

The Seniors Centre at Minoru Centre for Active Living Seniors Facility Pass Programs

FALL 2024

VISION

We improve the quality of life for seniors.

MISSION STATEMENT

The Minoru Seniors Society delivers innovative and exceptional programs and services in partnership with the City of Richmond.

FACILITY HOURS

Mon–Fri: 8:00am–9:00pm

Sat/Sun/Stats: 8:00am–5:00pm

BISTRO HOURS

Daily: 10:00am–8:00pm

CAFETERIA HOURS

Mon–Fri: 8:30am–2:00pm

(Hot lunch served from 11:00am–1:30pm)

Fri: 4:30–6:30pm (dinner and dessert)

All ages welcome. Reservations are recommended.
Walk-ins are limited.



MINORU SENIORS FACILITY PASS

The Minoru Seniors Facility Pass (\$36.00/year) supports the Minoru Seniors Society and is available for individuals 55+ years and spouses less than 55 years old. Complimentary Seniors Facility Passes are available to honour those 90 years and older. Join a welcoming community that supports your lifestyle. Passes are valid one year from date of purchase. Visit the front desk or call 604-238-8450 for more information.

- Special pricing in the Cafeteria
- Access to 30+ weekly drop-in activities
- Voting privileges at the Annual General Meeting
- Parking Pass (65+ years) \$11.00/calendar year (limited quantities)

* ADDITIONAL FEES \$2.00/DROP-IN

- Ballroom Dance
- Chinese Calligraphy
- Classical Chinese Ethnic and Folk Dance
- Joy Singing and Dancing
- Mahjong
- Minoru Community Line Dancers
- Model Walkers
- Multicultural Dance
- Saxophone
- Silver Singers
- Tai Chi Practice
- Ukulele Circle
- Yuanji Dance

** ADDITIONAL PASSES EACH/YEAR

- Billiards Pass \$48.00
- Woodworking Pass \$48.00
- Wood Carving Pass \$42.00

SUN	MON	TUE	WED	THU	FRI	SAT
Billiards** 8:00am–4:45pm	Billiards** 8:00am–8:45pm	Billiards** 8:00am–8:45pm	Billiards** 8:00am–8:45pm	Billiards** 8:00am–8:45pm	Billiards** 8:00am–8:45pm	Billiards** 8:45am–4:45pm
Wood Carving** 9:30am–12:00pm	Woodworking** 8:30am–2:00pm	Tai Chi Practice* 9:00–10:00am	Woodworking** 8:30am–2:00pm	Tai Chi Practice* 8:45–9:45am	Woodworking** 8:30am–2:00pm	Tai Chi Practice* 8:45–9:45am
Model Walkers* 11:00am–1:00pm	Tai Chi Practice* 8:45–9:45am	French Conversation 9:30–11:30am	Yuanji Dance* 8:30–10:30am	Yuanji Dance* 9:00–10:30am	Tai Chi Practice* 9:00–10:00am	Ballroom Dance* 10:00am–12:00pm
Poker 11:30am–4:00pm	Yuanji Dance* 9:00–10:30am	Wood Carving** 9:30am–12:00pm	Tai Chi Practice* 8:45–9:45am	Busy Fingers/ Knitters and Knatters 9:30–11:30am 1:00–3:00pm	Mahjong* 10:00am–5:00pm	Spanish Social 10:30am–1:00pm
Wood Carving** 1:00–4:30pm	Busy Fingers/ Knitters and Knatters 9:30–11:30am	Poker 11:30am–4:00pm	Happy Chorus 10:00am–12:30pm	Minoru Strummers Ukulele Circle* 10:00–11:30am	Silver Singers* 10:30am–12:00pm	Peking Opera 1:30–4:30pm
Minoru Community Line Dancers* 1:30–3:30pm	LEGO® 10:00am–12:00pm	Carpet Bowling 12:30–3:00pm	Mahjong* 10:00am–5:00pm	Crib 1:00–3:30pm	Duplicate Bridge 12:30–4:00pm	Multicultural Dance* 2:00–4:30pm
	Happy Chorus 10:00am–12:30pm	Wood Carving** 1:00–4:30pm	Glee 2:00–4:00pm	Poker 11:30am–4:00pm	Chinese Calligraphy* 1:00–4:00pm	Woodworking** <i>(Finishing Day)</i> 8:30am–4:00pm
	Crib 1:00–3:00pm	Kingsland Calligraphy 1:30–4:00pm	Joy Singing and Dancing* <i>(Dancing)</i> 2:30–4:30pm	Scrabble 12:45–4:00pm	Euchre 1:00–4:00pm	
	Bridge 1:00–4:30pm	Platinum Players 2:00–4:30pm	Multicultural Dance* <i>(Performance Group Only)</i> 6:45–8:45pm	Joy Singing and Dancing* <i>(Singing)</i> 1:00–3:00pm	Minoru Community Line Dancers* 1:30–3:30pm	
	Photo Group <i>(2nd & 4th Week)</i> 1:30–3:30pm	Saxophone* 3:00–5:00pm		Wood Carving** 1:00–4:30pm	Hanging with the Guys 3:00–4:30pm	
	Multicultural Dance* 2:30–4:30pm	Board Games 3:30–5:30pm		Ballroom Dance* 3:30–5:15pm	Classical Chinese and Ethnic Folk Dance* 6:45–8:45pm	
	Whist 6:00–8:45pm	Yuanji Dance* 6:30–8:30pm		Saxophone* 4:00–6:00pm		
		Joy Singing and Dancing* <i>(Dancing)</i> 6:45–8:45pm		Prostate Cancer Support Group <i>(2nd Week)</i> 6:30–8:30pm		
				Yuanji Dance 6:30–8:30pm		

