

Fall 2025 Newsletter



Photo: A group of friends gathers at the Minoru Seniors Centre for a lively game of bridge, enjoying friendly competition and shared moments around the table.

Minoru Seniors Society

Located at the Seniors Centre in Minoru Centre for Active Living
7191 Granville Ave Richmond, BC, V6Y 1N9
Phone: (604) 238-8450

Email: seniors@richmond.ca
Website: <https://minorucentre.ca/>

MINORU SENIORS CENTRE CAFETERIA

Enjoy a variety of daily hot lunch specials, soups and fresh made pastries

OPEN MONDAY - FRIDAY

8:30AM - 2:00PM



President's Report

To the seniors of Richmond, and members, supporters, staff, and volunteers of the Minoru Seniors Society,

I hope you have all enjoyed a wonderful summer. As we transition into the fall season, I would like to reflect on some of our highlights from the past summer and our 2024/2025 fiscal year.

The Minoru Seniors Society is pleased to share that we had a successful fiscal year, finishing with a surplus. These funds will be dedicated to supporting vulnerable seniors in our community. If you have any ideas or suggestions, please share them through the suggestion box in the fireside lounge or with a member of the program committee.

We are grateful for the continued support of both members and non-members who take part in our cafeteria and special events. This summer's Annual BBQ was well attended, and our programs have been running smoothly. Our membership continues to grow, and we have now surpassed 2,900 members.

The Concerts in the Plaza series has been another success, with an average of 200 attendees at each performance. The concerts will continue until the third week of September, and we look forward to welcoming even more of you before the season ends.

Looking ahead, we have many exciting programs and events planned for the remainder of the year. Our Christmas Packaged Meals for vulnerable seniors will be returning, as well as our bi-weekly lunches that provide 20 meals to seniors in need. The Pop Up Shop will also return, with all proceeds supporting the centre and our seniors.

On behalf of the Board, I would like to thank our dedicated volunteers, committee members, association staff, and City staff. Your hard work, commitment, and care for our community are deeply appreciated and do not go unnoticed.

Thank you all for your ongoing support and participation. I wish you a wonderful fall season filled with warmth, good health, and community.

Sincerely,

Jim Kojima
President

National Seniors Day

The City of Richmond is celebrating National Seniors Day on October 1 with 14 free and low-cost activities for residents 55+. Events include floor curling, a public art bus tour, and a Minoru Park walk with Walk Richmond.

Learn more at richmond.ca/PositiveAging or call the Seniors Centre at Minoru Centre for Active Living at (604) 238-8450.



Fall Recipe from Chef Daniela

Soup: How to make chicken stock from scratch

- 1-2 chicken carcass
- 2 large carrots rough chopped
- 2 celery ribs chopped
- 1 yellow onion quartered
- 3 cloves of garlic – smashed
- 4 sprigs of fresh thyme *optional
- 2 bay leaves *optional
- Parsley stems
- 1 tsp peppercorn

Cover with water – depends on your pot size.
Place everything in the pot and bring to a low boil on medium
Lower the temperature to medium low – allow to simmer on low for 3 hours.

Skim off any foam or fat as it cooks

Strain the stock using a strainer and cheesecloth if you want a clearer stock.

Chicken Pastina Soup – aka Italian Penicillin Soup

- 1 onion small dice
 - 2 cloves garlic minced
 - 6-8 cups chicken stock
 - 1 box of Pastina pasta – small star shape/circles etc.
 - 1 cup grated parmesan
 - 1 tbsp. minced parsley
 - 2 eggs *optional
- Sauté onion and garlic until translucent
Add your chicken stock
Bring to a simmer.
Add your noodle of choice and cook for about 5 minutes

Turn the soup off, whisk the eggs in a small bowl, and slowly add to the soup. Finish with the parsley and season with salt and pepper to taste



Fall Pop-Up Shop

Come shop at our Fall Pop Up Shop on Wednesday, November 12 from 10:00 am – 1:00 pm and support the Minoru Seniors Centre! Browse and purchase a variety of items made by our facility pass groups and cafeteria. Every dollar raised goes directly back into supporting programs and services for our seniors.

