
NEWSLETTER

FOR OLDER ADULTS IN STEVESTON

September and October 2012



TRIPS FOR SEPTEMBER AND OCTOBER



FRIDAY, Sept 14th - BIRDING IN STANLEY PARK

This outdoor trip includes a guided bird walk around Stanley Park. Price includes transportation and drinks. Bring bag lunch.

9:00am-1:00pm Barcode 244365 \$8.00

Wednesday, Sept 26th - UBC GARDEN TOUR

This self-guided tour through the UBC Botanical and Nitobe Memorial Gardens offers a tranquil and learning experience rich with interesting plants and informative signs. Price includes transportation and admission.

Bring a bag lunch, hot beverages provided.

9:30am-2:00pm Barcode 244647 \$22.00

Wednesday, Oct 17th - LOOK OUT AT HARBOUR CENTRE TRIP

This landmark building offers a spectacular and stunning 360 degree aerial view of Vancouver along with an exhilarating glass elevator ride. Following the guided tour, time will be set aside for lunch at the Granville Island Public Market.

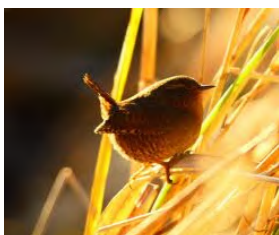
Price includes transportation and tour only.

9:00am-2:30pm Barcode 248242 \$25.00

FRIDAY, Oct 19th - BIRDING AT TERRA NOVA

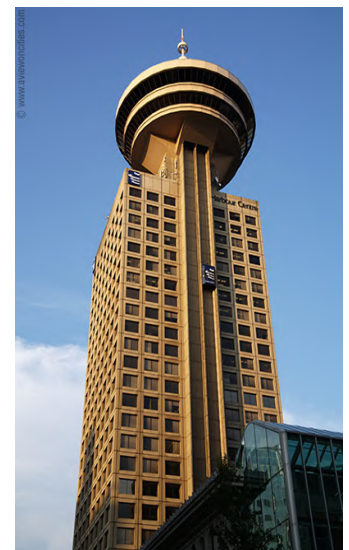
This outdoor trip includes a guided bird walk around Terra Nova. Price includes transportation. Last bird walk of the year!!

9:00am-1:00pm Barcode 244366 \$8.00



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Groups, Workshops and Luncheon

Tuesdays - BINGO

Come join friends for this friendly, fun and easy-to-learn game.

1:00-3:00pm. Group user fee.

Fridays - BRIDGE SOCIAL

All skill levels and drop-ins welcome for these card games.

1:00-3:00pm. Group user fee.

Monday, Sept 17th - FOCUS GROUP

Share ideas and suggestions for winter and spring programming that focuses on positive aging. Help provide valuable feedback and find gaps in present programming. A complimentary muffin buffet is provided.

11:30am-2:00pm Barcode 252152 FREE

Tuesday Sept 18th, MATURE DRIVERS WORKSHOP

Offered by BCAA Traffic Safety Foundation, this program is designed to help mature drivers assess their driving and make adjustments to reduce vehicular risk.

9:30-11:30am Barcode 251749 FREE

Thursday, Oct 25th - LUNCHEON

Enjoy a wonderful lunch and great conversation with others in the JCCC lounge.

Lunch served at 12:30pm-2:00pm Barcode 247070 \$7.00

Wednesday, Sept 5th - WELLNESS CLINIC

They are held on the first Wednesday of each month. Holistic sessions, plus manicures, pedicures and facials appointments recommended for these sessions 9:00 a.m.-noon. Call Margie at 604-718-8098 for more information. Clinic takes place in the lounge in the Japanese Canadian Cultural Centre (J.C.C.C.)

Register Now for the Christmas Lunch!!!

Celebrate the festive season with delicious turkey sandwiches, treats, carol singing and a visit from Santa.

Thursday, December 20th 12:30-2:30pm

Barcode 244373 \$8.00





Fitness, Dance and Arts

LINE DANCING-BEGINNER

Master the basics that make up current line dancing today are taught in this class.

No dance experience required. 2:00-3:00pm \$5.60 drop-in.

Thursday, Sept 6th-Oct 25th Barcode 244401 \$37.20/8 sess

Thursday, Nov 1st-Nov 29th Barcode 244402 \$23.25/5 sess

LINE DANCING-INTERMEDIATE

For those that have line dancing skills, this class is the perfect next step.

Previous line dancing experience is a requirement. 3:15-4:15PM \$5.60 drop-in.

Thursday, Sept 6th-Oct 25th Barcode 244403 \$37.20/8 sess

Thursday, Nov 1st-Nov 29th Barcode 244404 \$23.25/5 sess

AFRICAN DUMMING-BEGINNER

This program emphasizes the hand placement of Djembe drumming. New instructor, Milton Randall of Groove Masters Percussion. Classes take place in the lounge in the J.C.C.C.

