

# Seniors Centre at Minoru Centre for Active Living

# Seniors Facility Pass Programs

SPRING 2025



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

#### CHINESE DRUM AND GUITAR SOCIAL

*(Additional \$2.00)*

Join this fun, non-instructional, drop-in Chinese drumming and guitar social. Participants must bring own equipment to each session.

#### 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.

#### MINORU COMMUNITY LINE DANCERS

*(Additional \$2.00)*

Practice routines with the opportunities to perform.

#### MODEL DANCE

*(Additional \$2.00)*

Dance like a model in this choreographed dance session.

#### 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.

#### 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.

#### 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](http://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.

### READING SOCIAL FOR CHINESE SPEAKING SENIORS | M

Meet Mandarin-speaking seniors to socialize with, read books, poems and other materials.

### SPANISH SOCIAL | S

Socialize with Spanish-speaking 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.

