



March/April 2018 Newsletter

Minoru Place Activity Centre,
7660 Minoru Gate Richmond, BC, V6Y 1R9
604.238.8450 seniors@richmond.ca
www.yourminoru.ca

President's Report

The City of Richmond unveiled the new street banner collection at the council meeting held on Monday, January 29, 2018. Out of nearly 200 entries, 10 winning banners were chosen; one of the winners was our talented photographer and Minoru Seniors Society Board of Directors member Victor Jacinto. Congratulations Victor, your beautiful picture has been turned into a banner that the citizens of Richmond can enjoy throughout the year.

On Tuesday, February 6, 2018 Nan Baardsen was featured on City TV's Breakfast Television. For those who would like to view Nan's story please follow the link <http://www.btvancouver.ca/videos/91-year-old-choir-director-still-singin/> Previous to the television interview Nan was recently featured on the front page of the Richmond News. Congratulations Nan, what a gracious ambassador you are for seniors in Richmond.

Good news for Society members taking transit to our new Minoru Centre for Active Living (MACL), City staff advised that the existing westbound bus stop on Granville Avenue at Minoru Gate will be relocated to the west to better serve the MCAL facility. The new location is proposed to be just west of the future pedestrian crossing on Granville Avenue, immediate adjacent to the MCAL building entrance.

-Kathleen Holmes

Senior Services

"The oldest and strongest emotion of mankind is fear, and the oldest and strongest kind of fear is fear of the unknown." H.P. Lovecraft

With the opening of the new Minoru Centre for Active Living, change is on the horizon. Many current users are looking forward to the opportunities for expanded programming and services that will be provided in this state-of-the-art facility. However, some users may have an element of trepidation, including some who have participated in programs and activities at the Minoru Seniors Centre and/or the Minoru Aquatic Centre for decades.

To support the change process, the City of Richmond Public Art Program is offering an Artist-in-Residence program specifically to engage Minoru Seniors Centre and Minoru Pool users in anticipation of the opening of Minoru Centre for Active Living.

With the theme of Engaging Mind, Body and Spirit, this inaugural Artist-in-Residence project will invite Minoru amenity users in participatory visual art and/or performance-based work that will aim to build excitement for the new facility and assist existing users of the Minoru Seniors Centre, Minoru Aquatic Centre and former Minoru Pavilion to transition into the new Centre.

The artist will aim to provide participants with opportunities to express a greater sense of self, identity, community and place through learning, experience, participatory mixed-media or performance-based art making. This may include photography, digital mixed-media, literary and text-based art practices.

This new project is in addition to the Minoru Seniors Society Public Art Project titled Minoru Seniors Legacy Stories, a year-long community art project on the history of the Murdoch Centre and Minoru Seniors Society led by Artist-in-Residence, Catrina Megumi Longmuir.

Watch for opportunities on how you can participate in both projects. For further information about Public Art go to <https://www.richmond.ca/culture/publicart/program.htm> or Minoru Seniors Legacy Stories <https://minrulegacystories.wordpress.com/2017/11/19/first-blog-post/>.

-Heather Muter, Coordinator Seniors Services

FREE

Workshops

Frauds and Scams Workshop

Don't fall victim to scams and fraud, attend this workshop. Learn about the latest scams targeting seniors and how to best protect yourself. Presented by the Richmond RCMP

Registration required.

Tue Mar 27, 10:00 – 11:30am #2405592

Brain Health Workshops

Learn about brain health in this workshop series offered in partnership with Vancouver Coastal Health and Aging Well Outreach Service RASS. Registration required.

Self-management of Pain

Learn techniques to relieve persistent pain and develop a pain management plan.

Wed Apr 4, 1:30 – 3:30pm #2371592

Coping with Age-related Changes

Learn to recognize the signs for mood changes, memory loss and substance misuse that may occur with aging along with some of the proactive steps to take to support mental wellness.

