

HOW TO JOIN

1. Review the available series options
2. Let your referring organization know which series you're interested in
3. The referring organization submits a referral on your behalf
4. A Minoru program facilitator will contact you directly to review options and guide you through registration
5. The facilitator will continue to support you throughout the registration and the series, answering any questions along the way.



Seniors Centre at Minoru Centre for Active Living

7191 Granville Ave
Richmond

General Inquiries:
Phone: 604-238-8450
Email: seniors@richmond.ca





July - Wednesdays

July 8th

Walk and Picnic in the Park

10:00am - 2:30pm

July 15th

Concerts in the Plaza and Dinner

4:00 - 8:30pm

July 22nd

Wellness Workshop and Lunch

9:00am - 1:45pm

July 29th

Origami Workshop and Lunch

9:30am - 1:45pm

**Northwest Richmond + City
Centre**



Thrive 55+ - Stay active, connected and supported

The Benefits of Participation

- Build meaningful friendships
- Enjoy a welcoming, supportive community environment
- Access free transportation to and from programs
- Participate in engaging social, recreational, and cultural activities
- Receive nutritious meals in a friendly setting
- Stay physically active and mentally stimulated
- Improve mood and overall well-being
- Maintain independence and confidence
- Experience a greater sense of belonging and inclusion
- Participants will also receive a free one-year facility pass to the Minoru Seniors Centre

Funded in part by the
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New Horizons for Seniors Program

Canada



August - Wednesdays

August 5th

Walk and Picnic in the Park

10:00am - 2:30pm

August 12th

Spanish Workshop and Lunch

12:00 - 4:30pm

August 19th

Concerts in the Plaza and Dinner

5:30 - 9:00pm

August 26th

Chair Dance and Light
Refreshments plus Dinner To-Go

2:00 - 6:00pm

**Steveston + Southwest
Richmond**