




minoru
SENIORS SOCIETY

Newsletter September/October 2017

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

 Richmond

President's Report

Your Board of Directors held their annual "Board Development Day" in early July, 2017. It was a jam packed day with numerous topics up for discussion; including how the Minoru Centre for Active Living will be governed and how will it affect the operation of our seniors centre. The Board members also looked at ways to streamline and redesign our full Board agendas to allow more time for discussion of urgent items. The Board members discussed the importance of communication with our membership, in particular information about the new Seniors Centre.

We have plans to host some information sessions where you can learn more about the project and ask questions. Should you have any questions in meantime, please direct them to Heather and myself and we will ensure we get answers for you.

~ Kathleen Holmes

Seniors Services

Richmond continues to be a leader in the delivery of programs and services for seniors. In July, City Staff presented the Richmond Seniors Services 2016 Update report to Council highlighting the activities and achievements in our community.

The Richmond Seniors Services 2016 Update showcases the essential role the City and its community partners play in supporting and empowering seniors to remain physically active, socially engaged, healthy and as independent as possible.

A video to accompany the report was created featuring many people who attend programs here at Minoru Seniors Centre. To view the full report and video, go to www.richmond.ca/seniors.

Staffing Updates

Debbie Hertha, Seniors Wellness Coordinator has accepted the role as Seniors Coordinator at City Hall beginning September 5. Debbie has been with the City for six years and in that time has worked to develop partnerships and relationships to support Seniors Wellness in Richmond. She will be focusing on policy and strategic planning for Seniors Services. We will be posting the Seniors Wellness Coordinator position shortly.

Chester Sun, Seniors Coordinator for the Minoru Seniors Society is returning to SFU to pursue his Masters in Gerontology. Chester has been with us since 2012, first as a volunteer and Practicum student and then as staff. He is the most sought after staff person in the building; we often get people asking "Is Chester working today?". He is charismatic, empathetic and passionate in his work with seniors. We are pleased that Chester will continue on here on a part-time basis at the front desk. We are pleased to welcome Cynthia Ng as our new Older Adult Coordinator who will be introduced in the November Newsletter.

Sonja Pickering, has stepped into the role on a temporary basis as City Community Facility Coordinator (CFC). Sonja has had many hats here at Minoru Place starting as the Recreation Facility Clerk in 2010, then as the Recreation Leader in 2015. Sonja is currently in school part-time studying Therapeutic Recreation at Douglas College. She is creative, energetic and enthusiastic in her new role. Sonja will be taking some of Melanie Burner's portfolio to free Melanie up so she can assist in the preparations for the move to Minoru Centre for Active Living.

Roop Nagra, Community Leisure Transportation Coordinator, will be taking the Out Trips from Sonja's portfolio. Roop currently manages the bookings and usage of the fleet of six buses that the City of Richmond owns. Roop has been with the Minoru Seniors Society since 2014 and brings a sense of calm and incredible organizational skills to our team.

Laranda MacDonald, will be taking over Sonja's previous portfolio as Recreation Leader. Laranda was our Langara Recreation Leadership Practicum Student in 2015 and continued on part-time as a Front-desk Attendant. Laranda has a passion for events and for working with seniors. She is currently enrolled at Langara College completing her degree in Recreation Management.

We are very lucky to work with such a talented, experienced and supportive group of people. Welcome to those in new roles and good luck to those on to the next chapter!

~ Heather Muter, Coordinator Seniors Services

Up & Coming



Fitness

Turn over a new leaf this fall. Get fit and stay strong! We have something for all levels and abilities.

Falls prevention:

Stay Strong - Gain range of motion, balance and strength in this gentle fit class that improves daily function with cardio and flexibility exercises.

Fri Sep 8 - Dec 8 10 - 11 am \$58.80/14 sess. #2107488

Mon Sep 11 - Dec 11 9 - 9.50am \$50.40/12 sess. #2110938

Osteo-Fit - Improve fitness and bone health in this program led by certified Osteo-Fit instructors that focuses on balance and strength exercises aimed at reducing falls and fractures.