Wed Mar 7, 1:30 – 3:30pm #2373142

Events

March Special Event

Join this fantastic evening of great food and entertainment by "The Tropitronics". Book early as seating is limited. Registration is in person at Minoru Place only due to seating selection. Price includes dinner with dessert, coffee and tea and entertainment. A cash bar is available.

Thursday, March 15, 2018 5:00 – 8:30 pm
\$25.00/ticket #2241342

Volunteer Appreciation Brunch

All those who have volunteered in 2017 are invited to this event honoring you. Enjoy the morning with music entertainment and brunch. Registration is required.

Saturday, April 21, 2018
10:00am – 12:00pm
FREE #2429648

Special Dates

Mar 11 Daylight Savings
Mar 15 Special Event Dinner
Mar 30 Good Friday
Apr 1 Easter Sunday
Apr 2 Easter Monday
Apr 21 Volunteer Appreciation

Friday Night Live

6:00-8:00pm \$2.00
Mar 2 Karaoke
Mar 9 Piano Performance & Social Dance
Mar 16 Sing along w/ Ying & Social Dance
Mar 23 Karaoke
Mar 30 CENTRE CLOSED
Apr 6 Karaoke
Apr 13 Special Performance & Social Dance
Apr 20 Sing along with Ying & Social Dance
Apr 27 Karaoke

Closures

Mar 30 Good Friday
Apr 1 Easter Sunday
Apr 2 Easter Monday

Programming is subject to change without notice

Group Spotlight!

Hanging with the Guys

Interview with group members on Friday February 2, 2018



The group meets the first Friday of the month from 3:00-4:30pm in M3.

Those with active facility passes are welcome to join. Please call the front desk for more details.

1. What does “Hanging with the Guys” typically look like? What has been the best thing about this group forming?

It is a conversation circle and support group. The group has lively conversations about their experiences and shares about bicycling, gardening, cooking, and their travel plans. Group members freely share their thoughts and ideas with respect and acceptance from all, while supporting one another.

2. What was the best session so far, and what did you do?

We once visited the new Launchpad area at the Brighthouse library this year which opened up a new way for the group to convert their treasure photos, slides, vinyl records, etc. into digital formats, in which easier to share and keepsake.

3. Are there future plans for any special sessions?

As the dedicated group members are finding benefits from sharing with and supporting one another, they proposed to change the meeting to twice a month instead.

Explore Technology – Computer Assist Group

Do you have an interest in Technology? Share knowledge, meet friendly people with an interest in “surfing the net” and troubleshoot computers, tablets and mobile devices. This lively group discusses emerging technologies while learning new skills and working to resolve technology-related issues that arise. Desktop computers provided for browsing or personal laptops or other personal devices can be brought from home.

**Facility Pass required.
Thursdays, 9:00–11:00am**

Staffing Announcement

We are sad to announce that David has decided to move on and his last day with us was January 31 2018. Over the three years that he was with us, his wealth of knowledge of the food industry and his fantastic food increased business and gave us new programs such as Dining with David. We wish him the best of luck, and we’ll be moving quickly to hire a replacement. Lucy de la Rosa our Food Services Supervisor has stepped in for the time being until we hire a new Food Services Coordinator.

Bits & Pieces

Can you solve these picture word puzzles?
(Answers are upside down at the bottom of the next page)

RADIO OICAR	NIGHT	FAs 1apCE
WEEKLY WEEKLY	RISE ME NT ME NT	BOXING BOXING BOXING BOXING

Spring

Is it Spring yet- you may ask
Has the rain let up at last
Signs of Spring are all about
Bulbs and trees are breaking out
Time for change – try something new
Exercise is good for you
Join the birds and start to sing
Most of all – enjoy the Spring.

-a poem by Pat Stewart

Did you know?


You can take a First Aid Class here at Minoru. Learn lifesaving skills that includes how to use an automatic external defibrillator. Various course options available see pages 130 and 131 of the Parks, Recreation and Culture Guide.