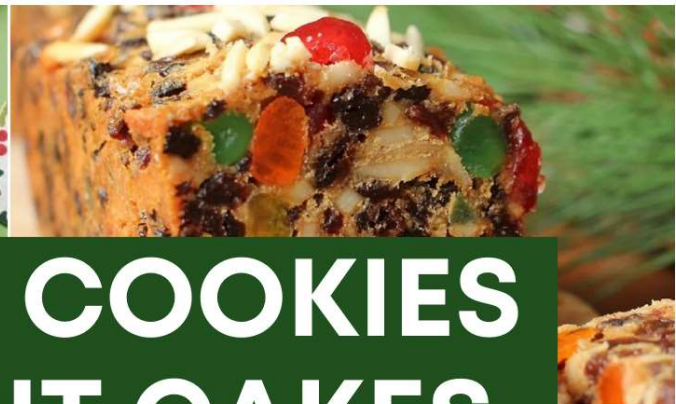




Seniors Centre - Minoru Centre for Active Living

7191 Granville Avenue, Richmond BC

Phone: 604-238-8450



HOLIDAY COOKIES AND FRUIT CAKES

HALF-DOZEN (6) ASSORTED COOKIES

For a half dozen (6) cookies baked by the Minoru Seniors Society pastry chef. May contain nuts. Register for each additional half dozen.

\$14.00

#436912

ONE-DOZEN (12) ASSORTED COOKIES

For a dozen (12) cookies baked by the Minoru Seniors Society pastry chef. May contain nuts. Register for each additional dozen.

\$21.00

#436906

SMALL FRUIT CAKE

For one small holiday fruit cake baked by the Minoru Seniors Society pastry chef. May contain nuts. Register for each additional fruit cake.

\$8.50

#436919

LARGE FRUIT CAKE

For one large holiday fruit cake baked by the Minoru Seniors Society pastry chef. May contain nuts. Register for each additional fruit cake.

\$16.00

#436916

**PICK-UP ON
FRIDAY, DECEMBER 19
10:00 AM - 2:00 PM**



Register online at www.richmond.ca/register,
in-person at any Richmond facility during
facility hours or over the phone at 604-276-4300



Thank you to the McMath Care Club!

The Minoru Seniors Society is proud to recognize and thank the McMath Care Club for their outstanding contributions to our “Smartphones Tablets And Laptops Learn From A Volunteer” program. These dedicated volunteers have generously shared their time and knowledge to help our seniors with a wide range of tech-related questions and challenges.

Over the past two seasons, the club has consistently demonstrated skill, patience, and commitment in supporting the seniors of our centre.

In addition to their volunteer service, the students have graciously donated \$200 through their fundraising efforts, a contribution that will further benefit our community.

Your dedication, generosity, and hard work have made a tremendous impact, and we cannot thank you enough.

We are excited to welcome the students back this fall as they continue to support this valuable program. Registration is now open.



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Aging in Place

Written by Sam Zeitoun

Aging in place means that we can continue to live in our own homes as we get older, rather than moving to a retirement community or assisted living facility.

We all want the same things as we age. In addition to remaining in our own home, we want to maintain our independence for as long as possible. Our family members and close friends become our support system, and we turn to them for help when needed.

Recent research and surveys in Canada show that over 80% of older adults would prefer to stay in their own home for as long as they can. Understandably, family members and close friends are concerned about the safety of seniors living alone. However, for most, some adjustments will be needed to render the home safe and senior-friendly for those wishing to continue to live independently longer.

In preparation for independent living, considerations will revolve around home renovation and safety. Here are some examples of what can be addressed.

- If possible, acquire assistance during the day while family members are at work or away
- Installing a ramp to the front door if required
- Good lighting throughout the house
- Removing area rugs to reduce falls
- Bathroom safety: Shower stool, night light, adjusting hot water temperature to 120°F
- Installing safety bars around the bathtub and toilet

There are some pros and cons to aging in place. Possible pros could be maintaining one's independence, residing in a familiar environment and cost effectiveness. Cons may include potential safety hazards, the financial requirements needed to modify the house, and the possibility of isolation and strain on caregivers.

