



Patrons enjoying the Italian Dinner

Winter 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

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Richmond

President's Report

Social gatherings can be a sure-fire way to add some fun into your life. The social gatherings I am referring to are our dinners and special events. The (pre-pandemic) dinners were highly popular in our Centre and the society is receiving many requests from our members to bring them back.

Members that have attended recent social events such as our Welcome Back Tea and Summer BBQ, or our Italian Dinner have indicated to the Society that reconnecting with past friends, reminiscing, or just plain catching up with each other was most enjoyable as was meeting new people for the first time and discovering what they have in common with each other.

Good news! City staff are working on a schedule of special events for the coming year featuring many of your favorite events, with some new twists.

Additionally, we are pleased to announce that Hot Lunch service will be returning to the cafeteria in the New Year! Service will commence on Tuesday January 3rd.

The good news brings me to a very important request of our membership. A special event committee is being formed and the Society is looking for volunteers to participate in this committee. The committee will work hand-in-hand with City Staff. If you would like to be a part of a dynamic group and feel you have ideas and the time to participate, please leave your name with Jennifer Wong, our Seniors Coordinator. Your participation will be most welcome. Please keep letting me know what you would like to see in special events and I will pass on your requests to the special events committee and City staff.

Take care and stay healthy.

Kathleen Holmes President



Looking Back on 2022

The past year has been quite a ride. The year started under strict Provincial Health Orders: Masking was mandatory, as was proof of vaccination. Personal gatherings were restricted to one household. Dancing programs, music programs, and fitness programs, and many more had to be cancelled or put on hold. Our fitness centre was ordered to be closed altogether. We learned a new scary word: Omicron. While we were eager to have members in the building participating in recreational programs and activities, everyone's safety was our first priority. Throughout all of this, Cesar and our Cafeteria team were able to maintain the



Meals to Go program, providing affordable, healthy meals for our community for the duration of the pandemic.



Thankfully, in mid-February, the pandemic took a turn for the better, and many restrictions were lifted. Our facility pass drop-ins, and many registered programs returned, and patrons were welcomed back to participate in activities including Mah Jong, Model Walkers, Chinese Folk Dance, and Line Dancing. Our members did a wonderful job following the active Provincial Health Orders, diligently wearing their masks, getting their check-mark stickers on their active passes, keeping their distance, and being kind to each other.

Many of our programs returned, along with many of our members, as folks across the province got used to our new way of life and became comfortable safely returning to community programs. Outtrips were relaunched, with patrons enjoying a performance of Kim's Convenience at the Stanley

Theatre. By mid-March, the indoor mask mandate was lifted, however staff and volunteers continued to mask at the Seniors Centre in an effort to keep our patrons safe and comfortable.

Our programs and services continued to grow, and by May we were able to offer community events and workshops once again, with RCMP officers visiting us for Coffee with a Cop – an opportunity for the public to meet officers from the community and take in a workshop on frauds and scams.





By June, folks were back in action, and with the weather getting better we were able to offer many programs outdoors on our beautiful Plazas and Oval. Seniors Week was able to return in person, and we held a Dance Performance, showing off the hard work and dedication of many of our dance programs for patrons.

We also held the Welcome Back Tea – our first seated event in the new centre! What a joy it was to see Seniors reconnecting and enjoying themselves. We extended this success in the summer with the return of our Annual Summer Barbecue in July, as well as the return of the

Summer Concert Series, with performances by the Richmond Community Concert Band and the Community Art Council of Richmond's String Quartet.

