

Winter 2026 Newsletter



Photo: Our wonderful Minoru Seniors Society volunteers at last years Activate! Wellness Fair.

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 for lunch: Monday-Friday - 8:30am-2:00pm

Open for dinner: Friday - 4:30-6:00pm



President's Report

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

Happy New Year to you all. I hope your holidays were filled with joy and relaxation. As we enter the new year and the Winter season, I would like to reflect on some of our highlights from the past Fall.

This year, we continued the tradition of our annual Christmas Dinner while also introducing a Christmas Luncheon. Both events were well attended, with our Christmas Dinner selling out in just over two hours. Thank you to Chef Daniela and her team for the excellent menu.

We also completed our 100 free Christmas Meals To-Go, delivering them to vulnerable seniors in the community. Thank you to all the volunteers who helped out. From packaging to driving, we couldn't have done it without your support.

The Fall also saw us hold our Board of Directors election. This election saw the onboarding of Cedric Neale to the Minoru Seniors Society Board of Directors. We look forward to working with Cedric to improve the quality of life for seniors.

The Recreation Sampler Pilot, which sees the Society bring in groups of seniors and incorporate them into the center's programs and services, has been highly successful. The third session of the program has begun, and we have received many positive comments, with some saying the meals they've received have been the best they've had in two years, and others saying this is the most fun they have had in five years. Some have made new friendships in their own area thanks to the program, and are looking to join the centre's various program offerings.

We plan to continue this program throughout 2026, with more details to be shared soon for the Spring and Summer seasons.

Lastly, I would like to thank our dedicated volunteers, committee members, association staff, and City staff for all their hard work in 2025. Your commitment and care for our community are deeply appreciated, and we would not be able to do any of this without you.

Thank you all for your ongoing support and participation. Wishing you a safe and warm winter as we wait for the sun to shine its rays soon.

Sincerely,

Jim Kojima
President

Vinyl Club

Come spin the classics with us on the first and third Tuesday every month from 11:00am – 12:00pm. Enjoy classic records, share musical memories, and connect with others who cherish the golden age of sound. Program is free to attend with an annual Seniors Facility Pass. To inquire or to purchase an annual Seniors Facility Pass, please visit the Minoru Seniors Centre front desk.



Winter Recipe from Chef Daniela

Simple Pie Crust and Apple Pie Filling Recipe

Simple Pie Crust – No refrigeration required

- 1 cup cold butter
- 2 cups flour
- 1 tsp salt
- 4 tbsp ice cold water

Grate the cold butter into your flour and salt. Mix with a fork and it should resemble crumbly flour clumps.

Slowly add the ice-cold water to the dough and start pulling it together with a fork. Once all the water is in do not over work it.

Split the dough in half and on a floured surface roll out your dough to fit in your pie dish. Crimble the edges or trim any over hang.

Apple Pie Filling Recipe

- 3 cups of apples – peeled, core removed and sliced thin
- 1 cup brown sugar
- 1 tsp vanilla extract
- 1 tbsp lemon juice
- 1/3 cup flour
- 1 tsp salt
- 2 tsp cinnamon

Mix all together and put into your pie crust.

Place another layer of pie dough on top or a crumble topping.

Crumble Topping Recipe

- 1/2 cup oats
- 1/2 cup flour
- 1/2 cup brown sugar
- 6 tbsp melted butter

Mix together and put on top of your pie

Preheat Oven to 400 F

Brush your top crust with egg if using a dough

Bake in the middle of your oven for 45-50 minutes



Tea and Treats

Join us for a cozy afternoon in a warm, welcoming atmosphere on the first Tuesday of every month. From 2:30 to 4:30pm, enjoy some warm tea or freshly brewed coffee, paired perfectly with a delicious assortment of sweet and savoury bite-sized treats. Registration required. Please see the Minoru Seniors Centre Front Desk for more information.



Thank you to our Donors!

Sam Zeitoun

On Friday, November 14th, 2025, the Minoru Seniors Society revealed the names of five new donors, bringing the total to over \$75,000 in donations.

