Cambie Community Centre

SENIORS GUIDE

Winter 2027







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.

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Richmond

Winter 2027

Mission:
To provide accessible programs and services in East Richmond that promote community and enhance our quality of life.

Facility Hours:

Mon-Fri: 7:00am-9:45pm
Sat: 9:00am-8:45pm
Sun: 9:00am-9:45pm

Holidays: visit richmond.ca/holidayhours



Program Registration Information

Registration for the Winter 2027 Season opens **Tuesday, December 1st** Online (8pm for Aquatics, 9pm for all other programs). December 2: Registration will be available in-person once facilities open and by phone to the Call Centre from 8:30am-5:00pm.

1) **Online**: Visit **richmond.ca/register** to register for available programs 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 browse available programs, check out **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**, Mon-Fri, 8:30am-5:00pm. Visit **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!

Drop-In Activities

A Seniors Facility Pass is required for drop in programs on this page.
$20.00 for 1 year membership (see back page for more details)



Monday
Coffee, Tea & Games

Mondays
11:00am-12:30pm

Drop-in to enjoy refreshments, play a game with old or new friends.

Tuesday
Karaoke

First and Third Tuesday of each month
10:00am-12:30pm

Bring your own microphone.





Wednesday
Coffee & Tea

Second Wednesday of each month during Wellness Clinic, Blood Pressure, Shiatsu, Reflexology.

9:30am-12:30pm
Drop-in to enjoy refreshments.



Wednesday & Friday
Table Tennis

9:30-10:30am

One table available.

Bring your own paddles.



Friday
Knitting Group

10:00-11:30am

Knit for charity or for yourself.

Join us & have fun!

Arts, Dance, Fitness and Sports

PAINT NIGHT

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

55+ yrs	Jan 7	Thu	6:30-8:30pm	$35.00/1 sess.	00569254
55+ yrs	Feb 25	Thu	6:30-8:30pm	$35.00/1 sess.	00569264





Here are some gorgeous examples of the art pieces made from previous participants in this program!

DANCE MOVES - ALL LEVELS

Get fit while having fun in these upbeat sessions with music that ranges from popular jazz, Motown, disco and pop. Learn and build dance skills while making lots of social connections. Suitable for all fitness and experience levels.

55+ yrs	Jan 11-Feb 8	Mon	10:00-11:00am	$34.75/5 sess.	00561871
55+ yrs	Feb 22-Mar 22	Mon	10:00-11:00am	$34.75/5 sess.	00561897

INDOOR WALKING

Stay dry exercising and socializing with fellow walkers. Facility Pass and registration required.
*This program is held in the **gymnasium** at Cambie Community Centre.*

55+ yrs	Jan 7-Mar 25	Thu	10:00-11:00am	Free/12 sess.	00561970

CHAIR FITNESS

Manage chronic conditions and pain more effectively both in and out of the chair. Focus on simple exercises, deep breathing and gentle stretches in these basic fitness sessions. Suitable for older adults and those with physical limitations.

55+ yrs	Jan 5-Mar 23	Tue	11:15am-12:00pm	$84.00/12 sess.	00566305
55+ yrs	Jan 8-Mar 19	Fri	11:15am-12:00pm	$70.00/11 sess.	00566313

PICKLEBALL - BEGINNER - 55+

Learn the rules and basic techniques of this fun, simple and fast-paced game that combines ping pong, tennis and badminton on a badminton size court utilizing paddles and a plastic wiffle ball. Suitable for beginners. Instructed by a certified instructor from BC Pickle School. Paddles provided for use if required.

55+ yrs	Jan 9-Mar 20	Sat	1:00-2:30pm	$171.00/9 sess.	00571346

Fitness and Martial Arts

A Seniors Facility Pass is required for Indoor Walking, Tai Chi, and Luk Tung.
Classes with an * are led by an experienced volunteer leader for practice.

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+ yrs	Jan 6-Mar 24	Wed	11:00-11:45am	Free/12 sess.	00561834
55+ yrs	Jan 8-Mar 19	Fri	11:00-11:45am	Free/11 sess.	00561835

TAI CHI - 24 FORM

Increase flexibility, relaxation and balance in this beginner class instructed by a qualified volunteer instructor. Seniors Facility Pass and registration required.
This program is held in the **gymnasium** at Cambie Community Centre.

