

READ, RELAX AND REJUVENATE !



Community Resources

Health Link BC

(Health Information Phone Line)

Call 8-1-1

Seniors Centre at Minoru Centre for Active Living

(Meals to Go)

604-238-8450

Richmond Public Library

(Digital Resources and Technology Support)

778-837-6896

Safe Seniors, Strong Communities Program

(Services include: Phone or virtual check-ins, grocery, prescription and prepared meals pick up and delivery)

604-279-7020

5 Ways to Stay Connected

- Pick up the phone and phone a family member
- Gather paper and a pen and write a letter to a friend
- Have a "window visit" and use hand made signs with messages to communicate
- Say or wave "hello" to a stranger from your window, yard or patio
- Create a "thinking of you card" and slide it under a neighbour's apartment door

Book Recommendation from Richmond Public Library

If you're missing visiting your public library, then you might want to pick Susan Orlean's, "The Library Book" for your next read. Orlean investigates the mysterious circumstances surrounding the five-alarm fire that devastated the iconic main branch of Los Angeles Public Library in the spring of 1986. A love letter to the power of libraries and reading, this is a compelling and entertaining non-fiction book that reads like a mystery. "The Library Book" is available as an ebook or a digital audiobook from Richmond Public Library.

For more library information contact 604-231-6413

Fall Prevention Quiz:



- **Q1:** If you take multiples of these and do not have them reviewed by a professional, you may be at a higher risk.
- **Q2:** It is a good idea to have these on both sides of the stairs and to always use them.
- **Q3:** This is a handy item to have with you when you travel, to keep next to the bed, so you'll always know where the closest light is.
- **Q4:** It is a good idea to have these in the bathroom because it makes it easier to get up.
- **Q5:** You never want to have these across areas where you walk because they can cause you to trip.

A1: Medications A2: Stair rails A3: Flashlight A4: Grab bar
A5: Electrical cords

Song Challenge

Think of a song that has the theme of the words below in its title. Google is not permitted. Share or compare your answers with a friend!

Drink	Place	Animal	Number	Colour
Girls Name	Boys Name	Something in your home	Body Part	Your current mood

Pat's Poem



Pat S. has been a Minoru member for over 35 years, she is an active volunteer who helps with Program Committee, out trip planning, and the Minoru Newsletter. One of Pat's hidden talents is witty poems, and she has shared this.

This year of "The Closures"

Is no fun at all
The programs and out trips
On hold till the fall?

The staff at the front desk
Still answer the phone
And check how we're doing
Those living alone

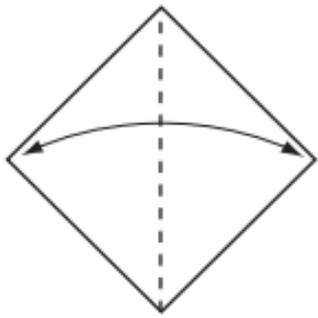
Our Minoru Chef
Keeps cooking lunches each
day
And baking the goodies
Thank you Cesar – Hip! Hip!
Hooray!

We'll beat this together
We'll stay at home more
The hugs and hand-holding
We miss most of all!

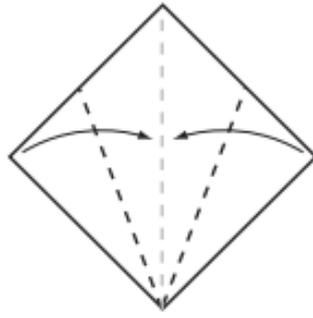
For more 55+ years online activities please visit:

www.richmond.ca/connects

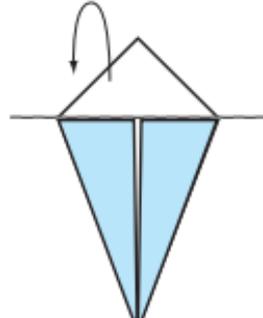
Origami Bird



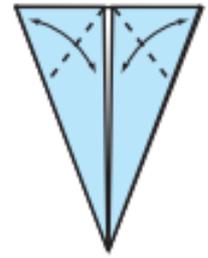
1. Start with your paper white side up and fold in half



