

Cambie Community Centre

SPRING 2023 SENIORS GUIDE



East Richmond Community Hall

12360 Cambie Road
Richmond, BC V6V 1G4
(604) 238-8399
cambie@richmond.ca



Cambie Community Centre



@cambiecc

This guide is updated regularly. Program information and schedules are subject to change. Thank you for your understanding!

Drop-In Activities

A Seniors Facility Pass is required for these drop-in programs.



Monday

Coffee & Tea

2nd & Last week / month

(Call to confirm dates)

11:00am - 12:30pm

Drop-in to enjoy refreshments.
Meet old and new friends.



Tuesday

Karaoke

1st & 3rd Tuesday / month

9:00 - 11:00am

Bring your own microphone.



Friday - Knitting Group

10:00 - 11:30am

Knit for charity or for yourself.

Join us & have fun!

Wednesday

Crib and Games

2nd Wednesday / month
12:00 - 1:30pm

Don't know how to play? We'll teach you! Assorted games available like cards, Rummy, Scrabble, etc.



Wednesday, Friday -

Table Tennis

9:30 - 10:30am

One table available

Bring your own paddles.

Dance and Dance Fitness

BAROQUE DANCE

Enjoy this elegant dance that includes both social (ballroom) dancing and theatrical dancing (ballet) and consists of basic, natural movements. Registration required.

55+ Apr 4-May 9 Tue 1:30-3:00pm \$54.35/6 sess. #213029

DANCE MOVES

Enjoy a great workout with fun and easy-to-follow dance routines. All fitness and experience levels welcome.

55+ Apr 24-Jun 5 Mon 10:00-11:00am \$36.24/6 sess. #214921

Visual Arts

PAINT NIGHT

Create a magnificent painting to take home with step-by-step instruction. No experience required. Supplies included. Instructed by Party with Laura.

55+ June 1 Thursday 6:30-8:30pm \$35.00/1 sess. #219147



Fitness and Martial Arts

A Seniors Facility Pass is required for Indoor Walking, Tai Chi, and Luk Tung.
Classes with an * do not have an instructor and are for practice only.

INDOOR WALKING

Stay dry exercising and socializing with fellow walkers. Facility Pass and registration required.

55+	Mar 30-Jun 29	Thu	10:00-11:00am	\$0.00/14 sess.	#210258
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LUK TUNG KUEN

Counter the pain of aging with this very gentle, safe, and fluid form of exercise that keeps the mind alert and moves the whole body. Seniors Facility Pass and registration required.

55+	Mar 29-Jun 28	Wed	11:00-11:45am	\$0.00/14 sess.	#210248
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55+	Mar 31-Jun 30	Fri	11:00-11:45am	\$0.00/13 sess.	#210249
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TAI CHI - 24 FORM

Increase flexibility, relaxation, and balance in this beginner class instructed by a qualified volunteer. Seniors Facility Pass and registration required.

55+	Mar 31-Jun 30	Fri	8:30-9:30am	\$0.00/13 sess.	#210246
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TAI CHI PRACTICE - 24 FORM*

Increase flexibility, relaxation, and balance in this class for current registrants in Tai Chi - 24 Form. Led by a qualified martial arts instructor. Seniors Facility Pass and registration required.

55+	Mar 28-Jun 27	Tue	8:30-9:15am	\$0.00/14 sess.	#210242
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TAI CHI - 48 FORM

Achieve health benefits that include better balance, increased flexibility, and relaxation in this class instructed by a qualified volunteer and suitable for those with an intermediate knowledge of Tai Chi - Form 24. Seniors Facility Pass and registration required.

55+	Mar 29-Jun 28	Wed	8:30-9:30am	\$0.00/14 sess.	#210247
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TAI CHI PRACTICE - 48 FORM*

Achieve health benefits that include better balance, increased flexibility, and relaxation in this class instructed by a qualified volunteer and suitable for those with an intermediate knowledge of Tai Chi - Form 24. Seniors Facility Pass and registration required. Pre-requisite: Form 24 and instructor approval.

55+	Mar 28-Jun 27	Tue	9:15-10:00am	\$0.00/14 sess.	#210245
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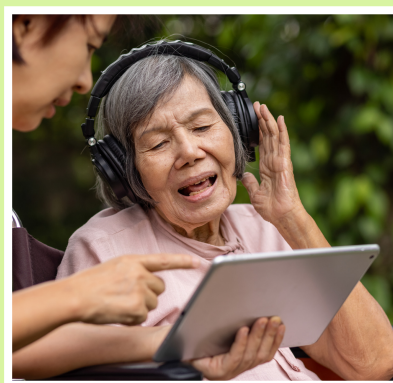
Fitness and Martial Arts

A Seniors Facility Pass is required for Indoor Walking, Tai Chi, and Luk Tung.
Classes with an * do not have an instructor and are for practice only.