55+ yrs	Jan 8-Mar 19	Fri	8:30-9:30am	Free/11 sess.	00561829

TAI CHI PRACTICE - 24 FORM* - Must be registered in Form - 24 to register

Increase flexibility, relaxation and balance in these sessions for current registrants in Tai Chi - 24 Form. Instructed by an experienced volunteer leader. Seniors Facility Pass and registration required.

55+ yrs	Jan 5-Mar 23	Tue	8:30-9:15am	Free/11 sess.	00561832

TAI CHI - 48 FORM

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

55+ yrs	Jan 6-Mar 24	Wed	8:30-9:30am	Free/12 sess.	00561831

TAI CHI PRACTICE - 48 FORM* - Must be registered in Form 48 class to register

Achieve health benefits that include better balance, increased flexibility and relaxation in sessions. Instructed by a qualified volunteer. Seniors Facility Pass and registration required.

55+ yrs	Jan 5-Mar 23	Tue	9:15-10:00am	Free/11 sess.	00561833

General Interest

A Seniors Facility Pass is required for Book Club, Mahjong, Writing Club, and Peking Opera.
Registration is required for Book Club, Mahjong, and Writing Club.

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. First Wed of month.

55+ yrs	Jan 6-Mar 3	Wed	10:30am-12:00pm	Free/3 sess.	00561839

PEKING OPERA

Practice this unique form of Chinese Opera that synthesizes speech, singing and music. Drop-in only, Facility Pass required, registration not required. Held every Wednesday.

55+ yrs	Jan 6-Mar 31	Wed	2:45-5:00pm	Free/13 sess.	Drop-in

INTRODUCTION TO ACCORDION - TRY IT

Explore the accordion through hands-on practice with key and button layouts, melody and accompaniment. Build foundational playing skills, develop musical confidence and discover the joy of creating expressive music with this versatile instrument. Accordion provided for use if required. Registration required.

55+ yrs	Jan 11	Mon	1:00-2:30pm	Free/1 sess.	00571123

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. Second Tue of month.

55+ yrs	Jan 12-Mar 9	Tue	10:00am-12:00pm	Free/3 sess.	00561841

WRITING CLUB

Share stories, writing experiences and ideas, and offer constructive feedback to other members to help peers improve writing skills. Facility Pass and registration required. Third Wed of month.

55+ yrs	Jan 20-Mar 17	Wed	10:00am-12:00pm	Free/3 sess.	00561840

Health and Wellness

Health and Wellness appointments are located at the East Richmond Community Hall. Call 604-238-8399 to book an appointment.



Blood Pressure - Drop-In

Blood pressure checks with a registered nurse.
Refreshments, information and resources available

Second Wednesday of the month from 9:30am to 12:00pm
Call Linda for more information: 604-238-8372

FOOT CARE CLINICS

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. Call 604-238-8399 to book a 30-minute appointment between 9:00am-3:00pm. **Registration required.**

55+ yrs	Jan 18	Mon	9:00am-3:00pm	$65.00/1 sess.	00561906
55+ yrs	Feb 1	Mon	9:00am-3:00pm	$65.00/1 sess.	00562363
55+ yrs	Feb 22	Mon	9:00am-3:00pm	$65.00/1 sess.	00562415
55+ yrs	Mar 15	Mon	9:00am-3:00pm	$65.00/1 sess.	00562422
55+ yrs	Mar 23	Tue	9:00am-3:00pm	$65.00/1 sess.	00564946

MINDS IN MOTION (CANTONESE)

Enjoy light exercise led by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Designed for people living with early-stage memory loss due to Alzheimer's disease and other dementias and a friend, family member or care partner. Light refreshments provided. PAR-Q+ form must be completed at the start of the program. One person with dementia and one care partner covered in fee. **Must be referred by the Alzheimer's Society.** Conducted in Cantonese.

55+ yrs	Jan 20-Mar 10	Wed	1:00-2:30pm	$47.75/8 sess.	00561848

Health and Wellness

WELLNESS CLINICS - REFLEXOLOGY - YVONNE

Sit in a zero-gravity chair and receive a touch therapy that increases blood circulation and reduces inflammation and stress. **Registration required.**



- 2nd and 4th Wed. of month.
- $18.00/20 minute appointment.
- Registration opens 1 month prior at 8:00am

Jan 13 & Jan 27
Feb 10 & Feb 24
Mar 10 & Mar 24

WELLNESS CLINICS - SHIATSU - RUNA

Relieve stress and pain with this form of massage that uses kneading, pressing, soothing, tapping and stretching techniques performed in a specialty ergonomically designed portable chair. **Registration required.**



- 2nd and 4th Wed. of month.
- $18.00/20 minute appointment.
- Registration opens 1 month prior at 8:00am

Jan 13 & Jan 27
Feb 10 & Feb 24
Mar 10 & Mar 24

Workshops

EMERGENCY PREPAREDNESS WORKSHOP

Learn to create a safer home and develop skills to remain calm and collected in the event of an emergency. This session is led by Emergency Programs - City of Richmond. Registration required.