Mon Sep 11 - Dec 11 12 - 1pm \$50.40/12 sess. #2061963



Break a Sweat:

Cardio and Strength - Pump it up for a total body workout with low impact cardio moves followed by a functional strength routine.

Strength Cardio and Stretch - Enjoy an extended stretch after a heart healthy cardio and strength workout. We offer many more awesome classes including hatha and chair yoga. Pick up a fitness schedule today for all the details!

Minoru Centre for Active Living—Information Sessions

Learn about the new Minoru Centre for Active Living at these question and answer sessions. Light refreshments will be served. All sessions held at Minoru Place Activity Centre.

Reserve your seat today! Drop-ins are welcome if space permits.

Monday, September 18 2:00 – 3:00 pm M1 #2195542

Thursday, September 28 6:30 – 7:30 pm M2/M3 #2195492

National Seniors Day and International Day of Older Persons, October 1, 2017

The theme of International Day of Older Persons 2017 is “Stepping into the Future: Tapping the Talents, Contributions and Participation of Older Persons in Society.”

This day is about enabling and expanding the contributions of older people in their families, communities and societies at large. It focuses on the pathways that support full and effective participation in old age, in accordance with old persons’ basic rights, needs and preferences.

Between 2015 and 2030, the number of older persons worldwide is set to increase by 56 per cent — from 901 million to more than 1.4 billion. By 2030, the number of people aged 60 and above will exceed that of young people aged 15 to 24.

Stepping into the future with pledges that no one will be left behind, it is starkly evident that the need to tap into the often overlooked and under-appreciated contributions of older persons is not only essential to older persons’ well-being, but also imperative for sustainable development processes.

The 2017 theme will explore effective means of promoting and strengthening the participation of older persons in various aspects of social, cultural, economic and civic and political life.

United Nations Website 2017

News

Flu shots

Shots are offered at Minoru Place on November 4th for one day only. Starting Monday October 2, please call 604.238.8450 to make an appointment or see the Front Desk for information.

Board of Directors Elections and Annual General Meeting

It's that time of year again to make your voice heard during the nominating and election process for the Minoru Seniors Society Board of Directors. If you are interested in getting involved with the Board, or would like to nominate a member, we want to hear from you. The Nominating Committee will be posting information on the Society board with important dates for nominations in October. The Nominating Committee Chair, Jacob Braun, will contact members who wish to stand for election. For more information please leave your name and phone number at the front desk.



Congratulations to Monique Friedsam for completing Minoru Seniors Society's first ever Pathways Transitional Employment Program work placement. This opportunity is provided by a joint partnership between the City of Richmond, Pathways Clubhouse and Minoru Seniors Society. The City of Richmond has made a commitment to fund the program as part of the City's inclusive employment initiative or EPPD (Employment Program for People with Disabilities) and Minoru Seniors Society provides

support and in-kind resources. It is a win-win as the Minoru Seniors Society has a very busy kitchen with a limited budget.

The Pathways Clubhouse Transitional Employment Program is a highly collaborative program that provides opportunities for paid employment at an employer's place of business. Minoru Place Activity Centre Cafeteria is a placement site where Clubhouse members are employed for 6-9 months while receiving on the job support when needed from Clubhouse staff.

Pathways Clubhouse has served people with mental illness for over 30 years offering hope, encouragement and opportunities to members. The Transitional Employment Program supports members on their road to mental wellness and focuses on the person's skills and talents. Paid employment makes a difference in the lives of Clubhouse members by providing an opportunity to earn money and contribute to the work force.

Monique has demonstrated a strong work ethic and has flourished in the role as Dishwasher in the Kitchen. Congratulations Monique!

We would like to extend a big welcome to Dean Zacharias who is participating in the next placement at Minoru Place.

