

Need help getting connected virtually?

Are you new to technology? Richmond Public Library is here for you! Library staff can help with Zoom, social media and other technology questions related to your smartphone, tablet or computer by phone. Simply call 778-837-6896 to set up a one-on-one technology assistance appointment.

Find a quick and easy video that reviews how to use the online meeting platform Zoom at <https://youtu.be/vcVEF99GyDY>.

Supporting Richmond Seniors during COVID-19

Meals to Go

The Seniors Centre at Minoru Centre for Active Living is offering a take-out service—for all ages—Monday through Friday from 10:00am to 2:00pm. The daily menu can be found online at www.minorucentre.ca. Nutritious fresh and frozen items include \$7.35 entrees, \$3.15 soups and limited baked goods. Enter through the west doors (near the cafeteria).

Safe Seniors, Strong Communities Program

This new program matches seniors in need with those who can help them. The available services for seniors include:

- Picking up groceries and prescriptions
- Prepared meal delivery
- Friendly check-in phone calls
- Senior Peer Counselling
- Family and Friend Caregiver Hub

To register or for more information, call 604-279-7020 or visit www.bc211.ca.



Community Partners



For other online resources and activities for 55+ years, visit www.richmond.ca/connects.

Seniors Week 2020

7 days, 10+ fun and virtual activities for 55+ years



June 1-7

Move, Groove & Improve

The City of Richmond, Community Associations and Societies, and other Community Partners invite those 55+ years to participate in a full week of fun and engaging virtual activities to keep seniors and their families healthy, active and connected.

www.richmond.ca/seniorsweek

City of Richmond

6911 No. 3 Road, Richmond, BC V6Y 2C1
www.richmond.ca



7 days, 10+ fun and virtual activities for 55+ years

Seniors Week 2020

Move, Groove & Improve

All activities this year are offered online.

Get more details and links to ALL classes and social media channels at www.richmond.ca/seniorsweek.

One-Day Activities

Mayor's Greetings

Monday, June 1, 10:00am

Watch Mayor Malcolm Brodie on YouTube officially open Seniors Week in Richmond. Find the link at www.richmond.ca/seniorsweek.

Steel Drum Performance

Monday, June 1, 1:00–1:45pm

Kick off Seniors Week with a live performance on Instagram by a member of the Tropitronics Steel Drum Band. Relax in your favourite at-home spot and enjoy the soulful soothing sounds of the Caribbean with a variety of songs from popular oldies to current hits. All ages encouraged to watch.

Moving to Improve with Donna

Tuesday, June 2, 11:00–11:30am

Find some space in your home and join in this 30-minute low-impact aerobic and strength class on YouTube designed specifically for older adults 55+ years.

Keeping Your Brain Active with Music

Thursday, June 4, 11:00am–Noon

Learn how music can promote relaxation, ease stress, improve memory and increase energy in this Zoom class led by Richmond Addictions Services Society. Pre-registration is required.

The Relaxation Retreat

Thursday, June 4, 2:00–3:00pm

Relax at home with a 60-minute session of guided stretching and relaxation in this Zoom class led by the Richmond Centre for Disability. An optional 15-minute discussion follows.

Gentle Yoga Class 55+

Friday, June 5, 11:00–11:40am

Incorporate gentle poses, breathing techniques and positive affirmations that help boost the immune system and improve coordination, strength and flexibility for sports and other activities in this live class on Zoom. Pre-registration is required.

Brain Health and Wellness in Times of Change

Friday, June 5, 2:00–2:45pm

Connect by phone or video through Zoom for this live, fun and interactive session hosted by the Alzheimer Society of B.C. and learn ways to stay active and healthy in times of change and uncertainty. A Q&A follows for participants with dementia-related questions. Pre-registration is required.

Over 90s Fancy Hat Challenge and Virtual Tea Party

Saturday, June 6, 1:00–1:45pm

For those 90+ years, get creative and decorate a hat with items found at home to then show off at this online Zoom party. Join Minoru staff and Board members in this fun challenge as a “cuppa” is raised to salute those 90+ years old. Email a photo of you and your fancy hat to seniors@richmond.ca to be entered for a prize. Pre-registration is required.

Gentle Chair Fitness Moves with Donna

Sunday, June 7, 2:00–2:30pm

Find a chair and join this online 30-minute chair fitness class on YouTube. Suitable for older adults 55+ years with a lower level fitness level.

Week-Long Activities

Virtual Scavenger Hunt

Monday, June 1–Friday, June 5

From the comforts of your own home, discover how well you know the parks, trails and paths in Richmond through random photos from around the city. Each day, a different photo will be posted on Facebook and Instagram of an object, place, location or landmark in Richmond. Email answers to seniors@richmond.ca and be entered for a draw prize. Winners will be contacted June 10.

Tastes Around the World

Monday, June 1–Friday, June 5

Share favourite cultural recipes with other seniors and receive an email with compiled recipes for tastes of international cuisine. Email recipes to seniors@richmond.ca.

Seniors Wisdom Corner

Monday, June 1–Sunday, June 7

What advice would you give your younger self? Email seniors@richmond.ca for a chance to win a prize. Select entries will be posted on social media, shared with youth programs and featured on the windows at City Centre Community Centre.

Seniors Week Photo Challenge

Monday, June 1–Sunday, June 7

Show us how you are moving, grooving and improving during Seniors Week. Snap a picture while you are out for a walk, show others a favourite hobby or how you've been staying active. Post the photo on your Instagram account, tag [@funrichmond](https://www.instagram.com/funrichmond) and use [#RichmondConnects](https://www.instagram.com/hashtag/RichmondConnects) to be entered in a prize draw at the end of the week.

Be sure to visit www.richmond.ca/seniorsweek or call 604-276-4300 for additional activities, changes and updates and special promotions for 55+.