In September, the Minoru Centre for Active Living held an Open House, welcoming folks from across the city to take part in free activities and see all that we have to offer! Friday September 9th was the Senior Centre's time to shine. We held a free Pancake Breakfast to start the day off, and offered many of our Facility Pass programs as Free Dropins for the day. Members of the community were able to try out programs including Balance and Falls Prevention, Tai Chi, Line Dancing, Jazz Dancing, Tap Dancing, Chair Fitness, and many more. Musical performances were also put on by





they enter the centre, create the beautiful flower arrangements on display around the centre, provide tours for new patrons, teach programs, and so much more. We are ever grateful for the time, effort and dedication of our amazing volunteers.

our volunteer performers. We're so grateful for our Program Liaisons and volunteers. The programs and services offered here would not be possible without them. Our centre's volunteers make our sandwiches daily in the cafeteria, greet patrons as



We also held our first dinner event in the new centre! Over 60 community members joined us for an evening of Italian cuisine, live music, and a vast array of delicious desserts. Patrons let us know how much they enjoyed the dinner, and how they were already looking forward to the next one.





This winter saw the return of the Over 90s Tea. Over 35 of our over 90s members joined us for lunch, tea, and a musical performance. We were joined by Mayor Malcolm Brodie and Council members, who congratulated our members for their continued participation in community recreation.

To end off the year, we saw the return of our annual Christmas Dinner. We were joined by over 160 patrons to celebrate together, and enjoy a delicious turkey dinner. What a joy it was to see all of the smiling faces, and to see many members connecting with folks that they hadn't seen in a few years in some cases!

We look forward to building on our events and programs from 2022 in what should be an amazing new year!



Reflection



...During Thanksgiving Season
Well into the October of my life, it became very clear that confusion led me to reflect on a daunting question for Seniors... when did the future become my past, or how did I get this old?!

And when I traced my tracks down that distant highway I realized there were warning signs all along the way. My journey had not only taken a fork in the road, it had crashed through the NO EXIT sign, swerved around the construction zone, spun out of control at the weight scale and flipped over at the Cost of Living.....but luckily I did pass GO and collected my CPP and OAS and GST and a Bus Pass! Whew, I made it to Retirement.....rumpled, disgruntled, underwhelmed, over-the-hill and totally flabbergasted. What the heck happened?!

Filled with a sense of dread I made a U-TURN to re-examine those subtle signs flashing right before my eyes. How did I miss: Caution, Low Overhead and High Technology... Watch for Falling Rocks & Fallen Arches... Prepare to Yield to Younger Models.....Detour to Hot Flashes... Bumpy Road for 10 years.....Invisibility at Next Junction... Follow Exit South, Gravity will meet you there... Beware Sudden Potholes & Broken Dreams... Dead End Ahead? Yes, Yes I KNOW!! But gosh, why so many tolls to pay... like practical shoes and grey roots, support hose and lost waistlines, knobby knuckles and turkey necks... which brings me back to Thanksgiving.

So here I am arriving at the last Rest Stop, my tank sputtering, my battery wheezing, with a glass of wine in one hand, chocolate in the other. I glance into the rear-view mirror and there it is.....the age old passing of time that creates the story of our lives. Full of growth and learning and love and loss; our scenery along the way may differ, the people that come and go may differ, the Road Blocks may differ but those darn signs appear for everybody! My advice is to pull over once in a while and smell the Roses, and if you can't follow the Rules of the Road.....get off the freeway now!

Simply, I wouldn't change a thing (except maybe those nasty sinkholes) and I give thanks for my friends and family still with me. For this Season of Gratitude I am truly blessed, but my Heavens... doesn't it all go by in a blink?

Wishing you all a most pleasant journey wherever the road may take you.

Pam Asher

Meet Your Staff Team - Jamie Chu

Yes, indeed, the rumors are true! The cafeteria at the Minoru Active Living Center is offering an amazing treat in the form of a most irresistible and delicious cookies created for you by our own, Ms. Jamie Chu.

Jamie has worked at the Minoru Center since 2018. She is home grown and went to school in Richmond, where she graduated from McRoberts Secondary School and then attended Kwantlen College where she studied accounting and played basketball. Realizing that her true passion was food and not numbers, Jamie enrolled at Vancouver Vocational College and studied cooking full time (culinary and baking skills). While studying at college, she worked as a server at Kelsey's to get exposure to the food and beverage world. Jamie lives in Richmond, has been married for 10 years and has 2 children, a son who is 7 and a daughter who is 5. An additional family member not to be forgotten is their Blue Heeler pooch named Astro.