Special Dates

Oct 1 - International Day of Older Adults

Oct 26 - Special Event Dinner

Nov 4 - Flu Shots

Closures

Sept 4 - Labour Day

Oct 9 - Thanksgiving

Friday Night Live 6:00-8pm \$2.00

Sept 1	No Event
Sept 8	Karaoke
Sept 15	Karaoke Stars
Sept 22	Musical Interludes Sing w/Herb & Ying
Sept 29	Minoru Live Variety Show/Culture Days
Oct 6	Karaoke
Oct 13	Musical Interludes Sing w/Herb & Ying
Oct 20	Karaoke Stars
Oct 27	Ukulele Jam - Anthony

Programming is subject to change without notice

Bits & Pieces pt.2



Digital Storytelling

Reflect on past experiences to bring a memory to life by weaving images, music and narrative together into a short digital video. This program is presented with SFU.

Tuesdays, September 19 – November 21

1:00 – 3:00 p.m. Richmond Cultural Centre Boardroom \$40/10 sessions #2105188

FREE> Culture Days (Sept 29 – Oct 1)

FREE> Culture Days – Memories of Place

In recognition of National Seniors Day, this exhibit features video recollections from Richmond pioneers collected at the Canada 150 Pioneer Luncheon, a photography exhibit that captures seniors from Minoru Place Activity Centre celebrating their history and stories of the Centre, and the Minoru Seniors Society's Chinese Calligraphy Group exploring the concept of place. Fri, Sept 29 9:00 am–9:00 pm, Sat, Sept 30, 8:30 am–4:00 pm, Sun, Oct 1, 12:00–4:00 pm

Adults 55+ are invited to share their “Memories of Place” by signing up for a photo and memory capture session on **Friday, September 29 between 10:00am and 3:00pm**. Registration will begin on Wednesday, September 27. Please call 604-238-8450 to reserve a time slot.

FREE> Culture Days – Minoru Live

Come to this lively evening of entertainment that offers seniors a chance to learn about and participate in some of MPAC's various performance-based groups.

Fri, Sep 29 6:00–8:00 pm Free/Drop-in

FREE> Culture Days – Open Studios

Drop-in and meet members of MPAC's arts-based groups and learn about the many activities available for 55+ year olds. Open studio hours vary throughout the weekend. Find more details at www.culturedays.ca.

October Dinner and Dance

Enjoy a delicious meal and entertainment featuring a 50s musical tribute show with Connie Francis and Elvis impersonators. Tickets are available in person at Minoru Place. Menu available at the front desk.

Thu, Oct 26 5:00–8:30 pm \$25/1 sess.

Puzzle - Bamboozable

A bamboozable is a saying or phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each image is meant to represent.

Answers on the bottom of page 3.

<p>intelligent smart wise</p>	<p>Dressed Dressed Dressed placeSTOP placeWAIT GO</p>	<p>WE IGH WH EY</p>
<p>chair</p>	<p>TIRE</p>	<p>WAKE suzie</p>

Centre Information

BOARD OF DIRECTORS 2016-2017

President.....Kathleen Holmes
1st Vice-president.....Shirley Parker
2nd Vice-president.....Barry Gordon
Treasurer.....Bill Sorenson
Secretary.....Shirley Khong
Director.....Theo Au
Director.....Peter Chan
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 - Vacant

STAFF - Minoru Seniors Society

Food Services Coordinator

Chef David Langmuir

Community Leisure Transport Coordinator

Roop Nagra

Older Adult 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.

A special thank you to Sek Kwong Hui's family who has generously given a donation in his honour to the Minoru Seniors Society flowers program. Please see the front desk for more info.

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

NOTE ** NEW FALL HOURS:

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

Hot Meals

Lunch: Mon - Fri 11:30-1:00pm
Soup & Sandwiches 11:00-2:00pm
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/minoruplace/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. 604.238.8461

MEMBERSHIP

Membership provides free access to all groups, a member's discount in the cafeteria, the option to purchase a parking pass and the right to vote at the Annual General Meeting.

As of September 1, 2017, prices will be:

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