

Summer 2026 Newsletter



Photo: Patrons being served by one of our amazing volunteers at a Minoru Seniors Society Tea and Treats event.

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



MINORU SENIORS SOCIETY

Where seniors thrive and connect

President's Report

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

I hope the summer has been treating you well. Although the heat is still with us, we're eagerly anticipating the cooler days of fall. I want to reflect on some of the highlights we had this spring.

We kicked off the spring season with our annual Volunteer Appreciation event. This event saw over 115 volunteers enjoying an amazing light lunch made by our Cafeteria team, and thrilling entertainment from The Front-Page Band. This year's theme was Ignite! Volunteerism, representing how they bring a spark that lights up the room and makes life warmer for all those they help. Thank you volunteers for all your help and support.

Thrive55+ has been receiving great reviews from participants. This program, funded in part by the Government of Canada's New Horizons for Seniors Program, brings a group of seniors to the centre once a week to enjoy a lovely activity and a delicious meal. In the fall, we aim to increase this program to two times a week every month.

At the start of June, we had the BC Seniors Week opening event held at the Minoru Seniors Centre. This year's theme was Taste of the World, which highlighted the diverse cuisines and cultures featured at the World Cup. In addition, it saw live music featuring popular Canadian hits.

To conclude the spring season, we held the Golden Boot Gathering as part of the Richmond Celebrates Soccer series. This event featured a live watch party of the Canada versus Qatar game, delicious snacks, and immersive activities. It was an afternoon filled with unity and celebration.

This summer, we hosted a multitude of fun activities, such as our Annual BBQ, which drew 100 people to enjoy a delicious barbecue meal prepared by our fabulous Chefs team, along with local musical entertainment.

In addition, we introduced new social hours that featured Lemonade, Strawberry Shortcake, and Ice Cream. These to-go treats could be enjoyed either at the Seniors Centre or at home.

We still have some activities to look forward to, including our Concerts in the Plaza, which continue until September and feature live entertainment of music and dance. Ice cream is available for purchase at our concession stand for \$2.00 each.

We have also been trialling out a new translation service, which we hope to introduce at our upcoming Annual General Meeting.

Thank you to our dedicated volunteers, committee members, association staff, and City staff for all their hard work. Your commitment and care for our community are deeply appreciated.

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

Sincerely,

Jim Kojima
President

Summer Recipe from Chef Daniela

Blackening Seasoning Mix

- 1.5 tbsp Paprika
- 1 tbsp Garlic Powder
- 1 tbsp Onion Powder
- 1 tbsp Thyme
- 1 tsp Basil
- 1 tsp Oregano
- 1 tsp Cayenne (If you want it spicy)
- 1 tsp Black Pepper
- 2 tsp Salt



Blackened Steelhead with Pasta

You can use any protein you desire, but for this recipe, we will use Steelhead.

Mix well and season both sides of your Steelhead heavily, and then heat your pan or BBQ to high. Grill or pan-sear until your desired doneness; I prefer medium-rare, so I do 2.5 minutes per side.

Boil salted water and cook your pasta to al dente or to the package directions.

Mix these ingredients in your pasta when it is cooled down:

- 2 cups cherry tomatoes or grape tomatoes, cut in half
- 2 cups of corn (I like to use fresh corn and lightly char it in a pan to give it a roasted flavour, but you can use canned if you want)
- 2 tbsps of fresh basil (it has to be fresh, and slice the basil as fine as you can)

For your dressing, toss the following ingredients together:

- 1/2 cup olive oil
- 4-6 tbsp red wine vinegar, depending on how tangy you want it
- 2 tbsp honey
- 1/2 a lemon squeezed in
- Season with black pepper and Salt

Mix all the dressing and toss with the pasta salad. Sprinkle 1 cup of grated Pecorino Romano over the pasta salad and toss to combine.



Enjoy a festive gathering with others celebrating birthdays, complete with a complimentary cupcake and a choice of coffee or tea. Registration required. Registrant's birthday must fall within the current month. Limit one guest per registrant (guests must register as a walk-in).

Wednesday, September 16
2:30-3:30pm
FREE!
00538386

Wednesday, October 28
2:30-3:30pm
FREE!
00539000

Wednesday, November 25
2:30-3:30pm
FREE!
00539002

Wednesday, December 16
2:30-3:30pm
FREE!
00539005



Register in-person during facility hours, over the phone at 604-276-4300 (Mon-Fri 8:30am-5:00pm) or online at www.richmond.ca/register



Volunteers Needed!

Abbas Bhimji

Volunteers with the Minoru Seniors Society bring a spark that lights up the room and makes life a lot warmer for each individual they interact with. Every minute that volunteers give and every smile they share acts as a spark which strengthens our community and builds connections that keep the Society moving forward.

Without our wonderful volunteers, the Minoru Seniors Society would not be able to operate as it does every day. From Special Events to the Cafeteria to our Wellness Programs, our volunteers are everywhere, helping out behind the scenes.



The Society has several Volunteer Opportunities available, and is currently looking for more Cashiers in the Cafeteria. All opportunities are listed on icanhelp.richmond.ca. If you are interested in giving back to the community, learning new skills, and meeting like-minded individuals, we encourage you to apply today! If you have any questions, please call the Seniors Centre Front Desk at (604) 238-8450.