The opportunity to create new tastes and interesting food for the cafeteria is very appealing to Jamie and while working at the Seniors Front Desk she was casting her mind to delicacies that would tempt and add to everyone's dining experience. Hence, THE COOKIE! This yummy cookie is about 3 inches around, is soft, and is drizzled with a white chocolate finish. Each cookie has a small amount of orange zest and that combined with some walnuts and almonds lends to a very satisfying desert perfect and not too sweet to enjoy after one of the lunches or with a coffee enjoyed by our growing cafeteria regulars. Don't hesitate to say to hi to Jamie and ask for a sample of one of her tasty cookies the next time you are in the cafeteria.

You are invited to sample one of these delicious treats anytime you are in the cafeteria. Bring some home to share with a neighbors or family member or buy several for yourself for another day. What I hear most seniors say what they would like for Christmas, or any other holiday or celebration is one of 3 things:

- 1. An experience
- 2. A visit with a loved one
- 3. Food

Considering buying The Cookie by the dozen or half dozen! A great way to show your affection for anyone in your circle. Thank you, Jamie, for your skills and for The Cookie!

K. Evans



Meet Your Staff Team - Jen Wong



Jennifer Wong started at the Seniors Centre at Minoru Centre for Active Living in the fall of 2021 as the Program Lead for Wellness Connections. In May of this year, she was hired as Seniors Coordinator to re-build the volunteer base, matching volunteers to opportunities, along with many other responsibilities. Some volunteer opportunities include cafeteria cashier and serving, piano in the lounge, and floral arrangements. Jennifer currently works 20 hours a week and additionally helps with planning special events like the Welcome Back Tea and Christmas Dinner.

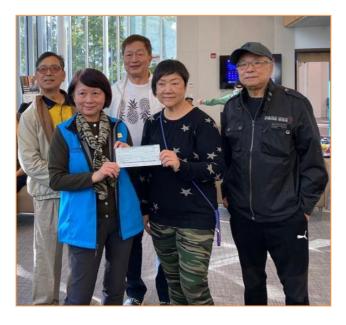
Jennifer graduated from Cambie Secondary School and went on to achieve her Bachelor of Kinesiology with a Minor in Psychology at UBC in 2021. Put very simply, kinesiology is the study of the acquisition of motor skills, the mechanical aspects of movement, and the body's responses to physical activity. Jennifer was inspired to marry her understanding of the human body, activity and the brain and found a perfect fit working with seniors. She watched a video of seniors playing basketball and saw the value of exercise and movement which satisfied her commitment to a complete balance of physical and mental health for seniors. Jennifer sees a wide spectrum of senior's needs that can be met at the Seniors Center. She brings in an understanding of how age, culture, and environment may influence one's relationships with community, friends, and family. This in turn may influence one's participation in community programs and access to resources.

We are happy to have such an experienced and passionate staff member helping us to reach into the community for the benefit of all members.

Donations

The Minoru Seniors Society is fortunate to be supported by many wonderful community partners. Recently, our Tai Chi group donated \$500 to support the beautiful flower arrangements you see around the centre.





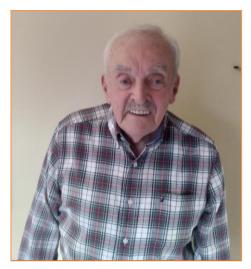


Our Tuesday Soaring Crane Qi Gong Class generously donated \$1000 in support of our monthly blood pressure clinics.

This September the Rotary Club of Richmond graciously donated 12 iPads and a 55 inch monitor in support of increasing social interactions through the use of electronic hardware and related software for isolated seniors.



