

Spring 2026 Newsletter



Photo: Patrons chatting and enjoying a lovely meal from the Seniors Centre Cafeteria.

Minoru Seniors Society

Located at the Seniors Centre in Minoru Centre for Active Living
7191 Granville Avenue 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
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,

I hope the start of the New Year has been well with you all. As the sun starts to shine, and we transition from Winter to Spring, I want to reflect on some of the highlights we had this past Winter.

We kicked off the year with a Volunteer Social to thank all our Volunteers for their hard work in 2025. We also held a workshop for our Cafeteria and Special Event Volunteers and Volunteer Liaisons, covering important information and updates for each role.

National Volunteer Week occurred from April 19 – 25. The UN has also declared this year as the International Year of Volunteers for Sustainable Development. Without our volunteers, the Centre would not be able to run as it has, and we cannot thank them enough for all their support.

The Recreation Sampler Pilot Program, which brought isolated seniors into the Centre and incorporated them into programs and services, was highly successful and concluded in March. Its successor, the Thrive55+ program, has now begun, funded by the Government of Canada's New Horizons for Seniors Program.

As we look towards the Spring season, we have many fun programs and services being offered.

The countdown for Richmond Celebrates Soccer has begun. Staff and volunteers have been working hard to plan a fun, interactive soccer-themed event for the World Cup. More details will be shared soon, and in the meantime, the countdown is available to view at the front desk!

BC Seniors Week will run from June 1 to June 7, with a wide range of free activities available. The opening ceremony will be held here, at the Minoru Seniors Centre, on June 1 from 1:00-3:30 pm. Registration for activities is now open, and more information is available on www.richmond.ca/seniorsweek.

I want to thank our dedicated volunteers, committee members, association staff, and City staff for all their hard work. Your commitment and care for our community do not go unnoticed and are deeply appreciated.

Thank you all for your ongoing support and participation. Wishing you a safe and enjoyable Spring with family and friends.

Sincerely,

Jim Kojima
President



Spring Recipe from Chef Daniela

Cacio e Pepe with Crisp Prosciutto

6-8 slices thick-cut prosciutto - ask the deli to slice it for dicing
1 lb of pasta - your choice of fresh or dry
6 tbsps butter
3 cloves of garlic - pureed or minced fine
1 tbsp lemon zest *optional
2 tsps fresh cracked black pepper
1/4 cup lemon juice
1 1/2 cups grated Parmesan cheese
1/2 cup pecorino grated romano cheese
1 cup fresh basil - chiffonade



Boil a large pot of water heavily salted - it should taste like the sea. Cook the pasta to al dente - or your preference. SAVE 1 and 1/4 cup of hot Pasta Water for your sauce

Heat a pan on medium heat

Cut the prosciutto into thin strips and saute until crisp - 5-8 minutes

Remove the prosciutto, then add 2 tbsps of butter and chopped garlic, along with pepper and lemon zest, if using. Cook for 1-2 minutes to get fragrant.

Add the remaining 4 tbsps of butter and lemon juice, whisk until smooth.

Add the pasta water, parmesan, pecorino, and pasta, and toss well.

Top with fresh basil and crispy prosciutto. Eat with salmon, prawns, chicken - pretty much any protein you like.



REACH 500+ SENIORS!

Are you interested in advertising in the Minoru Seniors Society Newsletter? Take a look at pricing and details below!

1/8 page – 90mm x 58 mm - **\$75**
1/4 page – 90mm x 122mm - **\$125**
1/2 page – 186 mm x 122 mm - **\$175**
Full page – 186mm x 250 mm - **\$300**

Notes:

- The prices above are for a single issue with a commitment of four issues. If you would like to advertise in a single issue, add an extra \$50
- Non-Profits are offered a 20% discount (Prices listed are before discount)

If you have any questions, please contact **Abbas Bhimji** at ABhimji@richmond.ca

Thank you to the SD38's Explorations Program!

Abbas Bhimji

Since 2024, the Minoru Seniors Society have enjoyed a wonderful partnership with SD38's Explorations program, that brought student volunteers into our Seniors Centre Cafeteria every Wednesday.

Each season, we welcomed a new student who jumped right in to help with cleaning tables, clearing trays, and sharing meaningful conversations with our seniors.

Under the mentorship of our dedicated Society volunteers, these students have sharpened their interpersonal and customer service skills, which built a foundation for their future careers.

On behalf of the Minoru Seniors Society, we want to thank every student, staff member, and volunteer who has made this program a success. We look forward to seeing this partnership flourish for years to come!