Monday, Sept 10th-Dec 17th 1:00-2:00pm

Barcode 244416 \$48.00/8 sess

There will be 8 sessions offered in the fall: Here are those dates:

Sept. 10th. & 24th.

Oct. 1st, 15th, & 29th.

Nov. 12th, & 26th.

Dec. 10th.

AFRICAN DUMMING-INTERMEDIATE

Previous African drumming experience required.

Classes take place in the lounge in the J.C.C.C.

Monday, Sept 10th-Dec 17th 2:15-3:15pm

Barcode 244416 \$48.00/8 sess

TAP-INTERMEDIATE

This fun and healthy class is a great workout. Previous tap experience required to participate.

Wednesday Oct 3rd-Nov 21st 1:30-2:30pm

Barcode 244409 \$37.20/8 sess

WATERCOLOUR PAINTING

New instructor to the program this year. Welcome to Chris Charlebois.

Supplies included. Classroom 4. J.C.C.C.

Tuesday, Sept. 11th-Oct 30th 1:00-2:30pm

Barcode # 256399 \$56.00/8 sess



Recipes

Carrot and Cilantro Soup

Ingredients

- 1 tablespoon(s) olive oil
- 1 small onion, chopped
- 1 teaspoon(s) coriander seeds, crushed
- 1 pound(s) carrots, sliced
- 3 cup(s) vegetable stock
- 1 bunch(es) (about 1 cup) fresh cilantro, chopped, plus more for garnish



Directions

1. In a large, heavy-bottomed pan over medium heat, heat olive oil. Add onion and coriander. Reduce heat to low and cook, covered, until onion is softened but not browned, about 5 minutes, stirring occasionally. Add carrots. Cook, covered, until softened, 15 to 20 minutes, stirring occasionally.
2. In a separate pot, bring stock to a boil. Add onion-carrot mixture and bring back up to a boil. Transfer to a blender or food processor and blend (in batches, if needed) until smooth. Season with sea salt.
3. To serve, return soup to pot, stir in chopped cilantro, and reheat on low. Ladle soup into warmed bowls and garnish with cilantro.

Bread Pudding

Ingredients

- 1 pound stale bread, cut into cubes
- 1 cup raisins or other dried fruit
- 3 cups milk
- 4 eggs
- 1 cup white or brown sugar
- 1 teaspoon ground cinnamon or your favourite baking spice
- 1 tablespoon pure vanilla extract
- 2 tablespoons coarse sugar



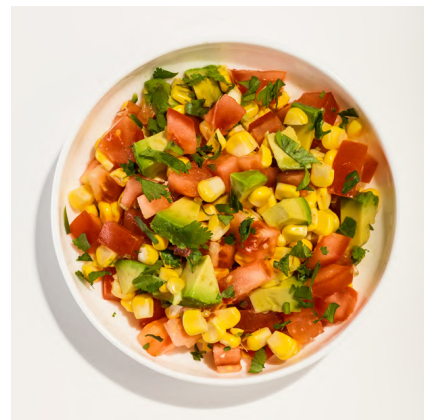
Directions

1. Preheat your oven to 350°F (180°C).
2. Toss the bread and raisins into a large bowl.
3. In a separate bowl, whisk together the milk, eggs, your choice of sweetener, your favourite spice and the vanilla. Pour the mixture over the bread and stir until the bread is coated. At first, the bread will float on the milk mixture, but after a few minutes it will begin to absorb it and sink.
4. Let rest for 15 minutes or so and then pour it into a 9-inch square lightly greased ovenproof casserole dish. Sprinkle coarse sugar ontop and bake until the eggs set, the pudding firms and the top is golden brown, about 1 hour.

Tomato, Corn, Avocado Salad

Dice ripe tomatoes and combine with raw corn kernels, diced avocado, chopped cilantro, and fresh lime juice. Add some minced serrano chile for a little heat.

Season with salt and more lime juice.





From the Library

EBooks at Your Library

Are you one of those lucky people who received an eBook Reader or Tablet as a gift, and now it's lingering at the back of your closet because you aren't sure what to do with it? Or maybe you just want to know what it's all about and try out various eReader devices before you buy one.

Now you can try eReaders at the new Test Drive Centre at the Richmond Public Library's Brighthouse (Main) Branch. There are five different devices to try: iPod Touch, Sony Wi-fi, iPad, Kobo Vox and Kobo Touch. There are basic instructions for each device on the Test Drive Table, and staff will be available to help you practice downloading eBooks from the library's eBook Catalogue.