Meet Your (Former) Director - Bill Sorenson



A long life well lived, began in Erickson, Manitoba in 1936. Bill came into the world 2 months earlier than expected weighing only 3 pounds. His mother did all she could to give him warmth, comfort and love and after a few months it became clear that Bill would thrive! He was later joined by 4 brothers and 2 sisters! Bill grew up in Gladstone, Manitoba and was exposed to all kinds of sports and would learn to play hockey, curling, football, baseball and fastball. Team sports helped Bill to become a team player which served him well as his career developed. After high school he joined the Bank of Montreal in 1955 and started to learn the "art of banking" appreciating all aspects of banking starting from the ground up. In 1960 he married his first wife, and they were blessed to have 3 children, 2 sons and a daughter. Back in the day, advancing his career meant he had to be mobile and prepared to

move anywhere the bank thought he could do the best. Bill was promoted and assumed many positions in a variety of cities as he grew into an experienced banker. His greatest strength was his thoroughness and attention to detail – critical in his profession. He also brought to his team strong listening skills as he became known as a good mentor to the young men and women coming under his wing. In 1970, he moved his family to B.C. and began working for the Bank of B.C. initially at their main branch in downtown Vancouver and a year later, opened their North Vancouver branch while commuting from his Burnaby home. He joined the North Vancouver Chamber of Commerce serving as President 1975-76. The next big career move was in 1978 when he joined the North Shore Credit Union initially as Manager of their Main Branch and later serving in the executive branch. He was elected as Alderman for the City of North Vancouver where he served for 4 years. This opportunity led him to become part of the B.C. Chamber of Commerce board. His skills were in demand and with exposure to many businesses and non-profits he served on the board of the North Shore Neighborhood House and the Silver Harbor Seniors Centre where he volunteered his time for 18 years. In addition to all of these activities, Bill joined Toastmasters in 1985 which improved his speaking skills and increased his confidence.

In 1994, he remarried and he and his wife, Melvena purchased a home in Richmond. In 1994 Bill was able to retire at age 58 and joined the Board at the old Minoru Seniors Center in 1996 as a director and shortly thereafter as Treasurer. After stepping down as Treasurer he remained with the Finance Committee. Bill played an active role in the transition from the old center to the new one which opened in 2019. Other roles he has assumed include as Vice-Captain of the Senior Pitch 'n Putt league at #1 Road and Francis as well as serving for 20 years on the board of his strata council. Why does Bill think our Seniors' Center is vitally important? He says without a center for seniors those living on their own or with family perhaps in another part of the country seniors may fall through the cracks and become lonely and isolated. It's important that the center offers comfortable, safe and clean places for folks to meet and join in programs that appeal to them. Not only is socialization important but the fitness center and the pool contribute to seniors physical as well as their mental health.

Bill says we need new people to join our board and to volunteer at the center. We will thrive if everyone contributes one or two small aspects of their strengths and passions. What, you say, you don't have time? Bill Sorenson never said that, and he hopes some of you will consider what role you might join so that our center attracts more people whom you would like to know.

Bill has retired from our board and those of us that enjoy this facility have a big thank you and owe a shout out to an outstanding community citizen! Thanks Bill.

Winter Registration

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



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.











Centre Information

BOARD OF DIRECTORS 2022

President Kathleen Holmes

1st Vice-president Theo Au 2nd Vice-president Henry Beh Treasurer Jim Kojima Victor Jacinto Secretary Edwin Zhao Director Director Munjeet Booton Director Diana Leung Elaine Friedman Director Director Bruce Stygall Karen Pezzuto Director Director Angela Haigh **Recording Secretary** Nora Wright

STAFF - City of Richmond

Coordinator, Leisure Services, Seniors

Sean Davies

Community Facilities Coordinators

Debi Jones Tara Cook

Seniors Wellness Coordinator

Tanya Fitzpatrick

Recreation Leader

Omar Rajan

STAFF - Minoru Seniors Society

Food Services Supervisor

Cesar Vincent San Pedro

Food Services

Naoki Sakamoto Sayaka Sakamoto

Jamie Chu

Seniors Coordinator

Jennifer Wong

SEEKING

Minoru Seniors Society is seeking volunteers in the following areas:

- Board Members
- Membership & Marketing Committee
- Special Events 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 senior



