# Seniors Centre at Minoru Centre for Active Living

# Seniors Facility Pass Programs

**FALL 2026**

## 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 ADDRESS & HOURS

**7191 Granville Avenue**
**Mon–Fri:** 8:00am–9:00pm
**Sat/Sun/Stat:** 8:00am–5:00pm

### BISTRO HOURS

**Daily:** 10:00am–8:00pm

### CAFETERIA HOURS

**Mon–Fri:** 8:30am–2:00pm
(Hot lunch 11:00am–1:30pm)

**Fri:** 4:30–6:15pm (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 35+ 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
- Bright Harmonies
- Cantonese Pop Classics Singing
- Chinese Calligraphy
- Chinese Drum and Guitar Social
- Classical Chinese Ethnic and Folk Dance
- Joy Singing and Dancing
- Korean Style Dance Circle
- Mahjong
- Minoru Community Line Dancers
- Minoru Waist Drum
- Model Dance
- Model Walkers
- Multicultural Dance
- Reading Social for Chinese Speakers
- Seniors Saxophone
- Silver Singers
- Starlight Choir
- Tai Chi Practice
- Ukulele Circle
- Vinyl Club
- 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**** 8:00am–4:45pm |
| **Wood Carving**** 9:30am–12:00pm 1:00–4:30pm | **Woodworking**** 8:30am–2:00pm | **Tai Chi Practice*** 8:45–9:45am | **Woodworking**** 8:30am–2:00pm | **Tai Chi Practice*** 8:45–9:45am | **Woodworking**** 8:30am–2:00pm | **Woodworking**** 8:30am–4:00pm *(Finishing Day)* |
| **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*** 8:45–9:45am | **Tai Chi Practice*** 8:45–9:45am |
| **Poker** 11:30am–4:00pm | **Yuanji Dance*** 9:00–10:30am | **Wood Carving**** 9:30am–12:00pm 1:00–4:30pm | **Tai Chi Practice*** 8:45–9:45am | **Busy Fingers/ Knitters and Knatters** 9:30–11:30am 1:00–3:00pm | **Silver Singers*** 9:45am–12:00pm | **Ballroom Dance*** 10:00am–12:00pm |
| **Minoru Community Line Dancers*** 1:30–4:00pm | **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 | **Mahjong*** 10:00am–5:00pm | **Chinese Drum and Guitar Social*** 10:00am–12:00pm |
| **Korean Style Dance Circle*** 2:00–4:00pm | **Happy Chorus** 10:00am–12:30pm | **Carpet Bowling** 12:30–3:00pm | **Mahjong*** 10:00am–5:00pm | **Poker** 11:30am–4:00pm | **Duplicate Bridge** 12:30–4:00pm | **Spanish Social** 10:30am–1:00pm |
| | **Reading Social for Chinese Speaking Seniors*** 10:15am–12:15pm | **Starlight Choir*** 12:45–2:45pm | **Minoru Waist Drum*** 12:45–2:45pm | **Scrabble** 12:45–4:00pm | **Chinese Calligraphy*** 1:00–4:00pm | **Peking Opera** 1:30–4:30pm |
| | **Bright Harmonies*** 1:00–3:00pm | **Kingsland Calligraphy** 1:30–4:00pm | **Crib** 1:00–3:30pm | **Joy Singing and Dancing*** *(Singing)* 1:00–3:00pm | **Euchre** 1:00–4:00pm | **Multicultural Dance*** 2:00–4:30pm |
| | **Crib** 1:00–3:00pm | **Seniors Saxophone*** 3:00–5:00pm | **Glee** 2:00–4:00pm | **Platinum Players** 1:00–3:30pm | **Minoru Community Line Dancers*** 1:30–3:30pm | |
| | **Bridge** 1:00–4:30pm | **Yuanji Dance*** 6:30–8:30pm | **Joy Singing and Dancing*** *(Dancing)* 2:30–4:30pm | **Wood Carving**** 1:00–4:30pm | **Hanging with the Guys** 2:30–4:30pm | |
| | **Photo Group** *(2nd & 4th Week)* 1:30–3:30pm | **Joy Singing and Dancing*** *(Dancing)* 6:45–8:45pm | **Cantonese Pop Classics Singing*** 4:30–6:30pm | **Ballroom Dance*** 3:30–5:15pm | **Classical Chinese and Ethnic Folk Dance*** 6:45–8:45pm | |
| | **Multicultural Dance*** 2:30–4:30pm | **Model Dance*** 6:45–8:45pm | **Multicultural Dance*** *(Performance Group Only)* 6:45–8:45pm | **Seniors Saxophone*** 4:00–6:00pm | | |
| | **Whist** 6:00–8:45pm | | | **Prostate Cancer Support Group†** *(2nd Week)* 6:30–8:30pm | | |
| | | | | **Yuanji Dance** 6:30–8:30pm | | |