A Test Drive Table will also be visiting each Library Branch, so there will be an opportunity to try out eReaders there as well. The table will be available at the Steveston Branch from Sept. 7 – 12, and will feature an Apple iPad, Sony Wi-fi, Toshiba Thrive, Blackberry Playbook and Kobo Touch.

You'll be able to find many of your favourite authors and titles in the Library's eBook catalogue. There are popular fiction books such as Calico Joe, by John Grisham and The Help, by Kathryn Stockett, as well as non-fiction books such as All Roads Lead to Austen: a Year Long Journey with Jane, by Amy Elizabeth Smith. There are also travel guides, classic literature, children's books and much more.

So, no need to put it off. Hop in the driver's seat by coming to the Library to try out an eReader and practice downloading an eBook!

Anne Watson, Librarian
Steveston Branch
Richmond Public Library





Poem

To honour and remember :

*Rosamund (Rossy) Mary Hardy
March 16, 1914 - July 20, 2012*

*I'm making my shoulders strong
for the young to stand upon,
stepping lightly on the backs of those
who hold me up.*

*It's a chain of life unending,
ever new and ever bending,
Grateful is the heart for the chance to be alive.*

by: Susan Osborn.





From Ann Hutchison

Spring Fashion Show, and other thoughts

By the 4th of May most of us longed for a break from our cool damp Spring - the 5th Annual Fashion Show fit the bill perfectly. The decor mirrored our still flourishing early gardens, the mood was relaxed and upbeat, and the toe-tapping music triggered many happy memories.

This event is an opportunity for local boutiques to showcase the latest fashions and colours to an appreciative audience who have an eye to adding a little something to our wardrobes. And the seven lovely women from our community who modeled ensembles for every possible occasion helped us to imagine ourselves in our favourites. The variety of fabrics, from the cool and crisp to the soft & flowing, and the colours, whether solid or printed, bold or muted, are always a treat for the senses. Accessories also draw approving “oohs” and “aahs”.

With no two shows alike, our interest is always piqued by the new and different. This year our servers, in white tops and black slacks, included a number of men looking smart as all get out and sporting ‘pocket squares’ in their shirt pockets. The women’s colourful aprons were also a delightful touch.

Music compiler John Hardy couldn’t be with us for the show but Greg Froese did a fine job cueing the music. Also new, was the delicious sandwich plate catered by Kim Daw of the Minoru Senior Centre.

From audience response, the mid-program tap dancers’ “Let’s go to the hop” was clearly a highlight - many of us got to our feet to bop along with the music. And the show’s finale, a sing-along to Monty Python’s hilarious version of “Always Look on the Bright Side of Life” was a beautifully timed reminder that joy and laughter are our keys to an enriched life.

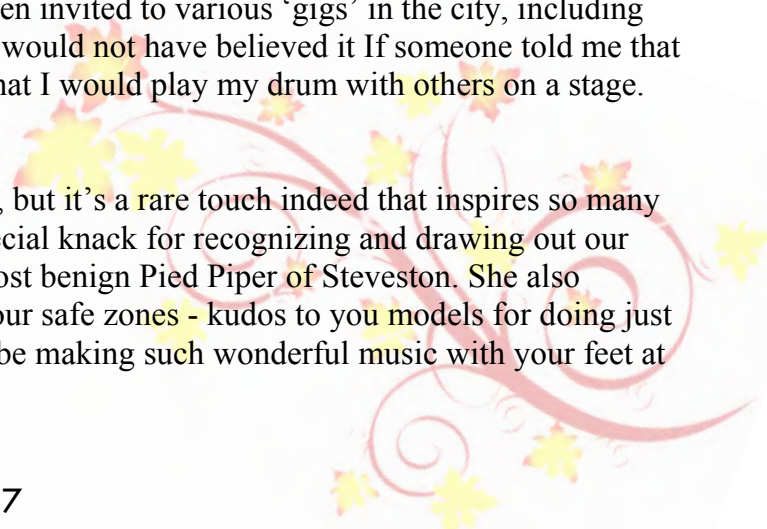
As always, whether decorating, baking, serving, working in the kitchen, or front and centre modeling and tap dancing, a host of volunteers was behind the success.

Last, but not least, the indomitable Margie Hardy and Tony Davies are so much more than co-commentators of our annual fashion show.

Tony, well known for contributing to his community, introduced a few of us to African drumming a few years ago when he offered four free workshops. Hooked, registered classes soon got underway and the following year the group performed on the Main Stage of the Steveston Salmon Festival, and have done so every year since. A growing group of drummers has been invited to various ‘gigs’ in the city, including opening for the Arts Awards at Richmond City Hall. I would not have believed it If someone told me that as a senior I would be captivated with drumming and that I would play my drum with others on a stage. Many thanks to Tony for this continuing joy.

