

# Older Adults

## September-October 2016

### Newsletter

#### Steveston Community Centre



REDMS# 5151372



4111 Moncton Street  
Richmond, BC  
V7E 3A8  
604-238-8080





## Clubs and Groups

### Bridge - Social

Fridays, 1:00-4:00pm

### Chinese Multicultural Group

Mondays and Thursdays, 9:00-11:30am

### Chronic Pain Management Support Group

Meets 3rd Wednesday of every month,  
9:30-11:30am

### Drumming Circle

Mondays, 1:30-3:00pm

### Golden Rods & Reels

Monthly Executive and General Meetings,  
4th Tuesday, 9:00-12:00pm

Monthly Potluck Dinner, 2nd Friday, 5:30pm

### Low Vision Support Group

Meets 2nd Wednesday of every month  
10:00-12:00pm

### Steveston Seniors Circle

Tuesdays, 1:00-3:00pm

### Ukulele Circle

Fridays, 10:00-11:30am

## From the Richmond Public Library: Fall Fiction

### *Swing Time* by Zadie Smith

Set in London and West Africa, *Swing Time* is the story of two black girls who dream of becoming dancers. Their childhood friendship ends as they grow into young adults, but it nonetheless impacts the rest of their lives. *Swing Time* also delves into black music and how it has shaped black culture. To be published November 2016.

**Fall Programs:** Is your estate plan in order? Check out our **Personal Law Series** for answers to all your questions. Presented by Jack Micner of Spry Hawkins Micner.

Sunday afternoons 2-3:30 pm at Ironwood branch:

- September 18 – **Power of Attorney**
- October 2 – **Will and Estate Planning**
- October 16 – **Representation Agreements**

To find out more about these and other programs, please check out our online event calendar at [www.yourlibrary.ca/events](http://www.yourlibrary.ca/events), or call the library at 604-231-6412.



## From the Richmond Public Library: Fall Fiction

***Here I Am*** by Jonathan Safran Foer

Julia and Jacob Bloch are a Jewish couple whose marriage is breaking down. Their guilt over the impact of divorce on their three sons weighs on them. Meanwhile, Jacob's father Irv arrogantly defends Israel while claiming that "the world will always hate Jews." When war breaks out in the Middle East, Irv is proven right. Foer asks, what place does an American Jew have in the world? How do these middle class Americans maintain their faith?

***The Underground Railroad*** by Colson Whitehead

Cora is determined to escape the brutal plantation where she is a slave. Her flight through the Underground Railroad details the horrors of the slave trade in America and describes a variety of characters involved in the culture of slavery. A savage and compelling portrait of a barbaric time in American history.

## Clubs and Groups

- A valid Steveston Community Centre Facility Pass is required. For further information, please contact Jose Mendoza, Older Adults Coordinator, at 604-718-8098.
- Cost is \$12.00/Year and pass begins at the time of purchase.

## Wellness Clinics

### Upcoming Wellness Clinics at Steveston:

Wednesday, September 7, 9:00am-12:00pm

Wednesday, October 5, 9:00am-12:00pm

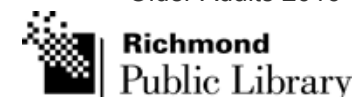
Wednesday, November 7, 9:00am-12:00pm

Wellness Clinics are held on the first Wednesday of every month at the Japanese Canadian Cultural Centre. Clinics feature blood pressure checks and consultation with a pharmacist. Holistic sessions include Pedicures, Reflexology, Reiki, Chair Massage, Therapeutic Touch and more! Due to popular demand, holistic sessions must be booked in advance. Please contact Jose at 604-718-8098 or

## Flu Shot Clinic

Wednesday, November 2, 2016 9:30-12:00pm  
 Japanese Canadian Cultural Centre  
 Free for those eligible. Please bring your Care-Card.