MINDS IN MOTION (CANTONESE)

Join this fitness and social program for people living with any form of early-stage dementia. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partner participation required and free of charge. PAR-Q+ Form must be completed at the start of the program. Conducted in Cantonese.

55+ Mar 29-Jun 28 Wed 1:30-3:30pm \$79.10/14 sess. #211164



Celebrating Volunteer Appreciation Week!



Thank you to all of our wonderful volunteers - we wouldn't be able to do what we do without you!
To volunteer with Cambie, visit us at icanhelp.richmond.ca

General Interest

A Seniors Facility Pass is required for Book Club, Mahjong, and Memoir Writing Workshop.

BOOK CLUB

Meet with other book lovers to discuss the latest books. Facility Pass and registration required. Call Cambie at (604) 238-8399 to register. This program is held on the first Wednesday of every month.

55+ Apr 5-Jun 7 Wed 10:00-11:30am \$0.00/3 sess. #210250

MAHJONG

Play this tile-based game that originated in China and is similar to the Western card game rummy. This social and popular game includes skill, strategy, and calculation and involves a degree of chance. Registration and Facility Pass required. This program is held on the second Tuesday of every month.

55+ Apr 11-Jun 13 Tue 10:00am-12:00pm \$0.00/3 sess. #210255

ACCESSING TRANSIT WORKSHOP (CANTONESE)

Discover the practical side of transit along with the associated opportunities for greater freedom and social interaction. Presented by TransLink. Conducted in Cantonese. Registration required.

55+ May 23 Tue 10:00am-12:00pm \$0.00/1 sess. #197530

MEMOIR WRITING WORKSHOP

Explore various approaches to personal/family memoir writing and receive feedback on individual projects. Registration required. This program is held on the third Wednesday of every month.

55+ Apr 19-Jun 21 Wed 10:00am-12:00pm \$0.00/3 sess. #210251



Blood Pressure Testing - Drop-In

Blood Pressure testing with a registered nurse.

Second Wednesday of the month at 9:30am - 12:00pm

Shoppers Drug Mart Pharmacist

Visits include:

Medication Review, Glucose Testing

FOOT/HAND TREATMENT

Relax with either treatment that includes nail filing, cuticle shaping, and moisturizer application
(no nail polish)

Registration opens one month prior each month @ 8:00am

Hand Treatment \$21.90

Foot Treatment \$24.80

Refreshments, Information, and Resources

Call Linda for more information (604) 238-8372

Foot Care Clinic - Registration Required

Keep feet healthy with an assessment of the feet and nails by a licensed Foot Care Nurse. Receive treatment for corns, calluses, ingrown toenails, or thickened toenails.

55+	Apr 3	Mon	9:00am-3:00pm	\$55.00/1 sess.	#211009
55+	May 1	Mon	9:00am-3:00pm	\$55.00/1 sess.	#211020
55+	May 29	Mon	9:00am-3:00pm	\$55.00/1 sess.	#211064
55+	Jun 26	Mon	9:00am-3:00pm	\$55.00/1 sess.	#211069

Located at the East Richmond Community Hall.

Call (604) 238-8399 to book an appointment.

HEALTHY AGING SERIES - FALLS PREVENTION PRESENTATION

Explore the common causes and risks of predictable and preventable falls that are the leading cause of injury and hospitalization. Presented by health professionals from Vancouver Coastal Health (VCH). Registration required.

55+ Apr 25 Tue 1:00-2:30pm \$0.00/1 sess. #213041

HOLISTIC HEALTH SERIES - ALZHEIMER'S AND DEMENTIA WORKSHOP

Increasingly more seniors and even middle-aged adults are starting to be affected by symptoms of mild cognitive decline and dementia. Learn about the underlying contributors of this condition. This session is led by a naturopathic doctor. Registration required.

55+ Apr 19 Wed 1:00-2:00pm \$0.00/1 sess. #217737

HOLISTIC HEALTH SERIES - VITAMIN D WORKSHOP

Learn about this important vitamin and understand how it affects bone and overall health. This workshop is led by a naturopathic doctor. Registration required.