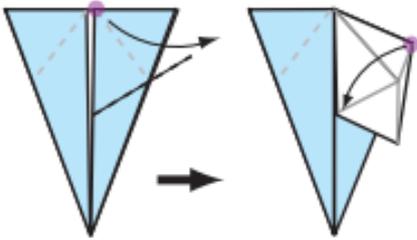
2. Fold the outside corners into the centre line



3. Fold the top triangle backwards



4. Fold the corners of the model in towards the centre, crease well, then open



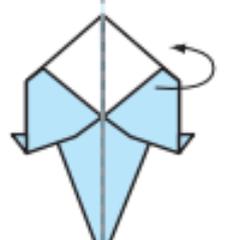
5. Bring the highlighted corner up and outward then bring the highlighted corner back down toward the centre line and flatten



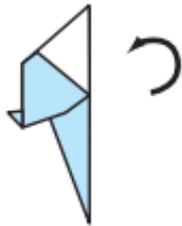
6. Repeat this step on the opposite corner... the model should look like this



7. Fold the outermost corner backwards on the angle as shown



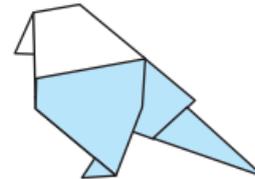
8. Mountain fold the model in half (Fold backwards)



9. Rotate the model slightly so you can see bird forming



10. Make these creases and unfold



11. Using these creases, inside reverse fold the tail by pushing it in. If you have folded the feet at the correct angle (in step 7) the model should stand up

Friends of Feathers



The Kildeer is probably the shorebird best known to the general public. This loud and conspicuous plover seems equally at home nesting on wilderness gravel bars or in human-modified habitats such as cropland, golf courses and even building sites that support its insectivorous diet. As of May 15, 2020 there was even one nesting in the rocks on top of the Iona South Jetty!

The Kildeer is also very recognizable by its loud shrill "Kildeer, Kildeer" whistle which can be heard anytime of the year in Richmond and more commonly given in flight. Even though the Kildeer is classified as a shorebird, they are often found some distance from water. However, particularly in agricultural fields as they hunt for insects and this is why Richmond is a very suitable habitat for these birds. They are useful to farmers also because of their large appetite for pests.

Montreal Sports Trivia

- **Q1:** When did the Montreal Expos play its first MLB - National League baseball game?
- **Q2:** When was the Olympic Games hosted in Montreal?
- **Q3:** Which NHL franchise was sold and relocated to Denver, Colorado?

A1: April 8, 1969 A2: 1976 A3: Quebec Nordiques

Flowers Word Search



G	F	T	N	V	T	U	L	I	P	E	Q	C
G	M	S	J	Q	F	L	I	L	A	C	B	A
A	W	U	D	A	H	L	I	A	Q	D	X	R
R	U	N	O	R	C	H	I	D	I	T	L	N
D	K	F	H	P	L	U	M	E	R	I	A	A
E	R	L	D	Q	W	L	X	M	I	Z	I	T
N	O	O	A	I	E	K	I	R	S	P	T	I
I	S	W	I	C	A	M	E	L	I	A	Y	O
A	E	E	S	T	U	F	M	O	Y	I	S	N
C	H	R	Y	S	A	N	T	H	E	M	U	M
R	Z	W	I	L	D	F	L	O	W	E	R	S
K	D	B	G	O	V	I	O	L	E	T	X	G

WILDFLOWERS
CHRYSANTHEMUM
PLUMERIA
DAHLIA

ORCHID
GARDENIA
DAISY
CARNATION

LILAC
LILY
CAMELIA
SUNFLOWER

IRIS
VIOLET
TULIP
ROSE

Testimonial:

"Thank you so much, receiving the Newsletter has brought joy to me during COVID19"

Recipe: Blondie Muffins

Ingredients:

- 15 oz can chickpeas, drained and rinsed
- ½ cup unsweetened almond butter
- ¼ cup maple syrup
- 2 teaspoons vanilla
- ½ teaspoon salt
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda



Baking Instructions:

1. Preheat oven to 350 °F
2. Grease a muffin tin with oil or use muffin liners
3. Combine all ingredients in a blender or food processor
4. Pour batter into muffin tins and bake 18-20 minutes or until toothpick comes out clean
5. Makes 12 muffins

Enjoy !



www.richmond.ca/connects