To Sign up, please contact Jose at 604-718-8098  
*Offered by Medicine Shoppe Steveston*



## Classes and Activities

### Balance and Falls Prevention

Monday Sep 10-Dec 14 12:00pm-1:00pm  
**#1546718** \$54.60/13 Sess

Thursday Sep 14-Dec 8 12:00pm-1:00pm  
**#1520152** \$58.80/14 Sess

### Cooking Club

10:00am-12:00pm \$6.00/1 Sess

Monday September 12 **#1628938**

Monday September 26 **#1628988**

Monday October 17 **#1629038**

Monday October 31 **#1629088**

Monday November 7 **#1629138**

Monday November 21 **#1629188**

### Ikebana Japanese Flower Arranging

Fridays Sep 9-Dec 12 1:30pm-3:30pm  
**#11571468** \$128.65/12 Sess

### Iki Iki Social

Thursdays Sep 15-Dec 1 12:00pm-4:00pm  
**#1571468** \$240.00/12 Sess

### Just for Men Mini Health Fair

Friday October 21 12:00pm-3:00pm  
**#1584886** \$5.00/1 Sess

## From the Richmond Public Library: Fall Fiction

Fall promises a wealth of new fiction. As the days get shorter, curl up and enjoy some of these titles.

### ***Commonwealth*** by Ann Patchett

A family portrait that spans generations, *Commonwealth* begins in the 1960s with two divorces and a remarriage, and the subsequent blending of families. The children become resentful, as Patchett describes the impact of this family shift on each of them. As time goes on there is a family tragedy. Then Franny, one of the adult children, tells her family story to a novelist. This family saga is both humorous and heart-wrenching.

### ***Another Brooklyn*** by Jacqueline Woodson

The strong friendships of childhood and adolescence form the backdrop to *Another Brooklyn*, in which Jacqueline Woodson paints a portrait of growing up African American in 1970s Brooklyn. August, Angela, Gigi and Sylvia all believe their dreams can be fulfilled, and each chooses a different path. But innocence never lasts and growing up has many pitfalls. In beautiful prose, Woodson details the transition into adulthood.

## Recipes

### BLACK BOTTOM SLICE

(Shared by Desnia Ford)

Crumble together ½ cup butter or marger, ¼ cup co-coa, ¼ cup sugar, 1 cup all purpose flour. Press into ungreased 9x9 pan. Bake at 350 for 15 mins.

Meanwhile, whisk together 2 eggs till foamy and add ¾ cup brown sugar, 1 tsp flour, 1 tsp baking powder, 1 tsp vanilla, 1 cup coconut, ¾ cup chopped walnuts

Spread over bottom layer, bake at 350 for 30 mins.



## Classes and Activities

### Introduction to Android Tablets

Wednesday Sep 7-Oct 12 12:00pm-2:00pm  
**#152022** \$41.55/6 Sess

Wednesday Oct 19-Nov 23 12:00pm-2:00pm  
**#152023** \$41.55/6 Sess

### Introduction to Android Tablets (In Japanese)

Wednesday Sep 7-Oct 12 2:30pm-4:30pm  
**#1551968** \$41.55/6 Sess

Wednesday Oct 19-Nov 23 2:30pm-4:30pm  
**#1552018** \$41.55/6 Sess

### Introduction to iPads

Friday Sep 9-Oct 14 1:00pm-3:00pm  
**#1552068** \$41.55/6 Sess

Friday Oct 21-Nov 25 1:00pm-3:00pm  
**#1552118** \$41.55/6 Sess

### Introduction to iPads (In Japanese)

Friday Sep 9-Oct 14 10:00am-12:00pm  
**#1520204** \$41.55/6 Sess

Friday Oct 21-Nov 25 10:00am-12:00pm  
**#1520205** \$41.55/6 Sess

# Classes and Activities

## Line Dancing - Beginner

Thursday Sep 22-Dec 8 2:00pm-3:00pm  
**#1520213** \$6.15/Drop-in\* \$56.90/12 Sess

## Line Dancing - Intermediate

Thursday Sep 22-Dec 8 3:15pm-4:15pm  
**#1520215** \$6.15/Drop-in\* \$56.90/12 Sess