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Beat the heat with the Minoru Seniors Society!

Sam Zeitoun

With summer comes a changing climate and rising temperatures worldwide, we must be cautious in the heat and seek quick relief to prevent overheating.

Extreme heat is not safe for anyone, but especially for young children and, more so, for seniors.

Our body's ability to regulate its temperature during severe heat is very difficult. In addition, according to the National Institute of Aging, "Older adults are more likely to have chronic medical conditions that affect the body's response to temperature, and to take prescription medicines that alter the body's ability to control temperature or sweat".

As stated by many experts and health organizations, listed below are some tips to avoid heat-related illness, such as heat exhaustion and heat stroke:

- Drink plenty of fluids, such as water, fruit or vegetable juices, or electrolyte-rich drinks. Avoid alcohol and caffeinated beverages.
- If you live in a home without air conditioning, use fans and try to keep your space as cool as possible.
- Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibres.
- Avoid outdoor exercising and other physical activity.
- If you must go outside, try to limit your time out and avoid crowded places. Plan trips during non-rush-hour times if possible.
- Use sunscreen.
- Shower, bathe, or sponge off with cool water.
- Lie down and rest.
- Ask your doctor whether any of your medications increase your risk of overheating or sunburn.

If your living space feels too warm, try spending time during the peak heat in a place with air conditioning, and maybe do some activities to keep your mind active. For example, the Minoru Seniors Centre in Richmond is the ideal place for you to meet friends and make new ones, partake in some fun activities, listen to music in the lounge or enjoy a beautiful meal in the cafeteria. Check it out by visiting minorucentre.ca.



We're shaking things up this summer with our new Lemonade 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.

THURSDAYS

August 20 - 00510697 August 27 - 00516944

More Than a Game: One Senior's World Cup Experience

Hanson Yuan

In the past six weeks, Vancouver has had the privilege of hosting select matches from the 2026 World Cup. As the most-watched sporting event worldwide, the tournament had a significant impact on Vancouver and Richmond in multiple ways.

From the opening day at the Richmond Olympic Oval on June 12, to the Minoru Seniors Society Golden Boot Gathering event on June 18, to the closing party at Aberdeen Neighbourhood Park on July 19, communal watch parties all across the city sprang up in support of each fan's team of choice. Past the river was Vancouver's BC Place, which hosted seven official tournament matches, including two of Team Canada's own games. Seemingly overnight, a city known for its natural environment and diverse cuisines was filled with flags, foreign languages, and hundreds of thousands of visitors from all over the world.

I had the opportunity to interview Ken Wong, 74, who had never followed soccer before. He first came to Canada from Hong Kong 15 years ago and has since walked down countless dyke trails, familiarized himself with bus routes and SkyTrain stops, and visited Richmond's best parks. He finds that "exploring the city is the best way to make it feel like home."

When the World Cup landed at his doorstep this summer, Ken didn't watch it so much as wander through it, where, by chance, he walked past some of these communal gatherings.

"I've never seen the [skytrain] stations that packed," Mr. Wong says. "Every time there was a show, people were always in multicoloured jerseys."

To him, it seemed oddly nostalgic to see the huge influx of tourists discovering a place for the first time. A station he passed by dozens of times was suddenly full of tour groups and World Cup merchandise. He enjoyed interacting with tourists from all over the world and even talked to a group of Swiss visitors about Richmond's Asian cuisine.

In Canada's match against Qatar, Mr. Wong said he had seen a wave of red that surrounded the city.

"Every step I took, I saw people holding Canadian flags and faces covered in red paint," Mr. Wong said. "It was like the Canada Day Parade all over again."

These experiences, more than any match results, are what he says he'll remember about this summer. Thank you, Mr. Wong, for sharing your experiences about the World Cup!

National Seniors Day

The City of Richmond is celebrating National Seniors Day (October 1) with over 10 free and low-cost activities for residents 55+ years. This annual observance – also designated the International Day of Older Persons by the United Nations General Assembly – is a chance for everyone to acknowledge the positive contributions that people aged 55+ make to the community. Celebrations at the Minoru Seniors Centre feature laughter yoga and a public art bus tour. A guided aquatics orientation will also be offered at Minoru Centre for Active Living. Find more information and all activities online (<https://www.richmond.ca/PositiveAging>) or call the Seniors Centre Front Desk at 604-238-8450.



What do you remember?

Kaitlyn Gee

Lately, I've been hit with waves of nostalgia for places that were once part of my everyday life. From Stratford, Ontario, where I spent three years at university, to the familiar stretch of Kingsway in Burnaby that I'd travel along to visit my grandparents, I find myself drawn back to the places that quietly shaped me. Life is constantly changing, and we often become so caught up in our routines that time slips by unnoticed. Before we realize it, the places that once felt so familiar exist only in our memories. A few weeks ago, I walked through Steveston Village with someone who has become very meaningful in my life, showing them the places that meant so much to me as a teenager. It was a reminder that while places evolve and people move on, the memories we make there have a way of staying with us.