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Be Kind to your Mind!

Sam Zeitoun

How can we be kind to our minds? We have to manage and lower STRESS.

So, what is stress? Stress is a psychological and physiological response to perceived challenges or threats, characterized by mental or emotional strain from adverse or demanding circumstances. And in simpler words, stress is the body's natural, automatic reaction to pressure, challenges, or threats, acting as a physical and mental "alarm system".

According to the American Psychological Association, "Stress affects all systems of the body including the musculoskeletal, respiratory, cardiovascular, endocrine, gastrointestinal, nervous, and reproductive systems." Most of us use the term "I am stressed out" loosely, and we often don't understand the kind of stress we are dealing with. As a matter of fact, most people are not aware that there are different kinds of stress, including "Positive Stress". So, let's explain the kinds of stress.

According to the National Institute of Health and other institutions, the main types of stress are:

Stress by duration:

- Acute stress: Short-term stress that goes away quickly, such as slamming on brakes or a tense work deadline.
- Episodic acute stress: Frequent episodes of acute stress, common in people with chaotic, over-committed lives who are constantly rushing.
- Chronic stress: Long-term ongoing stress that persists over a long period, such as financial troubles or an unhappy marriage
- Traumatic stress: Results from major, overwhelming events like accidents, war, or natural disasters

Stress by experience:

- Eustress (Positive stress): Motivates, directs energy, and is short-term, such as starting a new job, buying a home, or taking on a challenging, fun task.
- Distress (Negative stress): Causes anxiety, decreases performance, and feels unpleasant.

Stress by source/manifestation:

- Physical stress: Affects the body directly (e.g., injuries, illnesses, overexertion).
- Emotional stress: Arises from grief, work anxiety, or relationship problems
- Environmental stress: Caused by surroundings, such as noise, crowding, or extreme weather.
- Mental stress: Cognitive strain, including worry, perfectionism, and an inability to concentrate

Now, how can we reduce or manage stress? There are many different ways, such as:

- **Be active – Including things like walking or yoga.** Any form of physical activity can act as a stress reliever.
- **Eat a healthy diet.** Eating a healthy diet is an important part of taking care of yourself. Aim to eat many fruits, vegetables, whole grains and protein.
- **Relax, listen to music and get a good night's sleep.** Stress can make your sleep suffer. Sleep is the time when your brain and body recharge. Most adults need about 7 to 9 hours of sleep each night.
- **Connect with people and friends.** Do not isolate yourself. Instead, reach out to family and friends and make social connections. Even one good friend who listens can make a difference.
- **Seek counselling.** Professional counsellors or therapists can help you find the sources of your stress and learn new coping tools.

Please consult your care providers to find what works best for you, and ***be kind to your mind!***

Understanding AI in our Daily Lives: Practical or Unrealistic?

Hanson Yuan

Artificial Intelligence, or AI, went from being a rather niche piece of technology to one of the leading industries and most used conveniences worldwide. Though media and tech enthusiasts often debate its functionality, AI has already been implemented in many ways in our daily systems. What we believed was just an idea a decade ago is now coming to fruition in novel practices every day. Generating content such as emails, writing code, or even making images; using your “taste profile” to predict what movie, song, or purchase you may be interested in next; and virtual assistants on our phones getting smarter and helping us with more tasks.

What is AI?

While, on the surface, it may seem just a convenience mechanism to quicken a mundane task, its actual meaning is much more computer science-related. AI, at its core, is a system capable of taking on tasks that typically require human intelligence. Though limited in quality, it can write, interpret, and recognize many of the things humans do. AI is also a constantly evolving technology that learns over time from input and feedback. It is an assistant that can organize information at speeds much faster than any human could.

How does AI help modern living?

AI, though fairly new, is already in many of our services and systems because companies recognize its efficiency. It's used commonly in:

- **Medicine:** AI is an absolutely revolutionary piece of technology for health workers. Specialists are better at detecting subtle details in imaging, more efficient at prescribing medication, and better at identifying health risks earlier and more precisely.
- **Safety:** Many organizations, especially financial institutions, use AI to review accounts and detect any unusual patterns. Instead of manually reviewing each client individually, AI provides an automated, quick defence against identity theft and unauthorized transactions.
- **Accessibility:** People with visual or auditory disabilities can use AI to support their understanding. For example, live captioning and many text-to-speech services all exist or have been improved with the help of AI.
- **Navigation:** For those who like to travel, AI has helped optimize transit routes.