**Additional Drop-In Fee required* | ***Additional Pass required* | †*Hybrid program (online and in-person)*

**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.

### BRIGHT HARMONIES (MANDARIN AND ENGLISH)
*(Additional $2.00)*
Celebrate culture and connection through joyful songs and vibrant community. Conducted in Mandarin and English.

### CANTONESE POP CLASSICS SINGING (CANTONESE)
*(Additional $2.00)*
Enjoy singing classic Cantonese pop songs in a relaxed and supportive environment. This program focuses on familiar melodies, social connection and the simple pleasure of singing together.

### CHINESE DRUM AND GUITAR SOCIAL (MANDARIN)
*(Additional $2.00)*
Join this fun, non-instructional, drop-in Chinese drumming and guitar social. Participants must bring own equipment to each session. Conducted in Mandarin.

### 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 (MANDARIN)
Sing Chinese folk songs with this energetic, social group. Conducted in Mandarin.

### JOY SINGING AND DANCING (CANTONESE AND MANDARIN)
*(Additional $2.00)*
Sing songs and dance a little with this fun, social group. Conducted in Cantonese and Mandarin.

### KOREAN STYLE DANCE CIRCLE
*(Additional $2.00)*
Experience the beauty of Korean-inspired dance through gentle, flowing movements, cultural storytelling, and music, with opportunities to explore other dance styles while staying active and connected.

### MINORU COMMUNITY LINE DANCERS
*(Additional $2.00)*
Practice routines with the opportunities to perform.

### MINORU WAIST DRUM
*(Additional $2.00)*
Experience a guided mixture of choreographed drum and dance routines.

### MODEL DANCE (MANDARIN)
*(Additional $2.00)*
Dance like a model in this choreographed dance session. Conducted in Mandarin.

### MULTICULTURAL DANCE
*(Additional $2.00)*
Practice a wide range of popular dances with an opportunity to perform in the community.

### 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 theatre group.

### SENIORS 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-a-long group.

### STARLIGHT CHOIR (MANDARIN)
*(Additional $2.00)*
Practice singing techniques and skills with this Mandarin social group. Conducted in Mandarin.

### 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 (CANTONESE)
Practice writing calligraphy in this non-instructional session. Conducted in Cantonese.

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

### WOOD CARVING
*(Additional Pass $42.00)*
Turn wood into beautiful carvings. Tools and carving materials required.

### WOODWORKING
*(Additional Pass $48.00)*
Build creative projects in the fully-equipped woodworking shop.

## CARD 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
*(Hybrid program – online and in-person)*
Get support, share information and listen to guest speakers discuss ways to manage this disease. Conducted in English, Cantonese and Mandarin.

## SOCIAL

### BUSY FINGERS
Knit personal projects and use centre supplied materials to fundraise for the Society.

### FRENCH CONVERSATION (FRENCH)
Socialize with French-speaking seniors. Conducted in French.

### HANGING WITH THE GUYS
Connect with other men to discuss hobbies, sports and more.

### KNITTERS AND KNATTERS
Knit personal projects and use centre supplied materials to fundraise for the Society.

### READING SOCIAL FOR CHINESE SPEAKING SENIORS (MANDARIN)
*(Additional $2.00)*
Meet Mandarin-speaking seniors to socialize with, read books, poems and other materials. Conducted in Mandarin.

### SPANISH SOCIAL (SPANISH)
Socialize with Spanish-speaking seniors from Latin American countries. Conducted in Spanish.

## 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 (MANDARIN)
*(Additional $2.00)*
Walk like a model on the runway in this fun and social movement session. Conducted in Mandarin.

### TAI CHI PRACTICE
*(Additional $2.00)*
Practice a series of gentle physical exercises and stretches.

### YUANJI DANCE (CANTONESE AND MANDARIN)
*(Additional $2.00)*
Experience a guided mixture of choreographed dance, meditation and qigong originating from Taiwan. Conducted in Cantonese and Mandarin.

All groups accommodate English speakers, unless otherwise stated.