## Meditation Made Easy

Wednesday 10:00am-11:00am \$10.00/1 Sess

September 14 **#1520219**

October 12 **#1520220**

November 9 **#1520221**

December 14 **#1520222**

## Steadyfeet ®

Mon/Thur Sep 8-Dec 12 10:45am-11:45am  
**#1520273** \$100.80/24 Sess

## Tai-Chi

Thursday Sep 8-Dec 8 10:30am-11:30am  
**#1520308** \$7.60/Drop-in\* \$85.55/14 Sess

## Tap Dancing - Intermediate

Tuesday Sep 13-Nov 29 1:00pm-2:00pm  
**#1520311** \$56.90/12 Sess

# Recipes

## CHOCOLATE SNAPS (easy recipe)

(Shared by Desnia Ford)

2 eggs

½ cup soft butter or marger

Devil's Food cake mix (2 layer size)

Granulated sugar (optional)

Beat eggs in large bowl, with a spoon. Add butter and cake mix, stir well.

Shape into 1" balls, roll in sugar if desired. Place on greased cookie sheet, leave room to spread, bake at 375 for 8-10 mins.

Let stand on cookie sheet 1 min, then remove and place on cooling racks.

Makes about 4 doz crispy cookies.

\*Drop-ins are not permitted in registered classes unless otherwise noted.



# Recipes

## BLUEBERRY CRUNCH

(Shared by Gayle Rogers)

5 cups fresh blueberries or 600grams frozen blueberries

¼ cup granulated sugar

1 tsp cinnamon

2 Tbsp cornstarch

¼ tsp salt

1cup flour

1 cup brown sugar

½ cup margarine

Preheat oven to 350 degrees

Rinse fresh berries. If using frozen berries, do not thaw. Spread berries evenly over bottom of a 9X13 baking dish. (for thicker berry layer use a smaller baking dish). In a small bowl combine sugar with cinnamon, cornstarch and salt. Evenly sprinkle over berries. Gently mix in.

In a medium size bowl stir flour with brown sugar. Add margarine and work with a fork or rub with your fingers until mixture is crumbly. Sprinkle evenly over the berries.

Bake in center of 350 degrees oven until filling is bubbly and top is golden brown, about 30 to 40 minutes.

# Luncheons

## Barbeque

Thursday September 15 12:00pm-2:00pm  
**#1520159** \$10.00/1 Sess

## Lunch with a Horticulturalist

Thursday October 22 12:00pm-2:00pm  
**#1520217** \$10.00/1 Sess

## Lunch with an Author

Thursday November 17 12:00pm-2:00pm  
**#1552468** \$10.00/1 Sess

## Christmas Lunch

Thursday December 15 12:00pm-2:00pm  
**#1520164** \$10.00/1 Sess



# Outings

## Reifel Bird Sanctuary Trip

Friday Sep 9 9:30pm-1:30pm **#1520253**  
\$16.00/1 Sess

## Ladner Boat Tour

Wed Sep 14 9:45pm-12:00pm **#1520212**  
\$28.50/1 Sess

## Golden Ears Cheesecrafters Trip

Friday Sep 30 10:00pm-3:00pm **#1563018**  
\$22.00/1 Sess

\*Price includes transportation and tour

## Birding at Terra Nova Trip

Friday Oct 7 9:45pm-12:15pm **#1520160**  
\$10.00/1 Sess

## JJ's Restaurant Lunch Trip

Wed Oct 19 10:45pm-3:15pm **#1553168**  
\$12.50/1 Sess

\*Price includes transportation only

## Market Crossing Shopping Trip

Wed Nov 16 10:00pm-3:00pm **#1552918**  
\$12.50/1 Sess

\*Price includes transportation only

## Old Spaghetti Factory Trip

Friday Dec 9 9:30pm-2:30pm **#1520231**  
\$35.00/1 Sess

\*Price includes lunch and transportation

# Withdrawal Policy

- The City of Richmond refunds/withdrawals/transfers policy for the above noted classes is as followed: If notice is given prior to the beginning of the third session of the class, a refund, less classes taken, will be provided. If notice is given after the beginning of the third session, no refund will be given. For more detailed refund policy please visit: [www.richmond.ca/parksrec/about/registration.htm](http://www.richmond.ca/parksrec/about/registration.htm)
- Registered classes are cancelled on most statutory holidays. Please retain your receipt for class