Most Scandinavian countries have shifted their focus from institutions to community-based care, enabling older adults to keep their independence for as long as they are able. They focus on home care services, social and emotional support, regular preventive visits, rehabilitation, and age-friendly cities, among other initiatives. For cities in North America to become senior-friendly, like some Scandinavian countries, it is essential to focus on key venues that enable older adults to live independently for longer.

According to the WHO, the approach to age-friendly cities and communities “should be an inclusive and accessible environment that optimizes opportunities for health, participation and security, in order to enhance quality of life as people age”.

Some WHO recommendations include providing a sound transportation system, affordable and practical housing, social participation, respect, and social inclusion, civic participation and employment, outdoor spaces, community support, health services, and communicating information.

Perhaps, along with the consideration of the above, the most important thing is to recognize when the time has come to leave the home and transition to a safe, convenient and suitable alternative.



SAVE THE DATES

Thrifting Extravaganza Trip - New Westminster and Surrey

Tuesday September 16 - \$28.00 - #437678

Explore and shop at four popular thrift stores on this tour in New Westminster and Surrey. Purchase or bring a lunch. Transportation only included. Home drop off (\$3) available. No refunds within 7 days of trip.



Christmas Store at Potters Trip

Thursday, November 6 - \$23.50 - #437758

Dine at Andreas Restaurant followed by a shopping expedition at the 28,000 square foot store in Cloverdale that offers all things Christmas with many unique items. Transportation only included. No refunds within 7 days of trip.

Chef's Dinner - Fusion - Japanese and Italian

Tuesday November 18 - \$32.00 - #434588

Enjoy a decadent three course dining experience created by the Seniors Centre at Minoru Centre for Active Living chef. No refunds within 7 days of event.



Christmas Dinner

Wednesday, December 10 - \$36.00 - #434577

Celebrate the holidays with a traditional and delicious meal complete with turkey and all the fixings. Round trip transportation (\$5) and home drop off (\$3) available. Registration in-person at the Seniors Centre at Minoru Centre for Active Living on November 5, 2025 at 9:00am. Phone sales open at 2:00pm with Seniors Centre Staff at 604-238-8450, and tickets must be paid for with a credit card during the call. Availability of tickets not guaranteed.

Birthday Party Social

Celebrate with others born in the same month by enjoying a birthday treat and coffee or tea together. Those wanting to celebrate that aren't born in the same month are welcome. Registration required.



September and October

Wednesday September 24

2:30-3:30pm

55+ yrs

\$5.65/1 sess

#442528

November and December

Wednesday November 26

2:30-3:30pm

55+ yrs

\$5.65/1 sess

#442535

Centre Information

BOARD OF DIRECTORS 2024/2025

President	Jim Kojima
1 st Vice-president	Henry Beh
2 nd Vice-president	Elaine Frechette
Treasurer	Karen Pezzuto
Secretary	Munjeet Booton
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Director	Angela Haigh
Director	David Jones
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Tanya Fitzpatrick

Recreation Leader

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STAFF - Minoru Seniors Society

Food Services Supervisor

Daniela Iaci

Food Services

Jamie Chu

Leslie Chen

Naoki Sakamoto

Kamal Kaur

Seniors Coordinator

Neil Li

Community Development Coordinator

Abbas Bhimji

Community Leisure Transportation Coordinator

Vacant

MSS FACILITY PASS BENEFITS

- Enjoy over 37+ weekly drop-in facility pass activities including Tai Chi, dance and music programs, card games, carpet bowling and more
- Membership pricing in the Minoru Seniors Centre cafeteria
- Access to free educational workshops
- Build and foster connections with other seniors in the community

**For more information, or to
purchase a facility pass,
please visit the Minoru
Seniors Centre front desk**