULELE—BEGINNER

Play this easy-to-learn instrument for fun and to increase cognitive abilities. Ukulele required at each class.

Sep 17 – Dec 17 Sat 10:30 – 11:30am \$84.55/14 sess. #169635

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. Supplies not included.

Sep 15 – Dec 15 Thu 3:30 – 5:30pm \$169.10/14 sess. #169304

Fitness

GET UP AND GO! - 55+

Improve strength, balance, coordination, functional ability, independence and quality of life in this entry-level exercise program designed for older adults with balance and mobility impairments. Sept 8 – Oct 27 Thu 9:15 – 10:15am \$39.84/8 sess. #165716

INTRODUCTION TO FITNESS AT MINORU CENTRE – 55+

Tour the new state-of-the-art fitness centre and studio spaces. View demonstrations of features and exercises for beginners and learn about the many programs and opportunities available. Registration required.

Sep 13 Tu	ue 10:00 – 10:45	am Free/1 sess.	#168620
Sep 14 W	/ed 10:30 - 11:15	am Free/1 sess.	#169258
Sep 20 Tu	ue 10:00 – 10:45	am Free/1 sess.	#169254
Sep 21 W	/ed 10:30-11:15a	m Free/1 sess.	#169261
Oct 18 Tu	ue 12:30-1:15pm	n Free/1 sess.	#169256
Oct 19 W	/ed 12:30-1:15pm	n Free/1 sess.	#169262
Oct 25 Tu	ue 12:30-1:15pm	n Free/1 sess.	#169257
Oct 26 W	/ed 12:30-1:15pm	n Free/1 sess.	#169265

SIRvivor BC - PROSTATE CANCER EXCERSISE PROGRAM - 55+

Join this specialized exercise program that supports men living with prostate cancer. Sessions help increase flexibility, build muscle and improve cardiovascular fitness while providing an opportunity to meet new people in small and safe groups. Sep 14 – Oct 22 Wed 2:00 – 3:00pm \$60/12 sess. #175554

Workshops and Events

SENIORS DAY - DANCE PERFORMANCE - 55+

Enjoy this creative performance hosted by dance groups from the Minoru Seniors Society while socializing and meeting new people in the community. Registration required. Oct 1 Sat 3:00 – 4:30pm Free/1 sess. #170693

ADVANCE CARE PLANNING WORKSHOP – 55+

Learn how to start this important medical and health-care conversation along with myths and realities. Presented by healthcare professionals. Registration required.

 Sep 29
 Thu
 1:30 – 3:30pm
 Free/1 sess.
 #167091

PRE-DIABETES WORKSHOP

Reduce the risks of getting this silent disease by learning about simple self-management strategies and lifestyle choices. Presented by health professionals from Vancouver Coastal Health (VCH). Registration required.

Nov 10 Thu 1:30 – 3:00pm Free/1 sess. #167092

























Centre Information

BOARD OF DIRECTORS 2022

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

STAFF - City of Richmond

Coordinator, Leisure Services, Seniors

Sean Davies

Community Facilities Coordinator

Debi Jones

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: <u>seniors@richmond.ca</u>

WANTED

Your ideas are important and welcome!

MINORU SENIORS SOCIETY

We improve the quality of life for seniors

Vision

minoru