Our latest donors added to the wall are:

1. Michele Cupit
2. Panatch Family Foundation
3. Canadian Fishing Company (Canfisco)
4. Rotary Club of Richmond
5. Steveston Rotary Club



It is the generosity of such people and organizations that allows the Minoru Seniors Society to carry on with its vision of improving the quality of life for seniors.

Our sincere thanks to all donors who are proud to support our mission and vision.



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Legacy Gifting: What it means and why it's important

Sam Zeitoun

I had the pleasure of meeting with Mr. Eric B. Clavier, a lawyer, partner at Fasken, Martineau, DuMoulin LLP and past president of Seniors First BC, to discuss legacy gifting and what people should know when considering such gifts.

So, what is legacy gifting or legacy giving?

Some are aware that Legacy gifting is the act of making a charitable donation through formal estate planning documents. Most donors consider legacy gifting vital because it supports causes that we care about. Some donate time by volunteering or giving contributions to specific non-profit organizations that are close to their heart for various reasons. However, legacy gifting offers a unique opportunity to extend its impact beyond our lifetimes.

I asked Mr. Clavier to explain. He said that legacy gifting involves making donations to charities through wills or trusts, or by setting up foundations, allowing individuals to support non-profit organizations with their wealth after their passing. He noted that while such gifts can be made during a person's lifetime, many legacy gifts are part of estate plans, often for tax advantages.

Besides money, what other types of gifts can you offer to non-profit organizations?

Legacy gifts can include assets beyond cash, such as property, stocks, and securities, Mr. Clavier said.

Have you experienced any family conflicts related to legacy gifting, and should this be discussed with family members in advance?

Mr. Clavier discussed the risks and considerations involved in legacy gifting, emphasizing the importance of understanding the size of one's estate and the will-maker's obligations to their dependents, particularly in British Columbia, where there are moral and legal obligations to spouses and children. There is a very real potential for a will variation claim if those requirements are not met.

Mr. Clavier discussed the challenges and considerations of estate planning, including the potential for conflict and litigation when distributing an estate unequally among family members, even when discussed in advance. It's vital to have open conversations with family members about intentions, using various planning tools such as gifts and charitable donations, while considering the size of the estate and the potential for legal challenges. He also highlighted the role of a lawyer in providing professional advice and weighing the risks and family support before making decisions about legacy gifting.

Final comments and advice from Mr. Clavier

Mr. Clavier outlined a few key points for donors to consider and carry out:

- Please speak with your family members and inform them of your intent and wishes.
- Seek professional advice in estate planning to understand the tax benefits and implications.
- Ask about the implications of capital gains taxes on estate planning, noting that while beneficiaries do not pay income tax on gifts made through a will, the estate does have tax obligations, so proper planning is crucial to ensure sufficient liquidity to cover taxes and fulfill intended gifts. He stressed the importance of considering estate taxes when making gifts. He emphasized the benefits of making gifts during one's lifetime to avoid potential litigation and preserve the value of intended charitable contributions.

I thanked Mr. Eric Clavier for his time, advice and recommendations. We hope that our readers will benefit from this interview and, if possible, consider leaving a legacy gift to a non-profit organization that reflects a worthy cause.

Christmas and how it's changed from then to now

Hanson Yuan

The winter season has a way of bringing back nostalgia and memories. For many of us, it's almost hard not to notice how much the holiday season has changed. What was once a time for celebration and family seems much more fast-paced and commercialized, often making the holidays pass by even more quickly.

To better understand how Christmas and winter changed throughout the years, I had the opportunity to interview Angela Haigh, a board member of the Minoru Seniors Society. She shared many memories and insights about a time when connectivity was at the heart of the season and the activities that gave it its classic festive feel, including family meals, church gatherings, and large relative reunions. Instead of simply celebrating for one day and returning to our routines, such measures were taken to extend the holiday's significance.