55+ Jun 19 Mon 1:00-2:00pm \$0.00/1 sess. #217678



Online Programs

ONLINE - COOKING CHAT LINE WITH SIMON (CANTONESE)

Talk online with a chef and others in this unique session that includes sharing recipes, discussing various cooking methods, and having culinary questions answered. Conducted in Cantonese. Offered through Zoom. Registration required. This program is held on the first Thursday of every month.

55+ Apr 6-Jun 1 Thu 11:00am-12:00pm \$0.00/3 sess. #210276

ONLINE - JEOPARDY GAME

Compete against other participants to answer general knowledge clues in this fun game based on the popular TV show. Offered through Zoom. Registration required. This program is held on the third Friday of every month.

55+ Apr 21-Jun 16 Fri 2:00-3:00pm \$0.00/3 sess. #210281

ONLINE - MAPQUEST TRAVEL

Sit back, relax, and sip on a favourite beverage while "travelling" to exciting destinations. Offered through Zoom. Registration required. This program is held on the second Tuesday of every month.

55+ Apr 11-Jun 13 Tue 12:45-1:45pm \$0.00/3 sess. #210278

ONLINE - NATURE'S WONDERS

Prepare to be fascinated by nature's gems through YouTube videos that feature Mother Nature's bounty. Offered through Zoom. Registration required. This program is held on the first Wednesday of every month.

55+ Apr 5-Jun 7 Wed 2:00-3:00pm \$0.00/3 sess. #210275



Out Trips and Tours

PAT QUINN'S AT TSAWWASSEN SPRINGS TRIP

Savour the flavours from this classic steak and seafood restaurant and bar set in a contemporary West Coast atmosphere overlooking the golf course fairways. Price includes transportation only.

55+ yrs Apr 28 Fri 4:45-7:45pm \$19.25/1 sess. #218370

ROCKY POINT PARK TRIP

Take in the picturesque Burrard Inlet from the Port Moody recreational pier followed by a picnic lunch or an easy walk along the Shoreline Trail. Transportation only included. No refunds within 7 days of trip.

55+ yrs May 30 Tue 10:15am-2:45pm \$28.50/1 sess. #218395

LADNER VILLAGE MARKET TRIP

Spend the afternoon outdoors at this buzzing market filled with fresh, locally grown produce, handmade crafts, and delicious food vendors. Price includes transportation only.

55+ yrs Jun 11 Sun 11:15am-2:45pm \$20.50/1 sess. #218400

Special Events

VAISAKHI CELEBRATION

Celebrate this colourful festival that marks the beginning of a new solar year in the Indo-Canadian culture. Price includes light refreshments.

55+ Apr 13 Thu 12:00-2:00pm \$15.75/1 sess. #212512



Spring Hours:

Monday - Friday: 7:00am - 9:45pm

Saturday: 9:00am - 8:45pm

Sunday: 9:00am - 9:45pm

Summer Hours:

Monday - Friday: 7:00am - 9:45pm

Sat/Sun: 9:00am - 4:00pm



Program Registration Information

- 1) **Online:** Visit www.richmond.ca/register to register at any time.
- 2) **By Phone:** Registration Call Centre at **(604) 276-4300**, Mon-Fri 8:30am-5:00pm
- 3) **In Person:** Visit the community centre during operating hours to register in person

To browse available programs please check out www.richmond.ca/register. A MyRichmond account and credit card is required for online registration.

Refunds and Withdrawals

To receive a refund, or to withdraw or transfer from a class, call the Registration Call Centre at **(604) 276-4300**, Monday to Friday, 8:30 am to 5:00 pm. Visit www.richmond.ca/register for our full refund policy.

Register early to avoid program cancellations!

Programs are cancelled approximately seven days prior to start date if there are not enough participants. Register as early as possible to reserve your spot and avoid program cancellations!

Volunteer Opportunities

Interested in volunteering with Cambie Community Centre? Visit icanhelp.richmond.ca to browse volunteer opportunities!

Prevention Is Key

We have health and safety protocols in place to help reduce the transmission of COVID-19. Our programs and activities are subject to change as we continue to follow public health guidelines. Thank you for your patience!

Purchase your Seniors Facility Pass today!

**Purchase a Cambie Community
Centre Seniors Facility Pass today!**

\$15.00/1 Year Membership

Programs Include:

Coffee Social, Book Club, Memoir
Writing Class, Walking Club, Tai Chi,
Luk Tung Kuen, Knitting, Crib, Table
Tennis, and Karaoke

***Note that some of these
programs require registration!**

**Seniors programs are typically located
at East Richmond Community Hall
12360 Cambie Road**

Meet Cambie's Seniors Coordinator

Linda Simpson

Phone: (604) 238-8372

Email: LSimpson@richmond.ca