We started our walk at McMath Secondary School, around the front entrance and past the gymnasium. I saw the Class of 2021 in chalk still on the brick walls, redrawn over with this year's graduating class. I pointed out some of the windows of classrooms I remember being in, like math and English class. I gazed at the large grassy field and remembered all the times I was here for track and field practice, to play softball, or to run laps in P.E.

We walked towards Steveston Community Centre using a shortcut I took whenever I went to the library after school. We walked past the old horseshoe pit and wandered into the forest area behind Steveston pool. This is an area I didn't often walk through, but I was glad to explore it.

At the community centre playground, children played on the new zipline park and play structure. We talked about how it used to be made of wood and reminisced about how much fun the big blue slide at the top of the hill was. The waterpark is still there as I remembered it, with the rainbow run underneath, and you would be soaking wet afterwards. There are many new developments at the playground now as the city rebuilds the community centre and library.

I bring them to the village next. We visit the Children's Village Society thrift store next because I want to show them the rack full of vintage comic books. My father used to collect comic books too, and we have a collection sealed away in our garage. There were lots of unique objects at the thrift store, like timeworn tea sets, novels, and many rows of clothing. I was looking for an old blue-and-white vase, something like Delftware, for some wooden tulips I got in Amsterdam last year.

The next store was Nikaido, a specialty stationery and tea store. This was my favourite store when I was in high school and set up the trajectory of my life (not to be dramatic), so it was a must-see. It inspired my love for stationery such as paper and pens. I visited frequently to test out the Stabilo and Faber-Castell markers and to agonize over buying the high-quality notebooks. I flipped through the catalogue of posters just like I did as a teenager, looking for the specific constellation poster I never bought yet that has stuck in my mind after so many years.

As we headed back to the car, I felt fulfilled to have shared a place that meant so much to me while I was growing up. These places become markers of who we were, and sharing stories with someone important is a way of connecting your past and present. It helps others understand not only why we are who we are, but also who we are now. What do you remember from earlier versions of yourself?

Blue Jeans Blues

Carol Zeitoun

My blue jeans have seen better days
you can tell by the way the bottom hem frays
and the seams pull apart but the pocket stays
and that's good cause I need my keys.

My blue jeans are as faded as flowers
that burned in the sun and soaked in the showers
they're worn out after all those hours and hours
and of course, they're ripped in the knees.

My blue jeans are tight as a drum
as they stretch and pull across my bum
and case my thighs into a sausage bun
but I love them regardless, you see.

My blue jeans have a life to tell
and the fact that they can't is just as well
about the times I got up and the times that I fell
and all the times in between.

My blue jeans hang stiff on the line
where bees crawl down and dragonflies climb
tattered and battered and long past their prime
but I wouldn't trade them for khakis.



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

咖啡聊天室 (國語) Coffee and Chat (Mandarin)

誠邀你參與一些輕鬆的社交活動，你可以同時認識其他早期腦退化患者。

Come and join us for some fun social activities and get to know other people in the early stages of dementia.

WHEN

7 週 (星期三)
2026 年 9 月 9 日至 10 月 28 日
下午 1:30 至 3:00
*9 月 30 日停課。

Seven Wednesdays, September 9 to October 28, 2026, from 1:30 to 3:00 p.m.

*No session September 30.



WHERE

Minoru Seniors Centre

REGISTRATION

1. 可親身前往中心 Register in-person during facility hours.
2. 致電 Call 604-276-4300.
(星期一至五 Monday to Friday, 8:30 a.m. to 5 p.m.)
3. 網上 Online at www.richmond.ca/register

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FALL SOCIAL HOURS



AUTUMN APPLE PIE AND COFFEE

Thurs, Sept 24
2:45-3:45pm
\$6.50 (Members)
\$7.50 (Non-Members)
00537356



MOONCAKE SAMPLING

Fri, Sept 25
2:30-3:30pm
\$8.50 (Members)
\$9.50 (Non-Members)
00538537



PRETZELS, CHEESE AND SPARKLING APPLE JUICE

Thurs, Oct 22
2:45-3:45pm
\$6.50 (Members)
\$7.50 (Non-Members)
00536930



HOT CHOCOLATE AND COOKIE

Thurs, Nov 19
2:45-3:45pm
\$6.50 (Members)
\$7.50 (Non-Members)
00536916



HOLIDAY GINGERBREAD AND SHORTBREAD

Thurs, Dec 17
2:45-3:45pm
\$6.50 (Members)
\$7.50 (Non-Members)
00536910

3 Ways to Register

In person during facility hours
Over the phone at 604-276-4300
(Mon-Fri 8:30am-5:00pm)
Online at www.richmond.ca/register.

Summer CONCERTS IN THE PLAZA

AUG 19

6:30 - 8:00PM



JEREMY FACKNITZ

AUG 26

6:30 - 8:00PM



NEW MARAUDERZ

SEPT 2

6:00 - 7:00PM



BLUE RIVERA

SEPT 9

6:00 - 7:00PM



BIG ROCKIN PARTY

FREE TO ATTEND!



Ice cream for sale
\$2 each at the concession stand.
Cash only



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