Perhaps, due to the stress of our daily lives or the technological takeover in the present, the focus of Christmas has undoubtedly shifted. While it remains a time for family and community, they are also shorter and often less frequent. Angela noted that gift-giving is an area where this change is especially notable. While gifts were chosen with care and personalized for their recipients, with the internet and general gift cards, people now have the option of getting something quicker and more convenient. Though technology ultimately remains an overall benefit for some, others may find it disengaging and detached.

Though the meaning of Christmas has changed in many aspects, it appears that way because of how we experience it, not because the holiday itself has changed. Listening to the memories of individuals like Angela helps put that meaning back into context and reminds us of the warmth and connection that make the winter season truly special.



minoru
SENIORS SOCIETY

Seniors Centre - Minoru Centre for Active Living
7191 Granville Avenue, Richmond BC
Phone: 604-238-8450

FRIDAY NIGHT DINNER

Join us every Friday night at the Seniors Centre at Minoru Centre for Active Living from 4:30-6:00pm for a freshly made dinner and dessert! All ages are welcome!

Pre-orders are available through the Seniors Centre at Minoru Centre for Active Living.

Walk-Ins are limited and not guaranteed.

Member Entree Price: \$14.00+ tax
Non-Member Entree Price: \$17.00+ tax

Member Dessert Price: \$3.25+ tax
Non-Member Dessert Price: \$3.75+ tax

To-Go Container: \$0.50 per take-out container

Please check for any cancelled dates at the Seniors Centre front desk

Active? MINORU CENTRE FOR ACTIVE LIVING

Richmond

Congratulations to the winners of the Steveston Rotary Golf Tournament!

Bruce Stygall

Bob Hardacre, Bruce Stygall and Sheila Wade were winners of the Steveston Rotary "Jack Evans" Annual golf tournament held recently at the Mylora Golf Club. The painting presented to the winners is of the Old Course at St. Andrews Scotland.

Jack Evans on his 70th birthday teed off at the Old Course and because he was a member of the Steveston Rotary Club and as such, through Rotary International, if he qualified with the required handicap he had the opportunity of playing in Scotland at the "Home of Golf". This was a highlight in Jack's golfing life.

Jack passed in 2017 but his club has gathered annually to pay tribute and play at Mylora Golf Club in Richmond. This is an opportunity for all to participate in this event and enjoy a casual game of golf and raise money for the Rotary Club of Steveston.

Rotary works closely with the Minoru Seniors Society with many of their programs and have contributed financially. The next tournament will be September 19th, 2026 and anyone who might be interested to play are invited to join. For more details, please contact myself by emailing me at stygall1940@icloud.com.



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Phone: 604-238-8450

WANTED!

DANCERS AND PARTY PEOPLE

WILD WEST DINNER AND DANCE EVENT

Giddy up and get ready to experience traditional country-style food favourites while listening to live music rooted in fun upbeat folk and blues. Round trip transportation (\$5) and home drop off (\$3) available.



Wednesday, Feb 25

4:30-8:00pm

\$36.00/55+ YRS

\$22.00/90+ YRS

00464468



Morning Rain

Carol Zeitoun

Rain is falling, the sky the colour of wiped mirrors.

Long streaks of liquid mercury slide down the windows, the chrome world outside makes everything in the kitchen appear black and white, like night-time, like moonlight.

Inside, the toast is browned and buttered and the coffee pot is bubbling.

The children pull on their boots and plod out the door, their umbrellas immediately splattered, then saturated, with drops.

The house is quiet, the clock ticks.

The clouds move across the sky. Still I sit at the table and stare.

The chores wait with their motionless patience, the dirty dishes, the gritty floors, the tangled bed sheets.

I'm mesmerized by the swaying curtain of watery diamonds, this immense sky ocean.

I want to go outside and be washed, cleansed, like in the river, like baptism.



Seniors Centre - Minoru Centre for Active Living

7191 Granville Avenue, Richmond BC
Phone: 604-238-8450



Transportation, Admission
and Guided Tour Included



Transportation Only

UPCOMING WINTER OUT TRIPS!