Looking Ahead:

Of course, who wouldn't want a personal assistant helping you with your tasks and simplifying your packed schedules? Though, as we look toward the future of this technology, a balance between leisure and moderation is necessary. While we look at the other side of the scale, the over-reliance on AI for quick answers and thoughtless generations can impact our critical thinking skills and attention spans. Relying on AI too much could make it tempting to skip deep reading and problem-solving altogether. When we let AI summarize everything in our lives, the muscle used for thinking begins to dissolve. If a 30-minute task takes no more than 30 seconds, we begin to expect immediate results.

Instead, seniors could use AI more as a supplement than a replacement. In homes, seniors could use voice-activated assistants to control lights, temperature, and locks with simple voice commands. These assistants can also help with providing up-to-date news and other daily activities. Just by speaking a simple message, seniors can check the latest news or weather, or call a family member without having to pick up a phone. Rather than straight avoidance, regular notice about how these tools work can help our community stay informed on today's most promising technologies.

Eat Well, Move Better

Kaitlyn Gee

You may have heard of the newest health trend: protein. If you've spent any time on the social media side of it, you may have also come across the term "Protein Maxxing", the idea of maximizing your protein intake for managing weight, boosting metabolism, and building muscle. Personally, I see this trend everywhere, especially in the grocery store where the grams of protein per serving are highlighted on protein-enriched yogurts, cereals and milk cartons. For some people, the goal is to pack as much protein as possible into every meal.

According to Jenette Restivo, a health writer from Harvard Health Publishing, about 50% of adults over 80 years old experience Sarcopenia, which is the gradual loss of muscle that comes with aging. While this is a normal process, it can impact the individual's quality of life. To maintain your muscle mass, you can build muscle through regular strength training, but the body also requires protein. Adding more protein to your daily diet can support muscle repair and growth.

Some high-protein foods include beans, peas, nuts and seeds, lean meats, fish, and dairy and soy products like Greek yogurt, soy milk, or tofu. However, as mentioned before, maintaining muscle mass also requires regular strength training and exercise. This could include lifting weights at the gym, but even simple exercises done at home can be just as beneficial. Some examples include seated bridges, tricep dips, or standing calf raises. The most important thing is to keep active and incorporate regular protein sources into your diet.

To help keep active, the annual ParticipACTION Community Challenge is happening in June, with many free activities available for seniors. Richmond won Canada's Most Active Community in 2025, so let's aim to earn this title again. The Minoru Seniors Society will offer a few ParticipACTION activities in June, so be on the lookout!



NEW SUMMER SOCIAL HOURS!

We're shaking things up this summer! Our Afternoon Tea is taking a brief hiatus to make way for our new Summer Social Hours. Come hang out and enjoy the sun with us from 2:45-3:45pm for only \$6.50 with your Minoru Seniors Society Facility Pass, or \$7.50 for guests without a facility pass.

LEMONADE SOCIAL HOUR - THURSDAYS

July 9 - 00510472

July 16 - 00510672

July 23 - 00510646

July 30 - 00510678

August 6 - 00510682

August 13 - 00510686

August 20 - 00510697

August 27 - 00516944

BERRY SWEET SUMMER SOCIAL HOUR

Tuesday, July 14
00509770

SUNDAE FUNDAY SOCIAL HOUR

Tuesday, August 18
00509731



Please see the Minoru Seniors Centre front desk for more information or call (604) 238-8450



Winter Light

Carol Zeitoun

Winter Light
gray as ashes from a campfire
leaden as the prongs of barbwire
colour between the black and white of desire

Winter Light
solid like steel and metal and tin
like the basin my mother puts the utensils in
as she scrapes off the scales of dead fish skin

Winter Light
colder than fog, weaker than mist
delicate as the bones of a sparrow's wrist
elusive as a hazy memory reminisced

Winter Light
silver as drizzle on a windowpane
on mirrors and chrome would be the same
and puddles in car lights or lightning in rain

Winter Light
hard as pavement and cement
or emotions that remain unspent
or packed wet sand that just won't relent

Winter Light
beautiful as wolf hair
softer than fur on an arctic hare
one dimming moment then no longer there

BC Seniors Week

This year, BC Seniors Week will be held from June 1 to 7, 2026, with a wide range of activities at multiple community centres across Richmond. In addition, an opening event will be held at the Minoru Seniors Centre on June 1, 2026, from 1:00 to 3:30 p.m. This is an event you do not want to miss! Registration is now open. For more information, please visit www.richmond.ca/seniorsweek



Scars, Spells, and Seniors: How Do Popular Books Portray Elders?