SCHEDULE IS SUBJECT TO CHANGE. CALL 604-238-8450 FOR INFORMATION. SPECIFIC DROP-IN ACTIVITIES HAVE LIMITED CAPACITY. CONTACT THE FRONT DESK FOR MORE INFORMATION.

PROGRAM DESCRIPTIONS

ARTS – DANCE, MUSIC AND PERFORMANCE

BALLROOM DANCE

(Additional \$2.00)

Practice steps in a non-instructional setting.

CLASSICAL CHINESE ETHNIC AND FOLK DANCE

(Additional \$2.00)

Focus on improving dance techniques through practicing the Chinese classical dance techniques of basic ballet and ethnic folk dances

GLEE

Sing with the joyous sounds and energy that flows from this group.

HAPPY CHORUS

Sing Chinese folk songs with this energetic social group.

JOY SINGING AND DANCING | C, M

(Additional \$2.00)

Sing songs and dance a little with this fun social group.

MULTICULTURAL DANCE

(Additional \$2.00)

Practice a wide range of popular dances with an opportunity to perform in the community.

MINORU COMMUNITY LINE DANCERS

(Additional \$2.00)

Practice routines with the opportunities to perform.

PEKING OPERA

Practice this unique form of Chinese Opera that synthesizes speech, singing, mime and music.

PLATINUM PLAYERS

Produce and participate in short plays with this theater group.

SAXOPHONE

(Additional \$2.00)

Join this fun, non-instructional session. Saxophone required.

SILVER SINGERS

(Additional \$2.00)

Experience a variety of singing techniques with this Mandarin sing along group.

UKULELE CIRCLE

(Additional \$2.00)

Join this fun music circle. Ukulele required.

ARTS – VISUAL

CHINESE CALLIGRAPHY

(Additional \$2.00)

Practice the art of this unique style of writing.

KINGSLAND CALLIGRAPHY | C

Practice writing calligraphy in this non-instructional session.

PHOTO GROUP

Share photography knowledge, listen to speakers and take part in photo shoot outings.
minoruphotoclub.com

WOOD CARVING

(Additional Pass)

Turn wood into beautiful carvings. Tools and carving materials required.

WOODWORKING

(Additional Pass)

Build creative projects in the fully-equipped woodworking shop.

CARD GAMES

BOARD GAMES

Join this group that plays a variety of board games.

BRIDGE

Play this popular trick-taking card game with three other players.

CRIB

Play this card game that groups cards in combinations.

EUCHRE

Play this social trick-taking card game with a deck of 24 cards.

MAHJONG

(Additional \$2.00)

Play "Hong Kong style" in tables of four. No drop-in. Call 604-238-8450 for information.

POKER

Play this friendly card game that involves skill and individualist play.

SCRABBLE

Challenge others in this classic game of word strategy.

WHIST

Play this classic English trick-taking card game with others.

EDUCATIONAL SUPPORT

PROSTATE CANCER SUPPORT GROUP

Get support, share information and listen to guest speakers discuss ways to manage this disease.

SOCIAL

BUSY FINGERS

Knit personal and centre supplied materials to fundraise for the Society.

FRENCH CONVERSATION

Socialize with French-speaking seniors.

HANGING WITH THE GUYS

Connect with other men to discuss hobbies, sports and more.

LEGO®

Build unique structures with others in this creative session. LEGO® provided.

KNITTERS AND KNATTERS

Knit personal and centre supplied materials to fundraise for the Society.

SPANISH SOCIAL | **S**

Socialize with Spanish-speakers seniors from Latin American countries.

SPORTS AND MOVEMENT

BILLIARDS

(Additional Pass \$48.00)

Play snooker in the Billiards room. Pool cue locker available for rent, pending availability.

CARPET BOWLING

Try this social game that is played indoors on a long 'felt' carpet.

MODEL WALKERS

(Additional \$2.00)

Walk like a model on the runway in this fun and social movement session.

TAI CHI PRACTICE

(Additional \$2.00)

Practice a series of gentle physical exercises and stretches.

YUANJI DANCE | **C, M**

(Additional \$2.00)

Experience a guided mixture of choreographed dance, meditation and qigong originating from Taiwan.

LEGEND: MAIN LANGUAGE SPOKEN

C = Cantonese | **M** = Mandarin | **S** = Spanish

All groups accommodate English speakers, unless otherwise stated.