Emergency First Aid, CPR C and AED

Monday and Wednesday, March 12 & 14
5:00 – 9:00pm \$93/2 sessions
#2244342

Monday and Wednesday, April 9 & 11
5:00 – 9:00pm \$93/2 sessions
#2246195

Monday and Wednesday, May 7 & 9
5:00 – 9:00pm \$93/2 sessions
#2246196



Keep your eyes peeled for this beautiful banner, winner by our very own Board member Victor Jacinto. The photo on the right was taken on January 29, 2018 at the Street Banner Unveiling.

Income Tax Appointments

It is that time of year again! Visit us or call the centre at 604-238-8450 for more information on eligibility and availability.

As a long time member, Minoru Seniors Society has received \$3000 from Coast Capital Savings that will go towards our beautiful flower arrangements. This sponsorship will begin as of September 1 2018.



Centre Information

BOARD OF DIRECTORS 2017-2018

President.....	Kathleen Holmes
1 st Vice-president.....	Shirley Parker
2 nd Vice-president.....	Barry Gordon
Treasurer.....	Bill Sorenson
Secretary.....	Shirley Khong
Director.....	Theo Au
Director.....	Patricia Boyle
Director.....	Peter Chan
Director.....	Margaret Fung
Director.....	Victor Jacinto
Director.....	Jim Kojima
Director.....	Eleanore Mitchell

STAFF - City of Richmond

Coordinator, Senior Services

Heather Muter

Community Facility Coordinator

Melanie Burner

Acting Community Facility Coordinator

Sonja Pickering

Acting Recreation Leader

Laranda MacDonald

Recreation Facility Clerk

Tammy Davies

Wellness Coordinator

Aliez Kay

Building Service Worker

Marek Mackowski

STAFF - Minoru Seniors Society

Acting Food Services Coordinator

Lucy Lara De La Rosa

Community Leisure Transportation Coordinator

Roop Nagra

Seniors Coordinator

Cynthia Ng

Volunteer Coordinator

Jacqui Oostergo

Fitness Coordinator

Donna Bishop

We would like to extend our most heartfelt sympathy to the family and friends of those who have lost a loved one recently. To honour a loved one, memorial brass plaques may be purchased with a minimum \$100 donation.

CAFETERIA

Minoru Place Activity Centre has a great cafeteria that serves delicious and nutritious meals, six days a week. Minoru Seniors Society members get a discount in the cafeteria.

- Lunch - \$6.00 members \$8.50 non-members
- Dinner - \$8.00 members \$11.00 non-members

Winter/Spring Hours:

Monday-Thursday	8:30am-4:00pm
Friday	8:30am-7:00pm
Saturday	10:00am-2:00pm
Sunday	CLOSED

Hot Meals

Lunch: Mon - Fri	11:30am-1:00pm
Soup & Sandwiches	11:00am-2:00pm
Dinner: Friday	4:30-6:00pm

Menus

Weekly menus are available at the Front Desk or can be found online at

http://www.richmond.ca/parksrec/seniors/minoru_place/minoru.htm

Catering

If you or your friends are hosting a party, we would love to cater for you. By using our catering services, you are supporting the provision of hot, nutritious, and affordable meals for seniors at Minoru Place. For more information call 604.238.8461.

MEMBERSHIP

Membership provides free access to all Groups, a discount in the Cafeteria, the option to purchase a parking pass and the right to vote at the Annual General Meeting.

Membership	\$23.00
Billiards	\$29.00
Table Tennis	\$31.00
Woodcarving	\$23.00
Woodworking	\$23.00

CENTRE HOURS

Monday – Friday	8:30am-9:00pm
Saturday	8:45am-4:00pm
Sunday	12:00pm-4:00pm

Answers: 1. Two Way Radio 2. Night Shift 3. Slap in the Face 4. Bi-Weekly 5. Hi Rise Apartments 6. Boxing Ring