Elias Goulart & Sofia Lima

Regardless of your age or where you live, you've probably heard the name "Harry Potter" before. This magical series has enchanted both children and adults for decades, shaping the childhoods of millions. According to recent studies, the books that we read have a tremendous impact on our beliefs and values. Given this impact, you may wonder how Harry Potter portrays elders and what effect this has on younger generations.

Harry Potter fans are all familiar with the story's heroes - Ron, Harry, and Hermione, but what about the older characters in the Harry Potter world? I've come to think of a new group: Professor Dumbledore, Professor McGonagall and Hagrid. These are some of the most meaningful teachers in Harry's life - for good or bad. Despite the notable differences in these three characters' personalities, their ages play a significant role in their reputations and portrayals throughout the books.

You may think that in a magical world like the Harry Potter universe, where power is often fought over, older adults would be perceived as "weak" or "frail". On the contrary, though, these three are viewed with great esteem and respect, despite their age. Their past has given them greater knowledge of magic and culture, allowing them to pass it on to the younger generation of wizards. They then become an inspiration to their students.

In fact, many fast-paced, action-packed chapters in this series demonstrate just how powerful these three characters are. Headmaster Dumbledore, for example, defeats many evil wizards with his magical abilities in "duels". In addition, time and time again, he stands out as a mentor for Harry, offering leadership, emotional support, and the wisdom Harry needs. On the other hand, Professor McGonagall participates in a dangerous battle to save Hogwarts, performing dangerous spells and fighting magical creatures. The third member of this "elderly trio" is Hagrid, who consistently puts himself in harm's way to protect his students and the grounds. His bravery in the face of giants and dark wizards alike cemented his devotion to the school and the greater good.

Older characters act as protectors and mentors, combining strength, wisdom, and occasional frailty, and playing crucial roles in shaping the younger generation's growth and ethical choices. Harry Potter has portrayed these older characters as powerful, inspiring pillars to the students of Hogwarts. This portrayal has led to a newfound respect and gratitude for seniors.

So, the next time you see a little kid reading Harry Potter at the local library, give them a friendly smile and encourage them to read the next chapter. And maybe, just maybe, crack open the spine of the first book, and discover a magical world of potions, wands, and talking hats.

Concerts in the Plaza

Our Concerts in the Plaza series returns this Summer! Enjoy live music and delicious ice cream that will be available for sale at our concession stand.

Concert Dates:

- June 10th and 24th
- July 8th, 20th, and 29th
- August 12th, 19th and 26th
- September 2nd and 9th.



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Alzheimer Society

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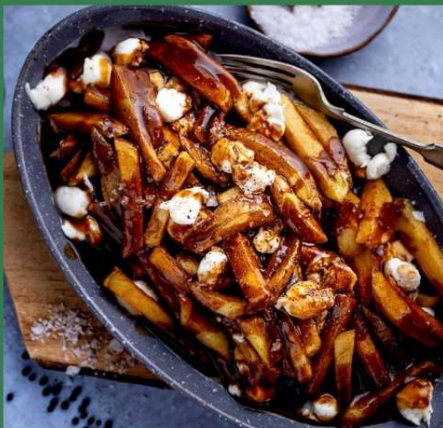
Walking Tour - Minoru Park - 55+
Thursday, May 21 - 10:00-11:00am
\$5.85 - 00489041

Explore the heart of Richmond with a guided walking tour through Minoru Park. Learn how the park evolved from a pioneering aviation hub and community gathering space into today's vibrant park. Enjoy a special visit inside the historic Minoru Chapel and stroll past the symbolic Pierrefonds Garden. Suitable for those 55+ years.



Effects of Hypertension and Diabetes on Vision Workshop - 55+
Monday, May 25 - 10:30am-12:00pm
FREE! - 00491736

Learn how chronic conditions can affect vision, explore practical daily habits that support eye health and become familiar with essential resources that promote independence. Presented by an optometrist. Registration required.



Chef's Dinner - Taste of the World - 55+
Tuesday, June 9 - 5:00-7:00pm
\$32.00 (55-89), \$20.00 (90+) - 00491279

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 the Seniors Centre or call 604-238-8450.

May
Wednesday
May 20
2:30-3:30pm
00489937

June
Wednesday
June 24
2:30-3:30pm
00489941

Centre Information

BOARD OF DIRECTORS 2025/2026

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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