55+ yrs	Jan 14	Thu	1:00-2:30pm	Free/1 sess.	00561945

OSTEOARTHRITIS SERIES - EXERCISE AND ARTHRITIS

Learn about the various types and amount of exercise that can help those with osteoarthritis to increase range of motion, strength and endurance. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs	Jan 28	Thu	1:00-3:00pm	Free/1 sess.	00566617

LET'S RECYCLE CORRECTLY WORKSHOP

Become a Gold Star Recycler in Richmond after learning the basics in this interactive session. Led by Environmental Programs - City of Richmond. Registration required.

55+ yrs	Feb 25	Thu	1:00-2:30pm	Free/1 sess.	00565600

OSTEOARTHRITIS SERIES - SUPPLEMENTS AND ARTHRITIS

Learn about vitamins, minerals, herbs, probiotics, prebiotics and "natural supplements" for arthritis. Explore the safety, quality and dosages of supplements, how they interact with medications and side effects. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs	Mar 18	Thu	1:00-3:00pm	Free/1 sess.	00569292

Online Programs

MAPQUEST TRAVEL - ONLINE

Sit back, relax and sip on a favourite beverage while "travelling" to exciting destinations. Offered through Zoom. Held on the second Tuesday of each month. Registration required.

55+ yrs	Jan 12-Mar 9	Tue	1:00-2:00pm	Free/3 sess.	00561955

JEOPARDY GAME - ONLINE

Compete against other participants to answer general knowledge clues in this fun game based on the popular TV show. Offered through Zoom. Registration required.

55+ yrs	Jan 15-Mar 19	Thu	2:00-3:00pm	Free/3 sess.	00561976

Out Trips & Tours

BLOEDEL CONSERVATORY AT QUEEN ELIZABETH PARK AND LUNCH TRIP

Wander through this iconic Vancouver triodetic dome learning about the beautiful array of exotic plants and flowers, colourful koi fish and more than 100 free-flying birds of various species, followed by a delicious South Asian lunch at the Dosa Factory. Transportation and admission included. No refunds within 7 days of trip.

55+ yrs	Jan 18	Mon	9:45am-3:30pm	$29.00/1 sess.	00565752





HELEN'S GRILL LUNCH TRIP

Step into this classic Vancouver diner filled with vintage charm, cozy booths and personal jukeboxes. Savour unfussy diner favourites and Greek classics while discovering a beloved neighbourhood eatery where nostalgic atmosphere and comfort food create a memorable dining experience. Transportation only included. All meals are subject to an automatic gratuity of up to 18%.

55+ yrs	Jan 21	Thu	12:30-3:00pm	$17.00/1 sess.	00563781

VANCOUVER ART GALLERY AND DINNER TRIP

Discover captivating contemporary and historic artworks by BC, Canadian and international artists at this popular gallery. Enjoy inspiring exhibitions, spark creative curiosity and round out the cultural outing with a relaxing dinner stop at a local restaurant. Transportation and admission included. Home drop-off ($3) available

55+ yrs	Mar 5	Fri	5:00-9:15pm	$30.00/1 sess.	00562883

CHILLIWACK DISTRICT 1881 TRIP

Stroll through this downtown Chilliwack gem with pedestrian alleys lined with stunning heritage buildings, unique local businesses, cozy restaurants, breweries and charming retail shops. Transportation only included.

55+ yrs	Mar 23	Tu	9:45am-4:45pm	$28.50/1 sess.	00572458

Special Events

LUNAR NEW YEAR CELEBRATION

Enjoy colourful and festive lion dancing and Tai Chi demonstrations followed by a delicious Chinese lunch.

55+ yrs	Feb 2	Tue	12:00-2:00pm	$17.50/1 sess.	00563062





Purchase your Seniors Facility Pass today!

Purchase a Cambie Community Centre Seniors Facility Pass today!

$20.00/1 Year Membership

Programs Include*:

Coffee Social, Book Club, Writing Club, Indoor Walking, Tai Chi, Luk Tung Kuen, Knitting, Karaoke, Table Tennis, Mahjong & Peking Opera

***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