Sure, Margie co-ordinates all those programs we enjoy, but it’s a rare touch indeed that inspires so many of us to get involved. Her warmth, zest for life, and special knack for recognizing and drawing out our strengths and talents set her apart. I think of her as a most benign Pied Piper of Steveston. She also encourages us to challenge ourselves and step outside our safe zones - kudos to you models for doing just that. And how many of you tap dancers thought you’d be making such wonderful music with your feet at this time in your life?

Ann Hutchison





From Margie's Desk

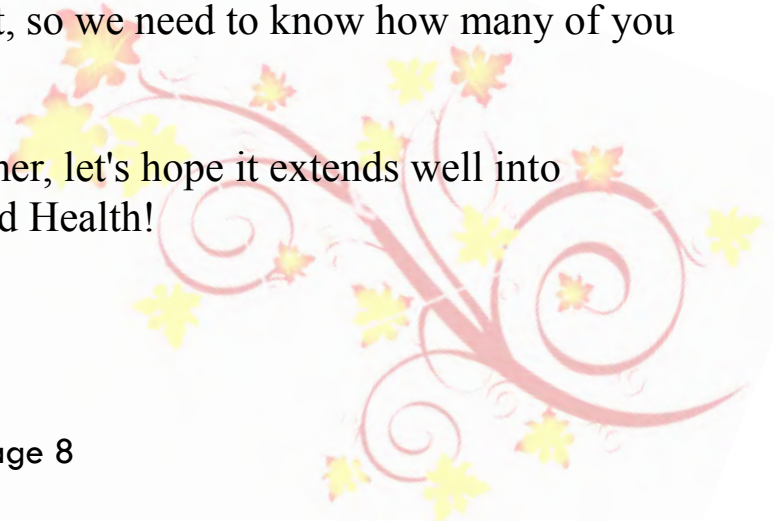
Summer is here in full force, but it is time for us in recreation to concentrate on fall programming. As you can see by our schedule of events, we don't have any new programs for fall, but we do have two new instructors for you to meet. Milton Randall will be taking over the beginner and intermediate level African Drumming classes. Milton has been teaching drumming workshops and lessons for many years. He is a highly qualified teacher who is passionate about drumming. He is the owner of Groove Masters Percussion Ltd., and he builds and imports many types of drums. If you are interested in joining our beginner level classes, we do have a set of djembe drums here at the centre, so you don't have to provide your own drum to begin with. We will miss our former instructor Tony Davies, but know we are still going to see lots of him here!. It's thanks to Tony that we have such a vibrant and enthusiastic group of drummers here at Steveston!

We are thrilled to welcome artist Chris Charlebois as our new Watercolour Painting instructor. Chris's work can be found in the Kurbatoff Gallery on South Granville St.. It is worth taking a trip there to see some of his oil paintings. Chris also teaches in Steveston at the Phoenix Art Gallery, and I have been told he has a very easy teaching personality. We are so lucky to have Chris and Milton join us..I encourage you to register soon for these classes to unleash the artist within you!

Speaking of new programs, I am now in the process of planning for Winter and Spring 2013, and I am looking for your input! What new programs would you like to see offered here? What gaps do you see in our programming? What trips or themed luncheons or dinners would you like to see? Any special events you would like to get involved in? Mark Monday, Sept. 17th. on your calendar and join us for a Focus Group meeting where your thoughts, ideas and suggestions can be recorded and transformed into exciting programs. The meeting will be held in our Seniors Lounge from 11:30 a.m.- 2p.m. Please register using barcode #252152. We are going to treat you to a muffin buffet, so we need to know how many of you are coming.

Until I see you next, enjoy the rest of summer, let's hope it extends well into September! I wish you blue skies and Good Health!

Margie





Up and Coming

YOGA WELLNESS DAY

This year will mark the 12th. annual Yoga Wellness Day. It always fills up, so register soon if you would like to be pampered for a day. The day consists of a combination of yoga, holistic sessions of your choice, a wonderful lunch, and an afternoon tea.

For more information, call Margie at 604-718-8098

Wednesday, Nov 21st 9:00am-3:30pm
Barcode 244697 \$42.00



The volunteer sign up book is on Margie’s desk at the JCCC and anyone can look at it, and sign up to volunteer for any of the activities we are having.

Volunteers!



How to Register!

Register in person at the front desk.
Over the phone through the registration call centre.

604.276.4300

Or online at www.richmond.ca/guide

*We would love to hear
from you!*

*Do you have a story you like to
share, pictures of the community,
poems, or tasty recipes?*

*If you do, please email them to
Mhardy@Richmond.ca or drop them
of at Margie's desk at the JCCC.*