BEATY BIODIVERSITY MUSEUM AND LUNCH TRIP

Friday, March 6
10:00am-3:00pm
\$42.50/1 sess
00471230

THRIFTING EXTRAVAGANZA TRIP SURREY

Tuesday, March 17
9:30am-3:30pm
\$28.00/1 sess
00469798



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



Lessons in Love: Relationship advice from seniors

Kaitlyn Gee

Bruce and Willa met in 1964 while on a bus to the Carnaval de Québec in Montreal, where they both lived at the time. Their friend groups stayed busy with parties and skiing on the weekends, which is how they started talking to each other. Bruce would help Willa navigate the moguls and icy patches, and eventually, one thing led to another. The lovely couple moved from Montreal to Toronto to Vancouver, eventually settling in their Steveston home in 1978, where they have been living happily ever since.

For their first date, Bruce dropped by Willa's office and asked if she would like to go for lunch (it really is that simple!). Bruce ordered a rather large lunch as they both recalled—a soup and sandwich; however, Willa didn't eat much. "I'm sitting there. You see, he's having soup and a big meal, and I only have half an hour," she laughed.

From then on, their relationship blossomed. Later this year, they will celebrate their 60th anniversary together. An amazing achievement! I asked what made them realize they wanted to spend their lives together. Bruce pulled out a special photograph from his wallet: their wedding day. "Maybe this is a good indication," he beamed. Willa is always on his mind, even when he travels to far places for work (like North Africa!), sometimes for a week to several months at a time. When Bruce got homesick, the time apart made him realize how much he missed his wife and children, proving how strong their marriage was.

Early in their marriage, they attended an event at the Catholic Church called Marriage Encounter, a program designed to strengthen marriages. The event, as Bruce explained, is meant to develop your relationship so that it flourishes. It provides attendees with the tools to communicate well through a step-by-step process: couples write down their answers and feelings to a series of questions and then exchange the notes afterward. He said this is an eye-opener that allows you to delve deep into the person you're involved with to get to know them better. Doing so made Bruce and Willa realize how lucky they were to have each other.

Their advice for a long-lasting relationship? Communication, patience, and a good laugh.

Communication is essential and can be difficult for some people, but it is nonverbal too, shown through actions and facial expressions. This is still a significant topic for relationships today. Young people are so immersed in texting on their phones that they've lost the art of spoken communication.

I asked them what youth should do to get over this cultural shift.

How do we get young people to communicate better and fall in love in today's chronically digital world? Their advice? "Leave your phone at home, go on a date, look each other in the eye," said Bruce. And Willa's advice: "Say hello!" Sometimes a smile is all you need.

As Bruce and Willa get up to leave, they put on their matching black-and-white plaid hats. Thank you both for taking the time to share a bit about yourselves and your stories!





SAVE THE DATES!

Family Day - Printmaking - Foam Relief Printing Workshop

Sunday, February 15 - 10:00am-12:00pm

FREE! - 00471222

Design and carve prints using foam sheets, ink and rollers. Create textured designs on tote bags or paper while exploring colour, pattern and creativity in this fun, hands-on session. Supplies included.



Falls Prevention Workshop - For Seniors with Parkinsons

Monday, March 2 - 11:00am-12:30pm

FREE! - 00460765

Discover common risk factors contributing to falls, explore practical exercises to enhance safety and mobility and access valuable support resources for individuals living with Parkinson's and their caregivers. Presented by Parkinson Society British Columbia.



Chef's Dinner: Cajun

Tuesday, March 10 - 5:00-7:00pm

\$32.00 (55-89), \$20.00 (90+) - 00464476

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.



Birthday Party Social - 55+ - FREE!

Registrants celebrating a birthday are invited to bring one complimentary guest. Registration required. In-person at Seniors Centre at Minoru Centre for Active Living or call 604-238-8450.

February

Wednesday

February 18

2:30-3:30pm

00468962

March

Wednesday

March 25

2:30-3:30pm

00468973

MEET YOUR NEW BOARD OF DIRECTORS FOR 2025/2026!



Jim Kojima
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Henry Beh
1st Vice-President



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2nd Vice-President



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Centre Information

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MSS FACILITY PASS BENEFITS

- Enjoy over 40+ 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**